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Preliminary Cycling Coaches Award **(Mountain Bike Leader)**

The Preliminary Cycling Coaches Award PCCA was the original cycle leader award which started out primarily as a generic cycle coaching award and was developed by popular demand to meet the needs of people coaching and leading in cycling activities on and off road.

It is the longest established coach leader award in the UK and the course template has been adapted by many other Mountain Bike course providers throughout the UK.

The PCCA mountain bike leader qualification is a two day training and assessment course that not only offers a national coaching award but also a cycling leader award. It is licensed and inspected by Adventuremark www.adventuremark.co.uk and endorsed by AALA in their "Off Road Cycling Advisory Document".

Candidates must be experienced cyclists with at least 20 quality day's logged experience as well as having a background in coaching and instruction.

Outcomes depend on the following criteria;

- a. The candidates logged personal and leader experience in cycling.
- b. The candidates general riding skills
- c. The candidates demonstrated coaching and leadership skills

The course limitations and liabilities are described in the Course Profile below as are the progressions through the scheme.

Registering for the course can be done through the ABCC website <http://www.ABCC.co.uk> by using the PCCA link at the top of the homepage

Or logging on to <http://www.1simplesolution.co.uk> where an easy to follow Administration Pack can be downloaded.



PCCA Mountain Bike Leader (Level One)

Course Profile

1. Course Description

The PCCA in mountain bike leading is a two day training and assessment course in cycle coaching and leading in an on and off road environment.

2. Aim

- 2.1. To train and assess candidates to lead cycling activities on and off road.
- 2.2. To train and assess candidates to coach and instruct in cycling activities

3. Pre Course Standards

- 3.1. Minimum age 18 years
- 3.2. 20 logged quality days riding experience
- 3.3. Competent Level 1 personal cycling skills
- 3.4. Background in coaching and leading individuals and groups

4. Liabilities and Limitations

- 4.1. Instructor to student ratio 1:6
- 4.2. A valid first aid certificate must be held
- 4.3. Leading and coaching on cycle permitted areas or marked cycle trails.
- 4.4. Terrain can be up to medium technical difficulty.
- 4.5. Terrain must not be defined as mountainous unless an ML award is held.

5. Course Outcomes

- 5.1. Fail – Must re-sit the course after a minimum time of 6 months and completion of an Action Plan.
- 5.2. Defer – Must apply for a one day assessment after completion of an Action Plan.
- 5.3. Pass – Further coaching and leading experience, complete action plan and apply for a level 2 one day assessment.

6. Assessment Reports and Award

Upon successful completion of the course the candidate will receive a verbal report by the course tutor and a written report will be issued along with an action plan which should be kept as an integral part of the candidate's logbook.

The ABCC will issue a qualification passport along with the insurance document. The candidates name and details will be input on to the ABCC coaching database. The award remains current upon membership and insurance renewal (January each year) and an up to date logbook showing continued personal development within cycling activities.



PCCA Mountain Bike Leader (Level Two)

Course Profile

1. Course Description

This course follows the same syllabus as the PCCA Level one but trains and assesses the candidate's ability to coach and lead at a higher level and in more challenging environments. This higher level award is obtainable by more experienced cyclists with a strong leadership background.

2. Aim

- 2.1. To train and assess candidates to lead cycling activities on and off road.
- 2.2. To train and assess candidates to coach and instruct in cycling activities.

3. Pre Course Standards

- 3.1. Minimum age 18 years
- 3.2. 40 logged off road rides of over 3 hours including leading groups
- 3.3. Competent Level 2 personal cycling skills
- 3.4. A background in coaching and leading individuals and groups

4. Liabilities and Limitations

- 4.1. Instructor to student ratio 1:6
- 4.2. A valid first aid certificate must be held
- 4.3. Leading and coaching on cycle permitted areas or marked cycle trails.
- 4.4. Terrain can be up to medium technical difficulty.
- 4.5. Terrain must not be defined as mountainous unless an ML award is held.

5. Course Outcomes

- 5.1. Fail – must re-sit the course after a minimum time of 6 months and completion of an action plan.
- 5.2. Defer – must apply for a one day assessment after completion of an action plan.
- 5.3. Pass – further coaching and leading experience, complete action plan and if desired book and apply for the full coaches award through the ABCC. Apply for the PCCA tutor course.

6. Assessment Reports and Award: As for level one

7. Progressions

- 7.1 Apply for the PCCA Tutor course
- 7.2 Apply for Skills and Coaching Development Courses
- 7.3 Gain a Hill walking-Mountain Leader Award
- 7.3 Apply to MIAS for their Level 3, 4, 5. Courses



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PCCA Tutor **Course Profile**

1. Course Description

The PCCA Tutor Course is a modular course designed to train suitably qualified and experienced candidates to train and assess the PCCA Level 1 and 2 courses.

2. Aim

- 2.2. To train and assess core skills for delivery of PCCA course
- 2.3. To train and assess leading and coaching skills for the delivery of PCCA
- 2.4. To train and assess instruction and assessment skills

3. Pre Course Standards

- 3.1. Physically fit and a wide range of experience in leading and coaching
- 3.2. Active level 2 Coach with at least one years experience
- 3.3. Must have completed ABCC full coaches award
- 3.4. Working knowledge of training and assessing

4. Liabilities and Limitations

- 4.1. Instructor to student ratio 1:6
- 4.2. A valid first aid certificate must be held
- 4.3. Leading and coaching on cycle permitted areas or marked cycle trails.
- 4.4. Terrain can be up to medium difficulty
- 4.5. Terrain must not be defined as mountainous unless an ML award is held.

5. Progression

Apply for ABCC senior coach.



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SKILL LEVELS

Personal Riding Skills	Level 1	Level 2
Safe and correct use of brakes	Use of both brakes with rear applied slightly before front, modulation of power to avoid skidding	Complete use of brakes to full potential showing control when using maximum power
Correct use of gear selection	Appropriate selection of gears to suit terrain. No cross chaining	Appropriate selection of gears to suit terrain with proactive selection and smooth shifting
Pedal kick	Lift wheel clear of ground	Lift front wheel 30cm from ground
Track stand	Hold balance for up to 5 seconds	Hold balance for 5 – 10 seconds
Front wheel lift	Lift wheel over 10cm high object	Lift wheel over 15cm high object
Small drop-offs	Drop-off up to 15cm	Drop-off between 15 & 50cm
Short down-hill descents	Up to 30°	Between 30° & 45°
Short up-hill climbs	Up to 20°	Between 20° & 30°
Balance	Show movement of weight around the bike to keep balance	Movement of weight from side to side and front to back without hesitation as required by the terrain
Hopping	Demonstrate understanding of principals	Stationary hop with both wheels clear of ground
Bunny hop	Demonstrate understanding of principals	Hop a 7.5cm high object
Speed jumps	Demonstrate understanding of principals	Clear a 7.5cm high object
Obstacles	Most small obstacles such as roots, logs under 12cm and "ruts" can be cleared without posing much of a problem.	Most medium sized obstacles such as roots, logs 12- 15cm and "ruts" can be cleared without posing a problem
Cornering	Inside pedal up, weight on outside foot, knee pointing into corner, wide entrance hitting apex and accelerating on exit	As Level 1 but applied through switchback corners