



# COACH TRAINING

## 2023



# FIRSTLY

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# THANK YOU

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## FOR VOLUNTEERING!



*"We are required to have 1 adult for every 6 riders at practices. With a team our size, that means we need a lot of help!"*

### NO EXPERIENCE NECESSARY

Trail riding experience is NOT required. We are happy to teach you everything we know about mountain biking. Ride leaders do NOT need to be cyclists or athletes, they just need to be patient, fun, and have a reasonable mountain bike in good condition. Don't feel intimidated, we group the riders into ability groups, which means you can come ride with us even if you don't have any mountain biking experience. Registered ride leaders also get discounts on bikes, helmets, and accessories from team and league sponsors.



### WE COULDN'T DO THIS WITHOUT YOU!

Coaches are the backbone of our organization and make a positive difference in the lives of our teens.

For the safety of everyone involved, we are required to have **1 adult for every 6 riders** at practices. With a team our size, that means we need a lot of help. Without enough ride leaders, practices may need to be canceled or held in a parking lot, which is super LAME. Plus, riding with the team is a ton of fun!

### NO KID ON THE TEAM? NO PROBLEM

Most ride leaders are parents, but if you have a friend who enjoys mountain biking and is dependable, they are welcome to join us!

### LEAGUE REGISTRATION

A parent can participate in 1 practice without registering with the league to feel things out. After that, **NOBODY** can ride with the kids until they have registered with the league and passed the background check, even parents. We cannot risk the safety of our kids by allowing adults to continue to ride without completing these steps. Registration is easy and we'll guide you along the way. If you have questions, please reach out to one of the coaches.

# COACH LEVELS & REQUIREMENTS

## LEVEL 1

### Ride Volunteer

Can ride with the team and assists Level 2 & 3 coaches as directed by the Head Coach.  
Age 18+

## LEVEL 2

### Ride Leader

Can lead a group within the team and plan practices under Head Coach supervision.  
Age 21+

## LEVEL 3

### Head Coach

Can plan practices and lead groups. Plans ride schedules and training plans. Age 21+

Requirements	LEVEL 1	LEVEL 2	LEVEL 3
Coach License Fee \$25	●	●	●
Background Check Year 1: \$38 Year 2-6: \$11	●	●	●
Athelete Abuse Awareness	● (Every 2 years)	● (Every 2 years)	● (Every 2 years)
Concussions in Sports	●	●	●
NICA Coaching Philosophy	●	●	●
Risk Management 1	● (Every 2 years)		
Risk Management 2		● (Every 2 years)	
Risk Management 3			● (Every 2 years)
Basic First Aid / CPR (4 hour in-person training)		● (Every 2 years)	
Wilderness First Aid / CPR (12 hour in-person training)			● (Every 2 years)
Field Work (Hours spent coaching)		20 Hours	80 Hours
On-the-Bike Skills 101 (2-1/2 hour in-person class)		● (One time only)	● (One time only)
Leaders Summit (Sessions via Zoom)			●
Level 3 Exam			●
Continuing Education Units (CEU)		3 units every 3 years	6 units every 3 years

◆ Requirements are completed annually unless otherwise noted.

# HOW DO I GET TRAINED?

## LEVEL 1 TRAINING

All requirements are completed online through the NICA Pit Zone website. If this is your first time coaching, the Head Coach will email you an invite to create a login.

<https://pitzone.nationalmtb.org>

## LEVEL 2 TRAINING

Requirements are completed through a combination of online training on the NICA Pit Zone website and in-person classes. The Utah League offers Basic First Aid / CPR and On-the-Bike Skills 101 classes to fulfill those requirements free of charge. Check availability of classes on the Utah League website. Classes fill quick so don't wait if you find a date that works for you.

<https://pitzone.nationalmtb.org>

<https://utahmtb.org/coachtraining>

## LEVEL 3 TRAINING

Requirements are completed through a combination of online training on the NICA Pit Zone website and in-person classes. The Utah League offers Wilderness First Aid classes to fulfill those requirements free of charge. For 2022, the Leaders Summit is completed via Zoom. Check availability of classes and Leaders Summit on the Utah League website. Classes fill quick so don't wait if you find a date that works for you.

