



# Coach Education Requirements

NICA's coach education program exists to provide coaches with training in best-practices for youth development. This custom training equips coaches with the knowledge, skills, and abilities to participate with their team. NICA's league staff and coach education team are here to support coaches with their training process.

**Training requirements vary by license level.** To use this overview document, locate your desired license level in the right-side columns. Items with a check mark indicate requirements for licensure.

You can also **view requirements broken down by license level** by following the links here: [LEVEL 1](#), [LEVEL 2](#), and [LEVEL 3](#)

MORE INFO: [Quick-start guide to navigating Coach Education, Resources, & Benefits](#) | [NICA Coach Help Desk](#)

REQUIREMENT OVERVIEW – All Levels	LICENSE LEVEL		
	1	2	3
<b>PARTICIPATION AGREEMENT &amp; CODE OF CONDUCT</b>	ANNUAL RENEWAL		
All adult volunteers are required to sign NICA's Adult Code of Conduct and an Agreement to Participate waiver each year in order to be covered under NICA's insurance. COMPLETED IN PIT ZONE <a href="#">COACH REGISTRATION PROCESS</a>			
<b>COACH LICENSING FEE</b>	ANNUAL RENEWAL		
Pit Zone registration includes an annual coach license membership fee. The fee covers insurance and administrative costs of managing NICA programs. COMPLETED IN PIT ZONE <a href="#">COACH REGISTRATION PROCESS</a>			
<b>BACKGROUND CHECK</b>	ANNUAL RENEWAL		
NICA coaches must complete an annual background check administered by Sterling Volunteers. Initial checks cost \$37.60, years 2-6 cost \$10.75. In year seven, the cycle starts again (\$37.60, then \$10.75 for the following five years) - <a href="#">learn more about our background check process</a> . COMPLETED IN PIT ZONE <a href="#">COACH REGISTRATION PROCESS</a>			
<b>CONCUSSION TRAINING</b>	ANNUAL RENEWAL		
NICA uses CDC coach concussion training, housed within our NICA Education Center, to equip coaches with the knowledge and skills to identify and respond to concussions. COMPLETED IN <a href="#">NICA EDUCATION CENTER</a>			
<b>NICA PHILOSOPHY, SAFETY, &amp; RISK MANAGEMENT</b>	ANNUAL RENEWAL		
This course covers the foundations of NICA coaching at all levels, highlighting core coaching values of safety, fun, and learning. COMPLETED IN <a href="#">NICA EDUCATION CENTER</a>			
<b>ATHLETE ABUSE AWARENESS TRAINING</b>	REQUIRED EVERY 2 YEARS		
Learn how to identify the signs of potential abuse, help keep kids safe, and model appropriate behaviors as a coach for a youth development team with this course in the NICA Education Center. COMPLETED IN <a href="#">NICA EDUCATION CENTER</a>			

