MCA Progressive Coaching Pathway

Tier 1: Program Volunteer

1 — MCA Coaches Code of Conduct
Time: 15 Minutes
Cost: FREE
Delivery: Online Form

2 — Respect in Sport
Time: 80 Minutes
Cost: FREE
Delivery: eLearning

3 — Understanding the Rule of Two
Time: 80 Minutes
Cost: FREE
Delivery: eLearning

4 — MCA Membership
(Required to coach)
Click here to get your annual membership

Tier 1: Program Volunteer
You provide supervision and support during rides and skills sessions, following the Rule of Two to ensure a safe and positive environment for all riders.

Tier 2: Ride Leader

5 — NCCP Emergency Action Plan
Time: 15 Minutes
Cost: FREE
Delivery: eLearning

6 — Cycling Foundations
Time: 1 hour
Cost: $15.00
Delivery: eLearning

7 — Cycling Practice Planning
Time: 2 x 2 hours
Cost: $45.00 -$65.00
Delivery: Online/ In-person

8 — Criminal Record Check
Time: 30 Minutes
Cost: $25.00
Delivery: Online Form

Tier 2: Ride Leader
You lead rides and skill sessions, helping youth build confidence and core cycling skills while supporting a fun, inclusive atmosphere.

Tier 3: Community Trained Coach

9 — NCCP Make Ethical Decisions (Practical Training)
Time: 3.5 Hours
Cost: $50.00
Delivery: Online

10 — NCCP Make Ethical Decisions (Evaluation)
Time: 1 Hour
Cost: FREE with Practical
Delivery: eLearning

11 — Basic Bike Skills
Time: 8 Hours
Cost: $60 - $80
Delivery: On-Bike

12 — Child Abuse Registry Check
Time: 15 minutes
Cost: FREE
Delivery: Online Form

Tier 3: Community Trained Coach
You provide more technical coaching, take leadership in scheduling and mentoring of Tier 1 & 2 coaches, and help grow local program capacity to strengthen the club-based youth cycling pathway.

Tier 4: Introduction to Competition

13 — Skills & Tactics (Theory)
Time: 5 x 2 Hours
Cost: $75.00
Delivery: Online

14 — Skills & Tactics (Practical)
Time: 8 Hours
Cost: $60.00 - $80.00
Delivery: In-Person

15 — NCCP Sport Nutrition
Time: 1 Hour
Cost: $20.00
Delivery: eLearning

16 — Training to Race
Time: 6 x 2 Hours
Cost: Varies
Delivery: Online

17 — Portfolio Evaluation
Cost: $150.00

18 — Debrief & Online Quiz

Tier 4: Introduction to Competition Coach
You prepare athletes for competition, developing advanced skills, race readiness, and positive sport experiences.

HopOn Certification (Optional Pathway for Tier 3 Coaches)

1 — HopOn eLearning
Time: 4 Hours
Cost: FREE
Delivery: eLearning

2 — HopOn Orientation
Time: 8 Hours
Cost: Varies
Delivery: On-Bike

HopOn Certified (Optional Pathway)
You deliver the HopOn curriculum, introducing youth to cycling through fun, skill-based activities and community engagement. The program naturally leads riders into the Kids of Mud pathway.