



# Club and Coach Activity Guidance and Ratios

March 2022



# Group Sizes for Clubs and Coaches and the Use of Coaches and Activators

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There are FOUR session types for club and coached activity which are set out below.

Group sizes and ratios differ for each session type and are affected by both the qualification level of the coach/activator for led sessions.

## 1. Coach-Led Sessions

Coached sessions in swim, bike and run or allied activity (such as strength and conditioning activity for example) led by one or more qualified British Triathlon coaches at Level 1, 2 (including Diploma) and 3 (HPCP).

Technical in nature and structured as part of formal session plans. Most commercial coach-led activity will fall under this category.

## 2. Community Activator-Led Club Sessions

Bike or run sessions led by a qualified British Triathlon Community Activator only. Community Activators are not qualified to lead sessions in any other activity other than run and bike.

## 3. Club-Organised Sessions with no Coach or Activator

Typically bike or run sessions (but could be any activity under the club's operation) which are organised by clubs for club members, but they are not led by a coach or activator. They have no technical coaching or session plan in place. Coaches and activators may be involved as a club member participant only.

Session ownership is taken on by the club and therefore it is included in the club's risk assessment and action plan. There is no formal maximum number of participants, this should be determined by the club's risk assessment and safety planning.

Clubs must take account of both safety and public perception when allowing club sessions of this type, particularly when cycling on the open road. More care than usual should be taken to

consider routes, weather, ability, confidence levels and space around members whilst training. Clubs should consider the group size according to these (and other) factors when completing their risk assessment and action plans.

This type of session cannot be delivered to under 18s in any discipline, as they do not provide adequate supervision and safeguarding.

## 4. Recreational Activity Outside of the Club or Coached Setting

Any session which is not led by clubs and therefore does not feature in their risk assessment and action plan.

Where club members are organising recreational swim, bike and run activity outside of the jurisdiction of the club then this is not part of British Triathlon's insured provision for affiliated clubs and member coaches. Participants may be insured through individual membership.

The graphics below detail the group-size allowances for different types of session, including the different allowances for coaches qualified at Levels 1, 2 and 3.

Level 1 qualified coaches are permitted to lead activity unsupervised only where session plans are designed and signed off by level 2 coaches AND they achieved their qualification after October 2016. For coaches who achieved their qualification before this date, they may only act in an assistant coach capacity.

Where group sizes are shown in the table below, this refers to the number of athletes being coached and does not include the coach or activator themselves.

In all cases group size limits shown are the maximum permitted. Safety of participants and public must be taken into account and numbers reduced, if necessary.

# Activator-Led Club Session

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## British Triathlon Activators



**Run**



**Cycling** Closed Setting



**Cycling** Open Road Setting



# Coach Sessions

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## Level 1 British Triathlon Qualified Coaches

Achieved since October 2016 onwards ONLY

**MAXIMUM  
GROUPS OF**



**Swim** Pool Setting

**x10**



**Cycle** Closed Setting

**x8**



**Run**

**x12**

## Coach Sessions

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### Level 2 British Triathlon Qualified Coaches

**MAXIMUM  
GROUPS OF**



**Swim** Pool Setting

x **20**



**Swim** Open Water Setting

x **16**



**Cycle** Closed Setting

x **16**



**Cycle** Open Road Setting

x **8**



**Run**

x **20**



## Coach Sessions

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### Level 3 British Triathlon Qualified Coaches

MAXIMUM  
GROUPS OF



**Swim** Pool Setting

x 24



**Swim** Open Water Setting

x 20



**Cycle** Turbo Setting

x 24



**Cycle** Closed Setting

x 20



**Cycle** Open Road Setting

x 8



**Run**

x 24

# Additional Considerations and Support for Clubs and Coaches

## Triathlon Cymru Support

Our team is available to provide further support to clubs and coaches. They should be viewed as a 'critical friend' to help clubs work through their planning and operations, including getting their risk assessments and action plans in order. Contact [amyjenner@welshtriathlon.org](mailto:amyjenner@welshtriathlon.org) (Head of Development)

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As well as our Head of Development, you can contact our coaching team on [coaching@britishtriathlon.org](mailto:coaching@britishtriathlon.org) or our membership team on [membership@welshtriathlon.org](mailto:membership@welshtriathlon.org)

## Coaching in Non-Club Settings

Self-employed coaches need to be conscious that they are solely responsible for their sessions, both planning for them and delivering them.