













**MASTERY**  
**ELITE**  
**TALENT**  
**FOUNDATION**

	 <b>Delivery Method</b>	 <b>Assessment</b>	 <b>Pre Requisites</b>	 <b>Key Learning</b>	 <b>Key Outcomes</b>	 <b>Performance Level</b>	 <b>BMXA, CA and MTBA Equivalent</b>
 <b>Elite Coach (Platinum)</b>	<ul style="list-style-type: none"> <li>Online webinars (22 hours)</li> <li>Scientific literature review (40 hours)</li> <li>Mentored/supervision (10 hours)</li> <li>Self-directed learning (40 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Online quizzes</li> <li>Group assignments</li> <li>Research project</li> <li>Exam</li> <li>Final research presentation</li> <li>Reflective journal. Coaching Philosophy</li> </ul>	<ul style="list-style-type: none"> <li>Aged 18 years +</li> <li>Current Working with Children Check (or equivalent)</li> <li>Current Provide First Aid Accreditation (HLTAID003) or above.</li> <li>Play by the Rules Child Protection Course</li> <li>Current AC Advanced Coach</li> <li>Sport Integrity Australia Level 2 Anti-Doping Course</li> <li>Minimum Experience Requirement Met</li> </ul>	<ul style="list-style-type: none"> <li>Mastery of planning, implementation, analysis and revision of coaching programs</li> <li>Personal excellence strategies</li> <li>Leadership and management skills</li> <li>Holistic athlete assessment</li> <li>Personal assessment and reflection</li> </ul>	<ul style="list-style-type: none"> <li>Plan, implement and evaluate</li> <li>Training for podium ready and podium riders</li> <li>Plan, implement and lead high performance programs</li> </ul>	<ul style="list-style-type: none"> <li>International Competition: Olympic Games, Paralympic Games, World Championships</li> </ul>	<ul style="list-style-type: none"> <li>CA Level 3 Coach</li> <li>UCI Level 3 Diploma Coach</li> </ul>
 <b>Advanced Coach (Gold)</b> • BMX • Cyclo-cross • Mountain Bike • Road • Track	<ul style="list-style-type: none"> <li>Online webinars (36 hours)</li> <li>Self directed learning (5 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Online quiz</li> <li>Workbook / Season training plans</li> <li>Discipline specific modules</li> </ul>	<ul style="list-style-type: none"> <li>Aged 18 years +</li> <li>Current Working with Children Check (or equivalent)</li> <li>Current Provide First Aid Accreditation (HLTAID003) or above.</li> <li>Play by the Rules Child Protection Course</li> <li>Current AC Development Coach</li> <li>Sport Integrity Australia Level 2 Anti-Doping Course</li> <li>Minimum Experience Requirement Met</li> </ul>	<ul style="list-style-type: none"> <li>Advanced planning, implementation, analysis and revision of coaching programs</li> <li>Performance monitoring and assessment</li> <li>Advanced nutrition, recovery and injury management</li> <li>Travel and training camp planning</li> </ul>	<ul style="list-style-type: none"> <li>Plan, implement and evaluate training for emerging and junior elite riders</li> <li>Manage nutrition, recovery and injury management strategies</li> <li>Plan and implement training camps and travel to major events</li> </ul>	<ul style="list-style-type: none"> <li>National Level Competition &amp; Travel</li> <li>State Level Competition &amp; Travel</li> </ul>	<ul style="list-style-type: none"> <li>BMXA Level 2 Coach</li> <li>CA Level 2 Coach</li> <li>MTBA Level 2 Coach</li> <li>UCI Level 2 Coach</li> </ul>
