



NICA Coaches Licensing Program

National Interscholastic Cycling Association
 2414 6th Street
 Berkeley CA 94710
 (510) 524-5464
 www.nationalmtb.org

The NICA Coaches Licensing Program was introduced to ensure that all Head Coaches, Assistant Coaches and Ride Leaders are sufficiently knowledgeable so as to be a positive influence on all NICA student athletes. The NICA Coaches Licenses also protect the license holder with comprehensive liability insurance.

Type of License	First Aid Requirement	Professional Development Seminars	Field Work	Exam	Background Check	CDC Certification	Annual Waiver	Annual Fee
Head Coach	WFA, CPR	9 hours	80 hours	☹	☹	☹	☹	☹
Assistant Coach	WFA, CPR	6 hours	40 hours	☹	☹	☹	☹	☹
Ride Leader	Standard First Aid, CPR	3 hours	20 hours	☹	☹	☹	☹	☹
General Volunteer	-	-	-	-	☹	☹	☹	☹

***These requirements are subject to change as the certification process is refined.**

Wilderness First Aid (WFA) is the provision of first aid under conditions where the arrival of emergency responders or the evacuation of an injured person may be delayed due to constraints of terrain, weather, and available equipment. Classes may be offered by your local League, or are available through a number of third parties. Contact your local League Director for details and scheduling. Certification lasts for 3 years. Current Wilderness First Responder (WFR) certification also meets this requirement.

Professional Development Units are offered at League Leaders' Summits, which are typically held annually in the fall (check with your local League Director for more details on scheduling). Individuals pursuing a Ride Leader License may obtain PDU's through online webinars (more details online). Topics range from *Leadership and Management of a High School Team* to *Working Successfully with Teenagers* to *Managing Risk and Maximizing Safety* to *Creating Appropriate Training Programs*, as well as *MTB 101: Learn the Skills to Teach the Skills*.

Field Work is actual hours spent in contact with high school students while engaged in a high school mountain bike program. Individuals wanting to obtain a NICA License must keep a log of field work hours which must be signed by a head coach (for assistant coaches and ride leaders) or by two parents and NICA Licensed Head Coach from another team (for head coaches).

The Exam can be taken after studying the Coaching Manual and attending Professional Development Seminars. The exam will be administered at the Leaders' Summit (or another time with approval of League Director). The exam tests an individual's knowledge of risk management, skills instruction, first aid and other skills deemed important to coaching a high school mountain bike team. It is recommended that individuals take the exam only after attending the League Professional Development Seminars and studying the Coaches' Manual.

Background Checks (required for all licenses) are offered through TC Logiq. Each exam costs \$24, though it may cost more depending on your specific search requirements. To begin the process, please visit <http://www.tclogiq.com/nica>

CDC Concussion Training As part of the NICA Coach License Program we now require new coaches complete the CDC's *Heads Up: Concussion in Youth Sports*. This is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. Existing NICA Coaches must complete this course by 9/11/2014.

Continuing Education: In order to maintain a current NICA Coaches License, an individual must keep her/his WFA-MTB certification current and engage in 9 hours of professional development hours (Continuing Education Units) every three years. NICA is currently exploring options for Continuing Education outside of League Leaders' Summit (which are a great



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option). NICA has partnered with the Positive Coaching Alliance to allow coaches to participate in an online “webinar” that educates them on the PCA’s “Double-Goal Coaching” principals.

General Volunteer: Individuals who wish to help out with a local team or League are able to purchase a General Volunteer License from NICA. General Volunteer License holders are fully covered by League insurance. In accordance with the best practices of all youth programs, all adults must obtain a background check. The cost of a background check is \$24.