

## 2019 COACHING REQUIREMENTS

DESCRIPTION	CERTIFICATION LEVEL		
	I	II	III
<b>Certification Requirements</b>			
Age	18 yrs.	21 yrs.	21 yrs.
Registration (annual, includes background check)	\$30	\$30	\$30
Background Check	✓	✓	✓
Concussion Training	✓	✓	✓
MiSCA Orientation for Coaches	✓	✓	✓
Field Hours	NOT REQUIRED	30 hrs.	60 hrs.
First Aid	NOT REQUIRED	✓	✓
CPR	NOT REQUIRED	✓	✓
Ride Leading Course **	NOT REQUIRED	✓	✓
Mountain Bike Skills Course **	NOT REQUIRED	NOT REQUIRED	✓
<b>Approved Activities</b>			
Serve as team communicator / Coordinator	✓	✓	✓
Help with team events such as fundraiser activities, social events, etc.	✓	✓	✓
Lead an indoor team practice	21 yrs. +	✓	✓
Assist with an indoor team practice	✓	✓	✓
Ride outside with team in a supporting role (sweep or middle)	✓	✓	✓
Ride outside with team in a leading role (ride leader)	X	✓	✓
Teach mountain bike handling skills	X	X	✓

A minimum of 2 certified coaches must be present at all times (see SafeKilds Policy) during all team activities. 1 Level III coach required per team. All team rides and outdoor practices must have a Level II coach present. On the bike coach to rider ratio 1:6 (one coach per 6 students); off bike coach to rider ratio: 1:8.

\*\* Certifications offered by other organizations such as BICP/IMBA, NICA, or PMBI will fulfill this requirement \*\*

visit [www.miscabike.org/coach](http://www.miscabike.org/coach) for details