<https://pitzone.nationalmtb.org>

<https://utahmtb.org/coachtraining>

## QUESTIONS?

If you have any questions or aren't sure which coach level you should do, please reach out to the Head Coach. We're happy to help!

Email us at: [nebogoats@gmail.com](mailto:nebogoats@gmail.com)

Content Library | Level 1 Coach License for 2020 (Fall)

### LEVEL 1

#### Level 1 Coach License for 2020 (Fall)

100%

Here you will find the required trainings to meet your Level 1 coach license.

NICA coach license certification also adds (1) protecting volunteers and riders with insurance, as well as protect our youth with background checks, (2) obtaining a NICA coach license insurance benefits beyond the knowledge that comes with the training and the insurance program. Thanks to our generous NICA sponsors, licensed volunteers enjoy a number of discounts and other perks. These benefits vary by license level and are by league, click here for more information.

Additional References

Course	Progress
Participation Agreement for 2020	100%
Agreement to Participate Waiver (Required Annually)	100%
Risk Management 1 for 2020	100%
Risk Management 1 Video Part 1	100%
Risk Management 1 Test Part 1	100%
Risk Management 1 Video Part 2	100%
Risk Management 1 Test Part 2	100%
Risk Management 1 Video Part 3	100%
Risk Management 1 Test Part 3	100%



[pitzone.nationalmtb.org](https://pitzone.nationalmtb.org)



### FIRST AID & WFA CERTIFICATION

Coaches can take BFA/CPR or WFA from any licensed institution.

*\*If you are interested in taking a Wilderness First Aid Class outside of the league's scheduled classes, please refer to the Wilderness Medicine of Utah by clicking [here](#).*

#### BASIC FIRST AID/CPR

To register, click on date.

Cost: FREE

DATE:	LOCATION:
February 4	Sandy, UT
February 5	Sandy, UT
February 11	Sandy, UT
February 19	Sandy, UT
February 25	Sandy, UT

#### BASIC FIRST AID, CPR & WFA COMBO CLASS

To register, click on date.

Cost: FREE

DATE:	LOCATION:
February 3 - FULL	Sandy, UT
February 8	Sandy, UT
February 12 - FULL	Sandy, UT
February 16	Sandy, UT
February 22	Sandy, UT
February 26 - FULL	Sandy, UT
March 8th - 10th - FULL	Sandy, UT
March 13th - 17th	Sandy, UT
March 22nd - 24th	Sandy, UT
March 29th - 31st	Sandy, UT

Check back on the week of 3/25/2021 for more classes.

[utahmtb.org/coachtraining](https://utahmtb.org/coachtraining)

