



UCI ATHLETE WELFARE

The **Athlete Welfare Workshop** is designed to provide coaches and support staff with the opportunity to enhance their knowledge in athlete care under the expert guidance of the UCI World Cycling Centre (WCC) team.

The 1.5 days workshop is designed to increase levels of knowledge and expertise in all areas of athlete welfare including recovery techniques, massage, common injuries, team travel and soigneur duties.

QUALIFICATION LEVELS The course is aimed at all who have an interest in athlete welfare and who wish to further their cycling specific knowledge: support staff, parents, coaches, soigneurs and medical professionals. The course does not require previous medical experience. Participants will receive a UCI WCC certificate of attendance. Please bring shorts for the practical elements.

DATES ▶ 29th to 30th November 2019

Day 1 (9:00-18:00)

- ✓ Anatomy/Biomechanics of cycling
- ✓ Typical cycling injuries and rehabilitation
- ✓ Health and Recovery

Day 2 (9:00-13:00)

- ✓ Athlete Screening
- ✓ Recovery Methods
- ✓ Athlete wellbeing
- ✓ Role of a soigneur

COST CHF 375.00 taxes excluded

This includes:

- ▶ 1.5 days workshops
- ▶ Lunch
- ▶ Teaching material



HOW TO APPLY

Complete the application form available on our website and send it to: **formation@uci.ch**