



TRIATHLON ASSOCIATION  
OF HONG KONG CHINA  
中國香港三項鐵人總會

## 2026 Macau World Triathlon Coaches Level 1 Course

### About the 2026 Macau World Triathlon Coaches Level 1 Course:

This qualification is an introduction to coaching triathlon. It has been specifically designed to provide candidates with the principles and practices of safe and ethical coaching of triathlon sessions to youth, junior and adult recreational participant groups, using the activities provided through this course programme, equipping coaches with the necessary skills and resources to start coaching straight away.

At Level 1 the focus is on three key aspects:

- WHAT to coach (knowledge and skills);
- HOW to coach these concepts to best enable athletes to develop;
- WHO is being coached, understanding the athlete to enable better coaching to take place.

### - Entry Requirements:

1. 2026 TriHK Member
2. Be at least 18 years of age at the start of the course programme
3. Good command of English

### - Advantages for selection:

1. Current or Former National Squad members.
2. Existing Triathlon Coaching Certificate.
3. Past level of participation & contribution in triathlon activities & races.
4. 2026 TriHK registered coach.

### - Course Fee:

- The course will be free of charge.
- Accommodation will be covered in TWN shared rooms for international candidates.
- Candidates have to self-fund their spending including flight tickets, and meals etc. No subvention is provided by TriHK.

### - Obligations:

After completing the course and awarding the certificate, candidates have to serve 30 hours at TriHK, including 20 hours of coaching and 10 hours of race officiating within 12 months.

### - Application:

Please email forms, coaching CV and attach all supporting documents (e.g. certificates, results etc.) to [development@triathlon.com.hk](mailto:development@triathlon.com.hk) on or before 5pm, 10 May 2026.



Sports Federation &  
Olympic Committee of Hong Kong, China



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香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室

Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong  
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



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**- Remarks:**

1. The final selection is subject to World Triathlon.
2. Once your entry is accepted by the World Triathlon, you cannot withdraw from the course.

**Once accepted onto the course, learners will:**

- be issued with an World Triathlon Education Hub password and username;
- complete pre-course induction material, which explains requirements to complete the course;
- sent a welcome message from Facilitators, introducing themselves and encouraging engagement with the course;
- be required to complete online pre-course tasks and assignments within two weeks of being entered onto the education hub system. Failure to do this, may result in the participant being removed from the course.



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## Application Form 2026 Macau World Triathlon Coaches Level 1 Course

Macau, Macau – 4-8 July 2026

### Generic Information\*

National Federation			
First name (as worded on passport)			
Family name (as worded on passport)			
World Triathlon Registration Number (if applicable)			
Nationality			
E-mail address (individual)			
Phone Number (with country code)			
Date of Birth (dd/mm/yyyy)			
Gender	Male	Female	
Medical Insurance Details (insurance plan and number) Please scan a copy of insurance certificate with your application			
Please indicate if you have any special nutritional requirements.			
Emergency Contact Please list name and contact phone number (incl. country code) and email we can use in the case of an emergency.			
Your level of English (oral)	Beginner	Intermediate	Advanced
Your level of English (written)	Beginner	Intermediate	Advanced
Internet Access	Yes	No	

Do you have daily access to Internet?		
Computer / Laptop Access Do you have daily access to a computer/laptop?	Yes	No

## Coaching Experience / Coach Profile\*

Years in coaching	
In triathlon	
Other sports (Please specify)	
Level of athletes coached	
Age of athletes coached	
Coaching education ** List all coaching-relevant education, courses, etc.	
Coach Profile ** Please, provide a brief description of the coach's character and abilities.	
Reason for nomination ** Provide reasons why this coach was chosen for the course	

\* Please make sure that all details will be provided.

\*\* NFs can supplement this information with the coach's sporting CV if available.

I, the undersigned, Representative of the National Federation and the Candidate, certify, that the information provided above is accurate, true and correct.

Expired (not revalidated) or lost (downgraded) certifications can be reinstated by attending a new certification course on a self-funded basis.

NF Representative Name, Function and Signature	Stamp	Signature of the Candidate
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This application must be sent to: **[name] (e-mail)** latest by the application deadline published on <https://www.triathlon.org/development/calendar>.

**2026 Macau World Triathlon Coaches Level 1 Course - SCHEDULE**

**Facilitator Team : Fenella Ng (HKG), Jiachao Wang (CHN)**

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		3-Jul-26	4-Jul-26	5-Jul-26	6-Jul-26	7-Jul-26	8-Jul-26	
7:00	9:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time					
9:00	9:15		Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment Swim, Bike, Run (3 hours)	
9:15	9:30							What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)
9:30	9:45							The Coaching Process, Teaching & learning 1C (60 min)
9:45	10:00							
10:00	10:15		Lunch	Lunch	Lunch	Lunch	Lunch	
10:15	10:30							
10:30	10:45		Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Safety & Welfare 2C (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation
10:45	11:00							
11:00	11:15		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)	Open Water Theory 3B (1 hour)	Improving Performance 4B (75 min)	Programme Planning 4C (90 min)	
11:15	11:30							
11:30	11:45		Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Preparation for assessment (30 min)	Next steps - Coaching and sport development Course Close 5A		
11:45	12:00							
12:00	12:15		Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study				
12:15	12:30			Evening Meal				
12:30	12:45		Free Time					
12:45	13:00							
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