

# TRIATHLON IRELAND

## TRI LEADER

### COURSE



**The Triathlon Ireland TRI Leader provides learners with the skills and information to assist coaches and supervise sessions.**

It also provides them with the foundations and knowledge to progress on the coaching pathway to Level 1 club coach.

### **Format & Content**

The comprehensive syllabus for the TRI Leader covers the following topics using both theoretical and practical sessions:

- ✓ Rules and regulations of the sport
- ✓ Health & Safety
- ✓ Principals of coaching
- ✓ Introduction to active learning for juniors
- ✓ Guidelines for safeguarding and child protection
- ✓ How to assist a coach

**Stage 1 on the coaching pathway**

**Duration: 1 Day course**

**Course fee: €60/£45**

**Accredited by Coaching Ireland**

**Contact:**

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