

BIATHLON CANADA – Community Coach Silver and Gold Course

MODULE	TITLE	CONTENT	TIME
1	Introduction	Welcome, NCCP, overview of the sport	0800-0850
2	Setting the Scene	As per CAC module (combined setting the scene and participant needs)	0900-0945
3	Shooting: equipment & rules	Review rifle handling & simple maintenance, loading clips, range safety, and pertinent rules.	1000-1055
4	Skiing: equipment & rules	Show video on ski equipment and preparations, ski safety, pertinent rules (starting, passing, finishing)	1100-1155
5	Tasks of the Silver Coach	Review the role of a Silver Coach (teaching technical skills, providing competition support, participant supervision), awareness of club EAP	1300-1350
6	Group A Ski Training	Introduction to basic ski techniques, Sample Bears ski sessions with basic methodology of teaching (formations)	1400-1600
**note: we can switch this part for range training depending on availability between the two days			
7	Implementing a Bears Program	Program overview Administration of the club program Promoting the Bears Program Implementing the Bears program (planning a practice)	1815-2030
8	Tasks of the Gold Coach	Review of Silver module (Program organization, Leadership, teaching skills, support in competition) Biathlon Bears (separate module below) Safety and liability (producing an EAP) Teaching Bronze-Silver courses	0800-1000
9	Group A Range Training	Introduce prone shooting (position, mechanics, 5-shot integration), how to zero, Sample Bears shooting session	1000-1200
**note: we can switch this part for range training depending on availability between the two days			
10	Ethics	As per CAC module	1300-1500
11	Course Wrap-up	Respond to questions, course registers and evaluations	1500-1530