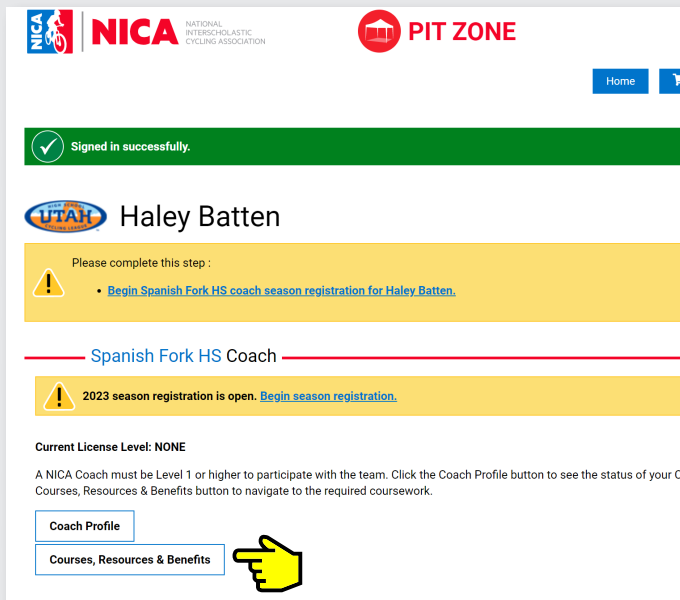
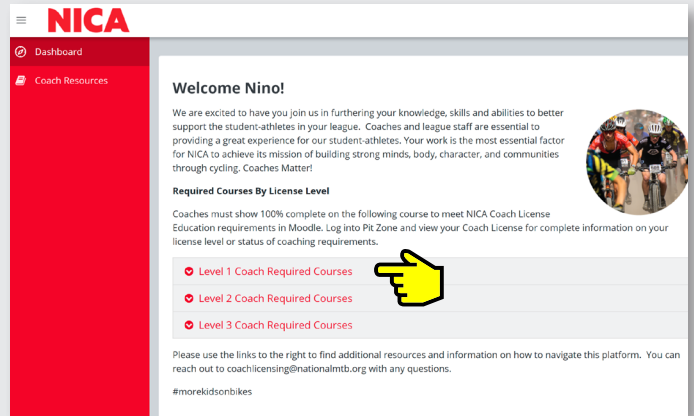
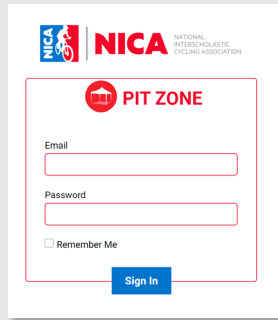


# NICA PIT ZONE

## STEP 1: LOG IN

Go to the NICA Pit Zone website. If you don't already have a login, ask the Head Coach to email you an invite. After you log in, fill out your registration info.

[pitzone.nationalmtb.org](http://pitzone.nationalmtb.org)

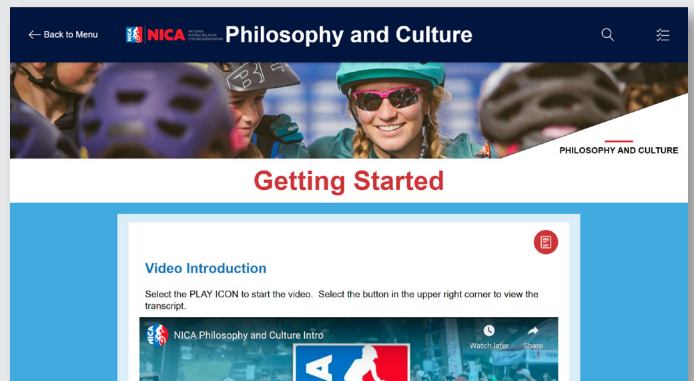


## STEP 2: ACCESS COACH COURSES

On the Pit Zone home page, click the "Courses, Resources & Benefits" button. This will take you to the training courses dashboard.

## STEP 3: SELECT YOUR LEARNING PATH

On the dashboard page, select the coach level you'd like to train for. For this example we have selected the Level 1 Coach Required Courses.



## STEP 4: START TRAINING

Start working through the requirements. Training doesn't have to be done in one sitting, the system will keep track of your progress.

Some Level 2 and Level 3 requirements are in-person classes. At the end of those classes you'll be given a completion certificate that you'll upload to Pit Zone. Once reviewed, that requirement will be marked as complete by league staff.

NICA license certification aids in protecting volunteers and riders with insurance, as well as protecting our youth with background checks. Obtaining a NICA license includes benefits beyond the knowledge that comes with the training and the insurance program. Thanks to our generous NICA sponsors, licensed volunteers enjoy a number of discounts and other perks. See the NICA website for benefit details.

# WHAT GEAR DO I NEED?

## RULE #1 - WEAR A HELMET

Our team rule, "If your leg is over the bike, your helmet is on and buckled", applies to riders and coaches. Let's set a good example for these kids.

