



Workshop 5
Introducing the new qualifications

Delivered by:
Michael Cordon
and
Jackie Eason



The
Bikeability
Trust

Session aims

1) To provide information on the new qualifications:

The level 3 award in developing
cycle training instructors

(which replaces the 2- day NSIT
course)

The level 2 award in instructing
cycle training

(which replaces the 4-day NSI
course)

2) To provide opportunity for open discussion and questions

What's on your mind?



Session content



1. Reason for the changes
2. The role of Ist4sport
3. The qualifications
 - The structure
 - The content
 - The learner journey
 - The timings
 - The cost
4. Open questions and discussion

The reason for the changes

The changes are a response to enduring weaknesses in instructor training first identified in quality assurance and instructor training reviews in 2015 and 2016

The introduction of Ofqual regulated qualifications is to:

- improve the consistency and quality of tutor and instructor training
- remove inconsistent interpretation of the National Standard
- increase the quality and consistency of Bikeability training received by children across the country.

YOU CAN'T SPELL
CHALLENGE
WITHOUT
CHANGE



IF YOU'RE GOING TO RISE TO THE
CHALLENGE, YOU HAVE TO BE
PREPARED TO CHANGE.

Benefits of working with 1st4Sport:

- Vast experience of developing instructor/sport coaching qualifications with partner organisations
- Provision of Centre quality regulations with potential sanctions/consequences
- External quality assurance of Centres, training courses and assessment
- On-line training, assessment and support systems, including e-portfolios
- Centre support - customer service for Centres and candidates
- Coachwise have worked with Bikeability for over 6 years

Recognised Delivery Centres (RDCs)

Open application process

- Online
- EQA visit
- £500 +VAT registration fee

Need to meet conditions:

- Workforce (admin, IQA, tutors)
- Tutor qualifications
- Equipment
- Policies

Internal Quality Assurance

- IQA report per course
- EQA liaison
- Hold, or be working towards a level 4 IQA qualification

Minimum of 25
candidates per year



Overview

Level 2 Award in Instructing Cycle Training

- 'This qualification provides learners with the knowledge and skills required to be able to deliver cycle training to groups and individuals in line with the National Standard for Cycle Training'

Level 3 Award in Developing Cycle Training Instructors

- 'This qualification provides learners with the knowledge and skills to be able to develop cycle training instructors to deliver the National Standard for Cycle Training'

Qualification Specification

Qualification Handbook

Unit Specification

Learner Pack
E Portfolio

The Award Content

Level 2 – 5 Mandatory Units

1. Understanding the role and responsibilities
2. Plan cycle training and assessment
3. Deliver cycle training and assessment
4. Review cycle training and assessment
5. Plan to improve professional practice

Level 3 – 3 Mandatory Units

1. Tutor cycle training instructors
2. Assess cycle training instructors
3. Plan to improve professional practice



Qualification timing

1st4Sport Registration period: 1 year
Bikeability Trust expectation: 6 months

Level 2

32 guided learning hours

- 30 on the four day course
- 2 for post course assessment

76 off course hours

- 4 hours information gathering
- 72 hours delivering Bikeability

108 hours total qualification time

Level 3

18 guided learning hours

- 15 on the two day course
- 3 for post course assessment

69 off course hours

- 60 hours delivering Level 2 courses
- 9 hours undertaking Level 2 PCAs

87 hours total qualification time



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Any questions on timing?

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Outcome being assessed	Assessment tool	LEVEL TWO
1) Roles and Responsibilities	Multiple Choice questions	
2) The National Standard	Multiple Choice questions	
3) Duty of Care	Multiple Choice questions	
4) Instructing styles and participant development	Multiple Choice questions	
5) Inclusive instructing practice	Multiple Choice questions	
6) Plan progressive cycle training	Online task to plan progressive sessions through Bikeability levels 1 to 3	
7) Plan Bikeability sessions	4 lesson plans for different Bikeability levels, with risk assessments	
8) Practical demo of Bikeability Instructing	On course role play assessed by plans, feedback and assessor observation	
9) Practical demo of Bikeability Co-instructing	On course role play assessed by plans, feedback and assessor observation	
10) Review of cycle training sessions	Self evaluation and evaluation of participant performance	
11) Improve professional practice	CPD plan	
12) Bikeability instruction – final assessment	Final post course assessment with your tutor	

Key:

Green are online assessed tasks

Purple are on-course assessment tasks or by Recognised Prior Learning evidence

Red is assessed in the final post course assessment

Outcome being assessed	Assessment tool	LEVEL THREE
1) Roles and Responsibilities	Multiple Choice questions	
2) The National Standard	Multiple Choice questions	
3) Inclusive tutoring	Multiple Choice questions	
4) Planning learning sessions	2 lesson plans for level 2 Award in Instructing Cycle Training sessions	
5) Delivering learning sessions	On course role play delivery of two level 2 Award in Instructing Cycle Training sessions assessed by assessor observation	
6) Reviewing learning sessions	On course role play review of a level 2 Award in Instructing Cycle Training sessions assessed by assessor observation	
7) Assessing cycle training instructors	Multiple Choice questions	
8) Assessment of planning and delivery	On course role play of post course assessing a peer's Bikeability level 2 delivery	
9) Develop a professional development plan	CPD plan	
10) Practical demo – final assessment	Post course assessment of your delivery of a level 2 Award in Instructing Cycle Training	