NICA COACH LICENSE LEVEL COURSES		REQUIRED EVERY 2 YEARS		
Learn about your roles and responsibilities as a NICA coach, and understand how to apply youth coaching best-practices. Each license level has a corresponding course within the NICA Education Center with content specific to your role on the team.				
COMPLETED IN <a href="#">NICA EDUCATION CENTER</a>		Level 1 Course	Level 2 Course	Level 3 Course
FIRST AID		BASED ON PROVIDER EXPIRATION DATE		
Mountain biking is a sport of inherent risks. First aid & CPR training ensures coaches are equipped to respond when emergencies occur. Level 2 coaches are asked to commit to a minimum 4 hour training, while Level 3 coaches are asked to commit to an 8+ hour NICA-approved or Wilderness First Aid training. Note that not all first aid courses will fulfill NICA requirements, and requirements can vary by league - please carefully review our <a href="#">detailed First Aid info</a> to learn more.		—		
PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE COACH PROFILE				
CPR		BASED ON PROVIDER EXPIRATION DATE		
NICA requires a CPR course with 60 minutes of in-person instruction. Some CPR certifications are included in first aid training (above) but need to be uploaded separately in Pit Zone. Note that not all CPR courses will fulfill NICA requirements - please read our <a href="#">detailed First Aid info</a> to learn more.		—		
PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE COACH PROFILE				
ON-THE-BIKE SKILLS 101: ONLINE COURSE		ONE-TIME REQUIREMENT		
The online <a href="#">On-the-Bike Skills 101</a> online course is required before completing the On-the-Bike Skills 101 in-person coach skills clinic. This course is located in the NICA Education Center.		—		
COMPLETED IN <a href="#">NICA EDUCATION CENTER</a> . ONE-TIME REQUIREMENT, CAN RETAKE FOR 1 CEU.				
ON-THE-BIKE SKILLS 101: IN-PERSON CLINIC		ONE-TIME REQUIREMENT; complete again for 3 CEUs		
The in-person <a href="#">On-the-Bike Skills 101</a> in-person clinic is hosted locally by NICA coach supporters. Please reach out to your league director/staff to learn more about OTB courses in your area.		—		
CLINICS SCHEDULED BY LEAGUES; ONE-TIME REQUIREMENT, CAN RETAKE FOR 3 CEUs.				
FIELD WORK HOURS		ONE-TIME REQUIREMENT		
Field work is considered actual hours spent in contact with NICA student-athletes while engaged in an interscholastic mountain bike program, including practices, events, preseason activities, skills clinics, etc. <a href="#">Field work hours</a> are self-reported via a short form in the NICA Education Center.		—	 20 hours	 80 hours
COMPLETED IN <a href="#">NICA EDUCATION CENTER</a> . ONE-TIME REQUIREMENT.				
NICA LEADERS' SUMMIT		ONE-TIME REQUIREMENT; complete again for CEUs		
Composed of four core workshops, <a href="#">NICA Leaders' Summits</a> are hosted in-person by leagues, as well as online (a variety of dates throughout the year). Summit workshops can also be completed individually for CEUs, once the Level 3 requirement is met.		—	—	
COMPLETED ONLINE OR IN-PERSON; LEAGUE UPDATES IN PIT ZONE. ONE-TIME REQUIREMENT.				
CONTINUING EDUCATION UNITS (CEUs)		CEUs expire 3 years from their completion date		
Level 2 & 3 NICA coaches are asked to maintain their learning in order to provide effective, quality coaching. CEUs are required every three years. Coaches may choose from a <a href="#">wide variety of CEU options</a> , including several within NICA's Education Center.		—	 3 CEUs	 6 CEUs
UPLOAD REQUIREMENTS VARY; UPLOAD IN PIT ZONE.				
Still have questions? Need help? <a href="#">Contact the NICA Coach Help Desk.</a>				

# LEVEL 1

## COACH EDUCATION OVERVIEW



Use this simple breakdown to view all **LEVEL 1 NICA COACH REQUIREMENTS**.

View NICA's license requirements [summary](#), or view [Level 2](#) or [Level 3](#) requirements.

### LEVEL 1 REQUIREMENTS

#### PARTICIPATION AGREEMENT & CODE OF CONDUCT

All adult volunteers are required to sign NICA's Adult Code of Conduct and an Agreement to Participate waiver each year in order to be covered under NICA's insurance.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### COACH LICENSING FEE

Pit Zone registration includes an annual coach license membership fee. The fee covers insurance and administrative costs of managing NICA programs.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### BACKGROUND CHECK

NICA coaches must complete an annual background check administered by Sterling Volunteers. Initial checks cost \$37.60, years 2-6 cost \$10.75 - [learn more about our background check process](#).

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### CONCUSSION TRAINING

NICA uses CDC coach concussion training, housed within our NICA Education Center, to equip coaches with the knowledge and skills to identify and respond to concussions.

COMPLETED ANNUALLY IN [NICA EDUCATION CENTER](#)

#### NICA PHILOSOPHY, SAFETY, & RISK MANAGEMENT

This course covers the foundations of NICA coaching at all levels, highlighting core coaching values of safety, fun, and learning.

COMPLETED ANNUALLY IN [NICA EDUCATION CENTER](#)

#### ATHLETE ABUSE AWARENESS TRAINING

Learn how to identify the signs of potential abuse, help keep kids safe, and model appropriate behaviors as a coach for a youth development team with this course in the NICA Education Center.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

#### NICA COACH LICENSE LEVEL COURSES

Learn about your roles and responsibilities as a NICA coach, and understand how to apply youth coaching best-practices. Each license level has a corresponding course within the NICA Education Center with content specific to your role on the team.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

Still have questions? Need help? [Contact the NICA Coach Help Desk](#).

# LEVEL 2

## COACH EDUCATION OVERVIEW



Use this simple breakdown to view all **LEVEL 2 NICA COACH REQUIREMENTS**.

View NICA's license requirements [summary](#), or view [Level 1](#) or [Level 3](#) requirements.