 <b>Development Coach (Silver)</b> • BMX • Cyclo-cross • Mountain Bike • Road • Track	<ul style="list-style-type: none"> <li>Online webinars (14 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Online quiz</li> <li>Workbook / Season training plans</li> <li>Discipline specific modules</li> </ul>	<ul style="list-style-type: none"> <li>Aged 18 years +</li> <li>Current Working with Children Check (or equivalent)*</li> <li>Current Provide First Aid Accreditation (HLTAID003) or above.</li> <li>Play by the Rules Child Protection Course</li> <li>Current AC Foundation Instructor</li> <li>Sport Integrity Australia Level 1 Anti-Doping Course</li> <li>Minimum Experience Requirement Met</li> </ul>	<ul style="list-style-type: none"> <li>Generic coaching</li> <li>Principles of training</li> <li>Planning, implementation, analysis and revision of coaching programs</li> <li>Basic nutrition, recovery and anti-doping</li> </ul>	<ul style="list-style-type: none"> <li>Plan, implement and evaluate training for new and developing riders</li> <li>Conduct schools programs (teacher specific)</li> </ul>	<ul style="list-style-type: none"> <li>Schools</li> <li>Clubs</li> <li>Assist State Level Coaching</li> </ul>	<ul style="list-style-type: none"> <li>BMXA Level 1 Coach</li> <li>CA Level 1 Coach</li> <li>MTBA Level 1 Coach</li> </ul>
 <b>Foundation Instructor (Bronze)</b> • BMX • Cyclo-cross • Mountain Bike • Road • Track	<ul style="list-style-type: none"> <li>Online (4 hours)</li> <li>Face to face (3 hours to 1 day - depending upon discipline)</li> </ul>	<ul style="list-style-type: none"> <li>Online quiz</li> <li>Practical skills session delivery</li> <li>Discipline specific modules</li> </ul>	<ul style="list-style-type: none"> <li>Aged 16 years +</li> <li>Current Working with Children Check (or equivalent)*</li> <li>Current Provide First Aid Accreditation (HLTAID003) or above</li> <li>Play by the Rules Child Protection Course*</li> <li>Current AC Community Instructor</li> <li>Sport Australia Community Coaching Course</li> <li>Sport Integrity Australia Level 1 Anti-Doping Course</li> </ul>	<ul style="list-style-type: none"> <li>Risk Assessment</li> <li>Group management</li> <li>Skill analysis</li> <li>Core riding skills</li> <li>Basic mechanical skills</li> <li>Basic bike setup</li> </ul>	<ul style="list-style-type: none"> <li>Plan and deliver introductory skills sessions, group training sessions and group rides</li> </ul>	<ul style="list-style-type: none"> <li>Schools</li> <li>Community</li> <li>Beginner Recreational Riders</li> </ul>	<ul style="list-style-type: none"> <li>BMXA Club Coach</li> <li>CA Community Club Coach</li> <li>CA Skills Instructor</li> <li>MTBA Level 0 Skills Instructor</li> </ul>
 <b>Community Instructor</b>	<ul style="list-style-type: none"> <li>Online (1 hour)</li> </ul>	<ul style="list-style-type: none"> <li>Online quiz</li> </ul>	<ul style="list-style-type: none"> <li>Aged 14 years +</li> <li>Current Working with Children Check (or equivalent)*</li> <li>Current Provide First Aid Accreditation (HLTAID003) or above</li> <li>Play by the Rules Child Protection Course*</li> <li>Sport Integrity Australia Clean Sport 101 Course</li> </ul>	<ul style="list-style-type: none"> <li>Basic learn to ride a bike</li> <li>Understanding AusCycling</li> <li>Essential Traffic Skills</li> <li>Balance bike skills</li> <li>BMX school teachers</li> </ul>	<ul style="list-style-type: none"> <li>Assist Instructors and Coaches with Foundation and higher accreditation</li> <li>Conduct Mini-Wheelers balance bike sessions</li> <li>Conduct BMX track schools programs in a controlled environment (teachers only)</li> </ul>	<ul style="list-style-type: none"> <li>Schools</li> <li>Community</li> <li>Clubs</li> </ul>	<ul style="list-style-type: none"> <li>BMXA Mini Wheelers</li> </ul>