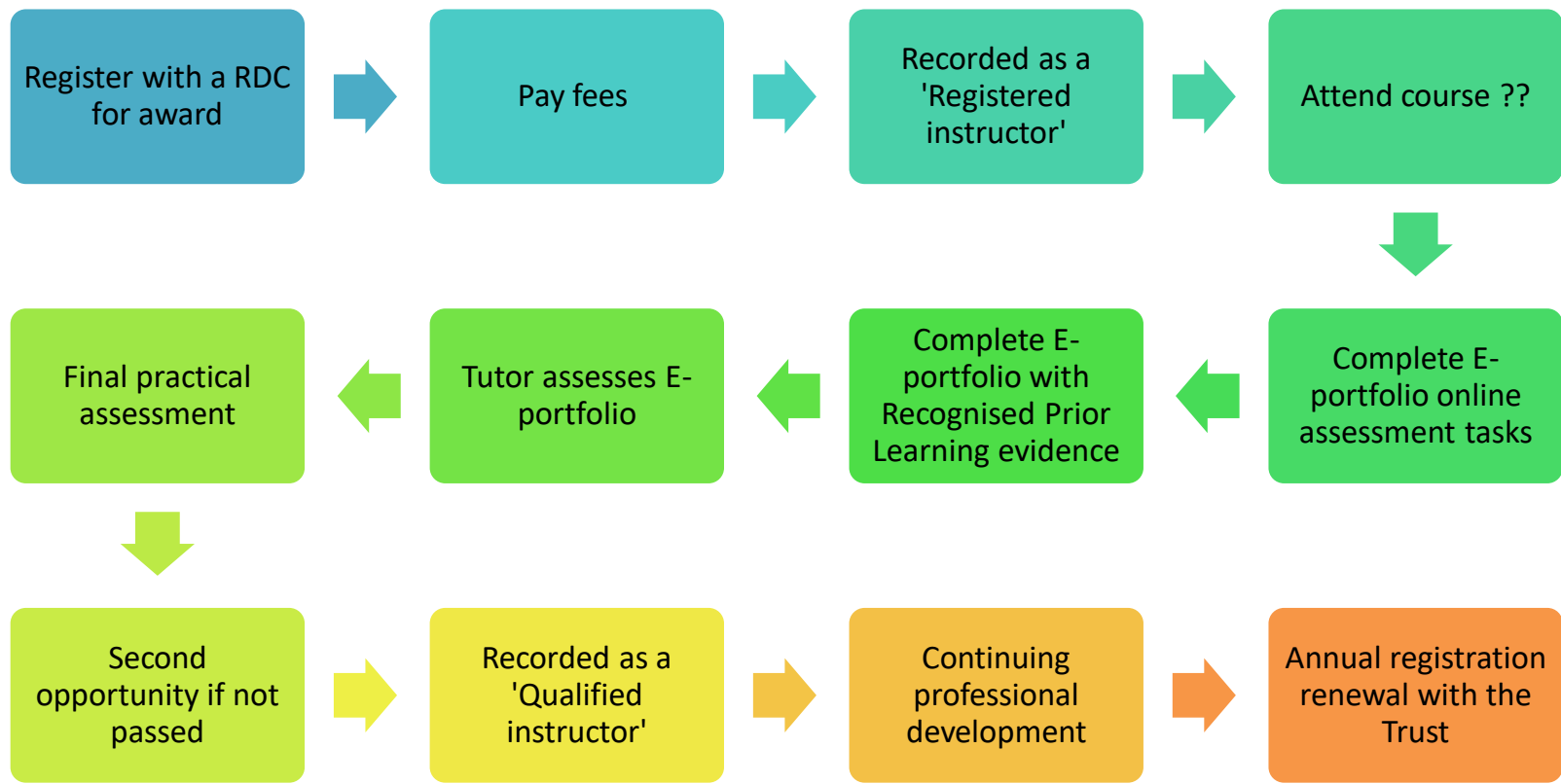
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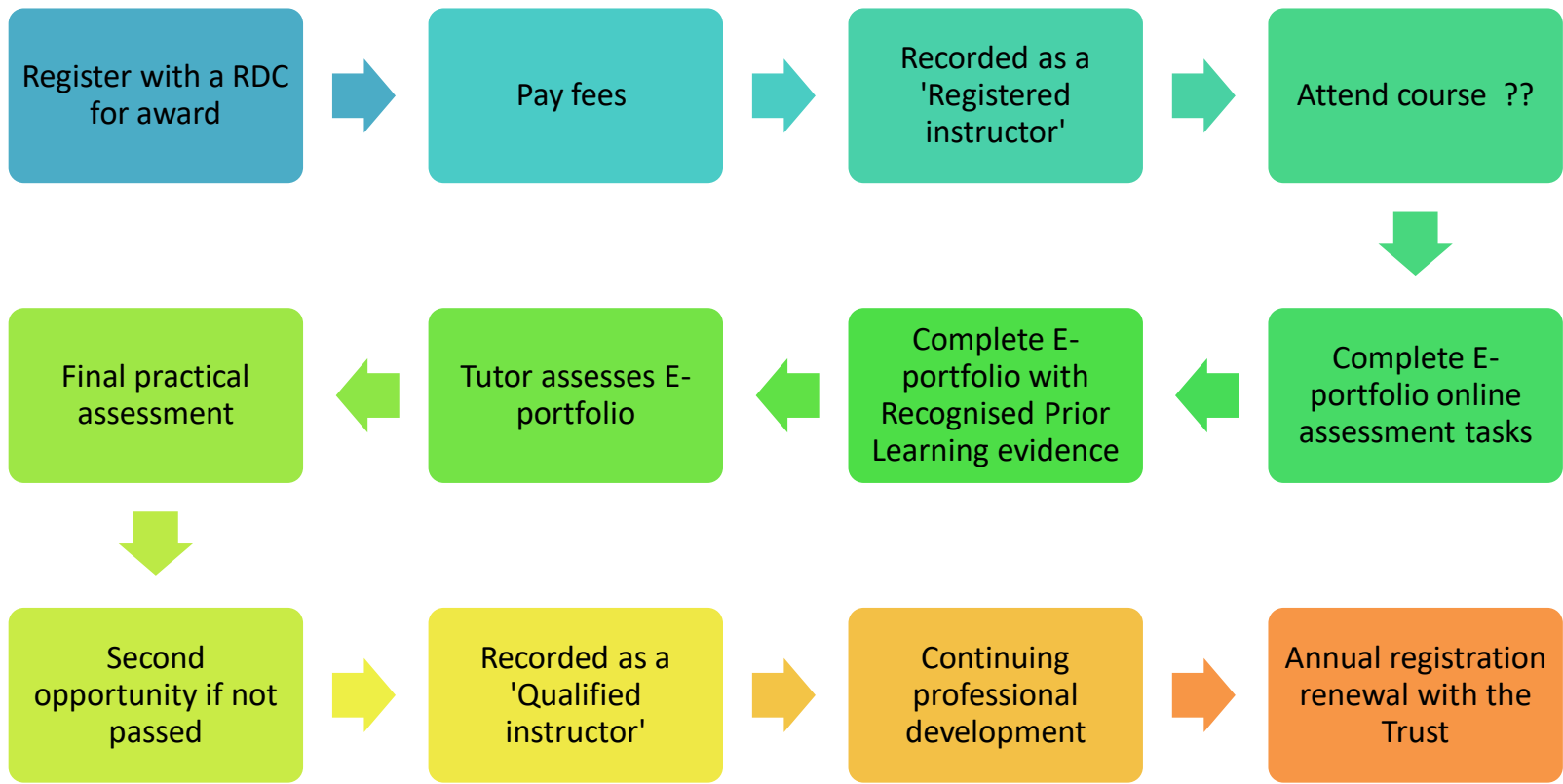
Purple are on-course assessment tasks or by Recognised Prior Learning evidence