### LEVEL 2 REQUIREMENTS

#### PARTICIPATION AGREEMENT & CODE OF CONDUCT

All adult volunteers are required to sign NICA's Adult Code of Conduct and an Agreement to Participate waiver each year in order to be covered under NICA's insurance.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### COACH LICENSING FEE

Pit Zone registration includes an annual coach license membership fee. The fee covers insurance and administrative costs of managing NICA programs.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### BACKGROUND CHECK

NICA coaches must complete an annual background check administered by Sterling Volunteers. Initial checks cost \$37.60, years 2-6 cost \$10.75 - [learn more about our background check process](#).

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### CONCUSSION TRAINING

NICA uses CDC coach concussion training, housed within our NICA Education Center, to equip coaches with the knowledge and skills to identify and respond to concussions.

COMPLETED ANNUALLY [NICA EDUCATION CENTER](#)

#### NICA PHILOSOPHY, SAFETY, & RISK MANAGEMENT

This course covers the foundations of NICA coaching at all levels, highlighting core coaching values of safety, fun, and learning.

COMPLETED ANNUALLY IN [NICA EDUCATION CENTER](#)

#### ATHLETE ABUSE AWARENESS TRAINING

Learn how to identify the signs of potential abuse, help keep kids safe, and model appropriate behaviors as a coach for a youth development team with this course in the NICA Education Center.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

#### NICA COACH LICENSE LEVEL COURSES

Learn about your roles and responsibilities as a NICA coach, and understand how to apply youth coaching best-practices. Each license level has a corresponding course within the NICA Education Center with content specific to your role on the team.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

#### FIRST AID

Mountain biking is a sport of inherent risks. First aid & CPR training ensures coaches are equipped to respond when emergencies occur. Level 2 coaches are asked to commit to a minimum 4 hour training, while Level 3 coaches are asked to commit to an 8+ hour NICA-approved or Wilderness First Aid training. Note that not all first aid courses will fulfill NICA requirements, and requirements can vary by league - please carefully review our [detailed First Aid info](#) to learn more.

PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE PROFILE; EXPIRATION BASED ON PROVIDER

## CPR

NICA requires a CPR course with 60 minutes of in-person instruction. Some CPR certifications are included in first aid training (above) but need to be uploaded separately in Pit Zone. Note that not all CPR courses will fulfill NICA requirements - please read our [detailed First Aid info](#) to learn more.

PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE PROFILE; EXPIRATION BASED ON PROVIDER

## ON-THE-BIKE SKILLS 101: ONLINE COURSE

The online [On-the-Bike Skills 101](#) online course is required before completing the On-the-Bike Skills 101 in-person coach skills clinic. This course is located in the NICA Education Center.

COMPLETED IN [NICA EDUCATION CENTER](#). ONE-TIME REQUIREMENT, CAN RETAKE FOR 1 CEU.

## ON-THE-BIKE SKILLS 101: IN-PERSON CLINIC

The in-person [On-the-Bike Skills 101](#) in-person clinic is hosted locally by NICA coach supporters. Please reach out to your league director/staff to learn more about OTB courses in your area.

CLINICS SCHEDULED BY LEAGUES; LEAGUE WILL UPDATE IN PIT ZONE. ONE-TIME REQUIREMENT, CAN RETAKE FOR 3 CEUs.

## FIELD WORK HOURS

Field work is considered actual hours spent in contact with NICA student-athletes while engaged in an interscholastic mountain bike program, including practices, events, preseason activities, skills clinics, etc. [Field work hours](#) are self-reported via a short form in the NICA Education Center.

COMPLETED IN [NICA EDUCATION CENTER](#). ONE-TIME REQUIREMENT.

Still have questions? Need help? [Contact the NICA Coach Help Desk.](#)

# LEVEL 3

## COACH EDUCATION OVERVIEW



Use this simple breakdown to view all **LEVEL 3 NICA COACH REQUIREMENTS**.

View NICA's license requirements [summary](#), or view [Level 1](#) or [Level 2](#) requirements.

### LEVEL 3 REQUIREMENTS

#### PARTICIPATION AGREEMENT & CODE OF CONDUCT

All adult volunteers are required to sign NICA's Adult Code of Conduct and an Agreement to Participate waiver each year in order to be covered under NICA's insurance.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### COACH LICENSING FEE

Pit Zone registration includes an annual coach license membership fee. The fee covers insurance and administrative costs of managing NICA programs.

