



## NICA Coach License Program

National Interscholastic Cycling Association  
 (510) 524-5464  
 www.nationalmtb.org

The NICA Coaches Licensing Program was introduced to ensure that volunteers at every level are sufficiently knowledgeable in order to be a positive influence on all NICA student-athletes.

Type of License	First Aid Requirement	Training Seminars*	Field Work	Exam	Background Check	Annual CDC Certification	Annual Waiver	Annual Fee
<b>LEVEL 3</b>	NICA Approved First Aid or WFA, & CPR	Leaders' Summit Seminar, Risk Management 3, NICA On the Bike Skills Training, and Coaching the NICA Student-Athlete	80 hours	YES	YES	YES	YES	YES
<b>LEVEL 2</b>	Standard First Aid & CPR	Risk Management 2, NICA On the Bike Skills Training, and Coaching the NICA Student-Athlete	20 hours	NO	YES	YES	YES	YES
<b>LEVEL 1</b>	No Requirement	Risk Management 1	0	NO	YES	YES	YES	YES

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

\*CEUs are required every three years.

**NICA Approved First Aid:** Training is an 8 hour, advanced course aimed at providing emergency responders the appropriate techniques applicable to the specific needs of a NICA Level 3 Coach.

**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. Current Wilderness First Responder (WFR) certification also meets this requirement.

**Training Seminars:** are offered through online webinars, live events, and at League Leaders' Summits, which are typically held annually in the spring or fall depending on your League's competitive season (check with your local League Director for more details on scheduling). Topics range from *Leadership and Management of an Interscholastic Mountain Bike Team* to *Working Successfully with Teenagers* to *Managing Risk and Maximizing Safety* to *Creating Appropriate Training Programs*, as well as *NICA On the Bike Skills Training: Learn the Skills to Teach the Skills*.

**Field Work:** are actual hours spent in contact with NICA student-athletes while engaged in NICA interscholastic mountain bike programming. Individuals wanting to obtain a Level 2 or Level 3 certification must self-report field work hours directly to their coach license in the NICA Pit Zone. When reporting, provide a description of activities completed and 2 references which can include League Director, Head Coach or parents from the team.



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**Level 3 Exam:** can be taken after studying the Coach Manual and attending all required NICA training seminars. The exam is available online and can be taken multiple times. The exam tests a Level 3 applicant's knowledge of risk management, skills instruction, first aid and other skills deemed important to coaching an interscholastic mountain bike team.

**Background Check:** (required for all adult volunteers working with NICA student-athletes) are offered through TC Logiq. Each background check costs \$22, though it may cost more depending on your specific search requirements.

**CDC Concussion Training:** Annual completion of the CDC's *Heads Up: Concussion in Youth Sports* training or an equivalent certification is also a requirement of all adult volunteers working with NICA student-athletes. This is a free, online course available to volunteers, parents, and others helping to keep athletes safe from concussion.

**Continuing Education (CEU):** In order to maintain Level 2 and Level 3 certification, an individual must keep her/his credentials, including re-attending training seminar requirements every three years.