## APPAREL SUGGESTIONS

- Get a decent pair of mountain bike shorts, they last a long time. Gym shorts are too baggy and slippery. A chamois (padded spandex shorts) is highly recommended as well. Your tender bits will thank you.
- A cotton/poly blend t-shirt. You don't need an expensive cycling jersey, just any athletic type shirt will do. Avoid 100% cotton, it doesn't dry out and you'll get cold. Same goes for socks.
- Mountain bike gloves are nice to have when riding and really nice to have when fixing a jammed chain. You don't need an expensive pair, they fall apart just as quickly as the cheap ones.
- A pair of sunglasses or clear lens glasses is a good idea. The amount of riders at practice kicks up a lot of dust and debris. Later in the season you'll want a light colored or clear lens so you can still see the trail at dusk.
- You'll need something to carry all your gear. Most coaches use either a hip pack or back pack. A frame strap can carry a tube, tire levers, CO2, and a small multi-tool getting that weight off your body.

## LEVEL 1 COACH ESSENTIALS

- Water (enough for you and a little extra)
- Food (energy bars and gels are lightweight)
- Tube (27.5" will fit 26"-29" wheels)
- Mini pump or CO2
- Tire levers
- Bike multi-tool
- Charged cell phone

## LEVEL 2 & LEVEL 3 COACH ESSENTIALS

All items from Level 1 Essentials plus the following:

- First aid kit to match your training
- Two-way radio (team may supply)
- Team emergency contact / medical list
- Bike light
- Chain quick links (9, 10, 11, and 12 speed)
- Tire plugs
- Valve stem
- Additional tube (27.5" will fit 26"-29" wheels)
- Duct tape or electrical tape
- Knife/scissors
- Zip ties

## OPTIONAL

- Rain jacket / Layers (for inclement weather)
- Neck gaiter (for dusty trails and cold weather)

## FRAME STRAP



## HIP PACK



## BACK PACK



# TEAM PRACTICES

## PRACTICE SCHEDULE

Regular season practices begin June 1st, but we'll have a few pre-season events as well.

We typically practice twice a week, plus 2 Saturdays a month. Start times fluctuate throughout the season, but a calendar will be available as well as announcements on Slack.

## PRACTICE VENUES

Since our team has riders from Springville to Santaquin, we spread out the venues to make commutes as fair as we can.

Use the Google Maps link for each venue since most don't have a street address.

## BONNEVILLE SHORELINE TRAIL

### *Springville*

<https://goo.gl/maps/DBQJAYmfume6FJj26>

This trail is mostly rock and gravel, so it's great for early season riding since it drains quickly. It's also mostly rock and gravel which isn't the most fun terrain. There isn't any shade on this trail. But hey, we get to ride our bikes and it's good training for some of the races with similar terrain and exposure. This is an out-and-back ride.

## WHITING

### *Mapleton*

<https://goo.gl/maps/ea77sPxUnTRHXsgm8>

This is a single-track trail with a good amount of shade along the way. It gets fairly heavy use from hikers so coaches need to reinforce good trail etiquette. This is an out-and-back ride with a climb that will challenge riders. Once we reach the top parking lot, we'll do a few laps of a fun trail before heading back down. Because of the speeds that can be reached and hikers on the trail, coaches should pace the kids down.



## SPANISH OAKS

### *Spanish Fork*

<https://goo.gl/maps/8ofxpEAJ5ym1pfGR6>

This is a single-track trail system with several route options and plenty of shade. It's a good mix of climb and descent. The routes are all loop rides where we do several laps. Due to the risks involved, team riders are not allowed on the downhill and jump trail during practice.

## SPANISH FORK SPORTS PARK

### *Spanish Fork*

<https://goo.gl/maps/VjRk5DgJENDv7zgA9>

We use the grass fields of the park to work on fitness and bike skills. It's a fun and challenging day for the kids working on core exercises.

## UPPER & LOWER FOREBAY

### *Payson*

Upper: <https://goo.gl/maps/jWRit5kwXdqdsySA>

Lower: <https://goo.gl/maps/cg1ZmK4Vrjdsmt68>

This is a large single-track trail system with many route options and lots of shade. There is an upper and lower section that we treat as separate venues. The routes are all loop rides. Because there are so many trails it can be confusing at times.

***Hopefully more venues to come this season!***