\* if over 18 years of age

**Coach Add-On Specialisation:**

PARA-CYCLING<sup>1</sup>

WOMEN AND GIRLS<sup>1</sup>

ROAD RIDE LEADER<sup>2</sup>

MASTERS<sup>1</sup>

<sup>1</sup> Minimum accreditation requirement: Accredited Development Coach  
<sup>2</sup> Minimum pre-accreditation requirement: None

EXCEL  
EXPLORE  
LEARN

	 Delivery Method	 Assessment	 Pre Requisites	 Key Learning	 Key Outcomes	 Delivery Level	 BMXA, CA and MTBA Equivalent
 <b>Advanced Skills Instructor (Gold)</b> <ul style="list-style-type: none"> <li>• BMX</li> <li>• Mountain Bike</li> <li>• Road</li> </ul>	<ul style="list-style-type: none"> <li>• Online (4 hours)</li> <li>• Face to face (2 days)</li> </ul>	<ul style="list-style-type: none"> <li>• Online quiz</li> <li>• Discipline specific modules</li> <li>• Practical skills session delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 18 years +</li> <li>• Current Working with Children Check (or equivalent)</li> <li>• Current Provide First Aid Accreditation (HLTAID003) or above.</li> <li>• Play by the Rules Child Protection Course</li> <li>• Current AC Development Skills Instructor</li> <li>• Sport Integrity Australia Level 2 Anti-Doping Course</li> <li>• Minimum experience requirement</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced riding skills</li> <li>• Advanced mechanical skills</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and deliver advanced skills sessions, group training sessions and group rides</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced recreational rider</li> <li>• Advanced Level Skilled MTB and BMX Racers</li> </ul>	
 <b>Development Skills Instructor (Silver)</b> <ul style="list-style-type: none"> <li>• BMX</li> <li>• Mountain Bike</li> <li>• Road</li> </ul>	<ul style="list-style-type: none"> <li>• Online (4 hours)</li> <li>• Face to face (2 days)</li> </ul>	<ul style="list-style-type: none"> <li>• Online quiz</li> <li>• Discipline specific modules</li> <li>• Practical skills session delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 18 years +</li> <li>• Current Working with Children Check (or equivalent)</li> <li>• Current Provide First Aid Accreditation (HLTAID003) or above</li> <li>• Play by the Rules Child Protection Course</li> <li>• Current AC Foundation Instructor</li> <li>• Sport Integrity Australia Level 1 Anti-Doping Course</li> <li>• Minimum experience requirement</li> </ul>	<ul style="list-style-type: none"> <li>• Instructing philosophy, tools and learning styles</li> <li>• Intermediate riding skills</li> <li>• Intermediate mechanical skills</li> <li>• Advanced bike setup</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and deliver intermediate skills sessions, group training sessions and group rides</li> </ul>	<ul style="list-style-type: none"> <li>• Intermediate recreational riders</li> <li>• Development Level Skilled MTB and BMX Racers</li> </ul>	<ul style="list-style-type: none"> <li>• CA Level 1 Skills Instructor</li> <li>• MTBA Level 1 Skills Instructor</li> </ul>
 <b>Foundation Instructor (Bronze)</b> <ul style="list-style-type: none"> <li>• BMX</li> <li>• Cyclo-cross</li> <li>• Mountain Bike</li> <li>• Road</li> <li>• Track</li> </ul>	<ul style="list-style-type: none"> <li>• Online (4 hours)</li> <li>• Face to face (3 hours to 1 day - depending upon discipline)</li> </ul>	<ul style="list-style-type: none"> <li>• Online quiz</li> <li>• Discipline specific modules</li> <li>• Practical skills session delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 16 years +</li> <li>• Current Working with Children Check*</li> <li>• Current Provide First Aid Accreditation (HLTAID003) or above</li> <li>• Play by the Rules Child Protection Course*</li> <li>• Current AC Community Instructor</li> <li>• Sport Australia Community Coaching Course</li> <li>• Sport Integrity Australia Level 1 Anti-Doping Course</li> </ul>	<ul style="list-style-type: none"> <li>• Risk Assessment</li> <li>• Group management</li> <li>• Skill analysis</li> <li>• Core riding skills</li> <li>• Basic mechanical skills</li> <li>• Basic bike setup</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and deliver introductory skills sessions, group training sessions and group rides</li> <li>• Conduct schools programs</li> </ul>	<ul style="list-style-type: none"> <li>• Schools</li> <li>• Community</li> <li>• Clubs</li> <li>• Beginner recreational/racing riders</li> </ul>	<ul style="list-style-type: none"> <li>• BMXA Club Coach</li> <li>• CA Community Club Coach</li> <li>• CA Skills Instructor</li> <li>• CA School Teacher CAST Instructor</li> <li>• MTBA Level 0 Skills Instructor</li> </ul>
 <b>Community Instructor</b>	<ul style="list-style-type: none"> <li>• Online (1 hour)</li> </ul>	<ul style="list-style-type: none"> <li>• Online quiz</li> </ul>	<ul style="list-style-type: none"> <li>• Aged 14 years +</li> <li>• Current Working with Children Check (or equivalent)*</li> <li>• Current Provide First Aid Accreditation (HLTAID003) or above.</li> <li>• Play by the Rules Child Protection Course*</li> <li>• Sport Integrity Australia Level 1 Anti-Doping Course</li> <li>• Sport Integrity Australia Clean Sport 101 Course</li> </ul>	<ul style="list-style-type: none"> <li>• Basic learn to ride a bike</li> <li>• Understanding AusCycling</li> <li>• Essential Traffic Skills</li> <li>• Balance bike skills</li> <li>• BMX school teachers</li> </ul>	<ul style="list-style-type: none"> <li>• Assist Instructors and Coaches with Foundation and higher accreditation</li> <li>• Conduct Mini-Wheelers balance bike sessions</li> <li>• Conduct BMX track schools programs in a controlled environment (teachers only)</li> </ul>	<ul style="list-style-type: none"> <li>• Schools</li> <li>• Community</li> <li>• Clubs</li> </ul>	<ul style="list-style-type: none"> <li>• BMXA Mini Wheelers</li> </ul>

\* if over 18

## Instructor Add-On Specialisations

**WOMEN AND GIRLS<sup>1</sup>**

**ROAD RIDE LEADER<sup>2</sup>**

<sup>1</sup>Minimum accreditation requirement: Accredited Development Instructor

<sup>2</sup>Minimum pre-accreditation requirement: None