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### BACKGROUND CHECK

NICA coaches must complete an annual background check administered by Sterling Volunteers. Initial checks cost \$37.60, years 2-6 cost \$10.75 - [learn more about our background check process](#).

COMPLETED ANNUALLY IN PIT ZONE [COACH REGISTRATION PROCESS](#)

#### CONCUSSION TRAINING

NICA uses CDC coach concussion training, housed within our NICA Education Center, to equip coaches with the knowledge and skills to identify and respond to concussions.

COMPLETED ANNUALLY IN [NICA EDUCATION CENTER](#)

#### NICA PHILOSOPHY, SAFETY, & RISK MANAGEMENT

This course covers the foundations of NICA coaching at all levels, highlighting core coaching values of safety, fun, and learning.

COMPLETED ANNUALLY IN [NICA EDUCATION CENTER](#)

#### ATHLETE ABUSE AWARENESS TRAINING

Learn how to identify the signs of potential abuse, help keep kids safe, and model appropriate behaviors as a coach for a youth development team with this course in the NICA Education Center.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

#### NICA COACH LICENSE LEVEL COURSES

Learn about your roles and responsibilities as a NICA coach, and understand how to apply youth coaching best-practices. Each license level has a corresponding course within the NICA Education Center with content specific to your role on the team.

COMPLETED EVERY TWO YEARS IN [NICA EDUCATION CENTER](#)

#### FIRST AID

Mountain biking is a sport of inherent risks. First aid & CPR training ensures coaches are equipped to respond when emergencies occur. Level 2 coaches are asked to commit to a minimum 4 hour training, while Level 3 coaches are asked to commit to an 8+ hour NICA-approved or Wilderness First Aid training. Note that not all first aid courses will fulfill NICA requirements, and requirements can vary by league - please carefully review our [detailed First Aid info](#) to learn more.

PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE PROFILE; EXPIRATION BASED ON PROVIDER

## CPR

NICA requires a CPR course with 60 minutes of in-person instruction. Some CPR certifications are included in first aid training (above) but need to be uploaded separately in Pit Zone. Note that not all CPR courses will fulfill NICA requirements - please read our [detailed First Aid info](#) to learn more.

PROVIDERS VARY BY LEAGUE/REGION; UPLOAD CERTIFICATE TO PIT ZONE PROFILE; EXPIRATION BASED ON PROVIDER

## ON-THE-BIKE SKILLS 101: ONLINE COURSE

The online [On-the-Bike Skills 101](#) online course is required before completing the On-the-Bike Skills 101 in-person coach skills clinic. This course is located in the NICA Education Center.

COMPLETED IN [NICA EDUCATION CENTER](#). ONE-TIME REQUIREMENT, CAN RETAKE FOR 1 CEU.

## ON-THE-BIKE SKILLS 101: IN-PERSON CLINIC

The in-person [On-the-Bike Skills 101](#) in-person clinic is hosted locally by NICA coach supporters. Please reach out to your league director/staff to learn more about OTB courses in your area.

CLINICS SCHEDULED BY LEAGUES; LEAGUE WILL UPDATE IN PIT ZONE. ONE-TIME REQUIREMENT, CAN RETAKE FOR 3 CEUs.

## FIELD WORK HOURS

Field work is considered actual hours spent in contact with NICA student-athletes while engaged in an interscholastic mountain bike program, including practices, events, preseason activities, skills clinics, etc. [Field work hours](#) are self-reported via a short form in the NICA Education Center.

COMPLETED IN [NICA EDUCATION CENTER](#). ONE-TIME REQUIREMENT.

## NICA LEADERS' SUMMIT

Composed of four core workshops, [NICA Leaders' Summits](#) are hosted in-person by leagues, as well as online (a variety of dates throughout the year). Summit workshops can also be completed individually for CEUs, once the Level 3 requirement is met.

COMPLETED ONLINE OR IN-PERSON; LEAGUE WILL UPDATE IN PIT ZONE - ONE TIME REQUIREMENT

## CONTINUING EDUCATION UNITS (CEUs)

Level 2 & 3 NICA coaches are asked to maintain their learning in order to provide effective, quality coaching. CEUs are required every three years. Coaches may choose from a [wide variety of CEU options](#), including several within NICA's Education Center.

UPLOAD REQUIREMENTS VARY; UPLOAD IN PIT ZONE - CEUs EXPIRE AFTER 3 YEARS

Still have questions? Need help? [Contact the NICA Coach Help Desk.](#)