



YOUTH PROGRAM COACHING REQUIREMENTS

Mandatory

- Be a current Overland Mountain Bike Club member
- Read *Mastering Bike Skills* (to be provided)
- Read *Teaching Mountain Biking to Young Students* document
- Complete online concussion training (multiple options for completion, 45 minutes)
- Attend the 1-day coaching clinic (date TBD, 5 hours)

Optional

- Current Adult First Aid, CPR, AED certification (5 hrs, classes available) *OR* Wilderness First Aid and Adult CPR certification (16 hrs)
- Read the *National Interscholastic Cycling Association (NICA) Coach Manual*
- Attend 2 rides as an assistant coach before volunteering as a head coach
- Complete League Cycling Instructor training (multiple options for completion, 1-4 hours)
- Smart Cycling class via the City of Fort Collins (More details at <http://bicycleambassadorprogram.org/classes-and-events/>, 8 hr)

Contact youthprograms@overlandmtb.org for further information.