

ROLE DESCRIPTIONS – COACHES AND LEADERS

- All Coaches are to work under the guidance and organisation of the **Galway Triathlon Club Training Committee**
- All Coaches must hold a valid and recognised coaching qualification relevant to their discipline
- All external Coaches must hold appropriate insurance
- All Coaches must hold necessary Safeguarding qualifications (if working with Minors and/or Vulnerable Adults)
- All Coaches must be trained in first aid

General Responsibilities:

- Take full responsibility for any coaching session where they are the nominated Lead Coach
- Prepare sessions in advance, with a session plan (where applicable) for support coaches/assistants
- Monitor safety at all times during a session in accordance with Triathlon Ireland rules and regulations and also Galway Triathlon Club policy documentation
- Ensure the safety of Minors and Vulnerable Adults in accordance with Triathlon Ireland rules and regulations and also Galway Triathlon Club policy documentation
- Be aware of and compliant with Galway Triathlon Club Risk Assessments and Emergency Action Plans (EAPs) for all sessions
- Ensure the Session Sign-In Form is completed at each session, including dynamic risk assessment, as required

Ensure any training venue or area used is left as it was found and check the area before departure.

- Report any damages/issues with the venue to the venue manager, where applicable
- Manage any incidents during and after any session, including completion of relevant documentation
- Liaise with the Galway Triathlon Club Training Committee regarding sessions and areas for improvement
- Manage use of Galway Triathlon Club equipment during sessions

Swim Coach

- Determine ability and skill level before setting up training programs
- Develop and implement training programs that focus on improving technique, stroke placement, speed, and style
- Analyse strokes, techniques, and monitor progress. Teach new swimming styles or strokes
- Teach and perfect skills like flips, kicks, body rolls, floating, and breath control
- Educate swimmers on water safety and best practice
- Use a range of activities to improve water confidence
- Ensure the pool or training area is clean, well-maintained, and free of hazards

Cycling Coach

- Determine ability and skill level before setting up training programs
- Run turbo sessions
- Teach about bike and turbo set up and maintenance, including bike safety
- Develop and implement training programs that focus on improving technique, speed and power
- Teach and perfect bike skills
- Educate cyclists on road safety and best practice
- Use a range of activities to improve cycling confidence

Run Coach

- Determine ability and skill level before setting up training programs
- Conduct running sessions
- Develop and implement training programs that focus on improving technique, speed and power
- Educate runners on road safety and best practice
- Use a range of activities to improve run confidence