Red is assessed in the final post course assessment

Transferring from your current to the new qualification



Any questions on the process?



Additional information - Timings

- Registration window to transfer to the new qualifications from August 2019 to August 2021
- Once registered, the Bikeability Trust expect the final assessment to take place within **6 months**
- There is some flexibility, but the final assessment **must** be completed within **12 months**
- If you haven't completed within 12 months or you don't pass your second assessment, your 'Bikeability status' will be removed and you'll need to start the qualification again

Additional information - Costs

- Costs for the courses will be set by the RDCs. They will include:
 - 1st4sport registration fee (£40 for level 2, £55 for level 3)
 - administration and resources to run the courses
 - tutor time to deliver the course
 - tutor time to assess the E-portfolio
 - tutor time to undertake the final practical assessment
 - Internal and external quality assurance
- Bikeability Trust will contribute £60 towards the cost of practical assessments for existing instructors (until May 2021)
- The Bikeability Trust will reimburse up to 50% of the course fee for two learners from each RDC for the Level 2 award to attend a Level 3 award course before 1 August 2019
- Bikeability Trust will collect an annual instructor registration renewal fee of £25 on the anniversary of 1s4Sport registration, to cover costs of online CPD resources and CPD places at national conference and regional workshops

The First Wave of Instructor Trainers

- The Bikeability Trust have been working with centres, who have already completed their Recognised Delivery Centre application process, to develop a 'First Wave' of Level 3 courses
- These 'First Wave' Level 3 courses will train experienced NSITs, from organisations who are completing their RDC application, to transfer across to the Level 3 qualification.
- They will be rolled out through June and July, to enable RDCs to commence the re-training of their workforce to the new qualification.

Open for discussion and questions

