

Coach Education & Club Development Programme 2017/2018



Armagh City
Banbridge
& Craigavon
Borough Council



Welcome

Welcome to the Armagh City, Banbridge and Craigavon Borough Council Coach Education and Club Development Programme for 2017/2018.

At Council, we have a strong commitment to support the ongoing development of coaches, sports volunteers and sports club administrators throughout the Borough. We have compiled this programme to provide opportunities to further develop knowledge and skills, relevant to these roles, in enjoyable and engaging environments.

The programme offers a mixture of minimum operating standards which are a requirement for Sport NI's Clubmark NI quality accreditation programme, a Club Leaders NI workshop to support clubs in the day to day running of the club and coachwork style sessions which are practical in nature, relating to optimal performance.

For more information relating to any of the workshops, in the first instance please contact:

Sarah Aiken, Sports Development Assistant on **028 4066 0637**
or email **sarah.aiken@armaghbanbridgecraigavon.gov.uk**

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Summary

Course	Date	Venue	Time	Cost
Safeguarding Children & Young People	23/10/17	Ardmore Recreation Centre	6.30pm – 9.30pm	£15
Effective Organisational Structures	8/11/17	Craigavon Civic Centre	7pm - 9pm	Free
Disability Awareness Training	12/11/17	Tandragee Recreation Centre	10am – 4pm	£50
Safeguarding Children & Young People	14/11/17	Old Town Hall, Banbridge	6.30pm – 9.30pm	£15
Emergency First Aid for Sport	27/11/17 & 4/12/17	Ardmore Recreation Centre	6.30pm – 9.30pm	£20
Marketing your Club on Social Media	28/11/17	Old Town Hall, Banbridge	6.30pm – 9.30pm	£5
Safeguarding Children & Young People	10/1/18	Craigavon Civic Centre	6.30pm – 9.30pm	£15
Positive Behaviour Management in Sport	14/1/18	Banbridge Leisure Centre	10am – 1pm	£5
Nutrition for Optimum Sports Performance	23/1/18	Old Town Hall, Banbridge	6.30pm – 9.30pm	£5
Automatic External Defibrillation (AED)	31/1/17	Craigavon Civic Centre	7pm – 9pm	£10
Delivering Engaging Sessions for Young People	4/2/18	Craigavon Leisure Centre	2pm – 5pm	£5
Designated Officer	13/2/18	Old Town Hall, Banbridge	6.30pm – 9.30pm	£20
SafeTALK	26/2/18	Ardmore Recreation Centre	6.30pm – 9.30pm	Free
Drug and Alcohol Awareness	6/3/18	Old Town Hall, Banbridge	6.30pm – 8pm	Free
Anaphylaxis & Auto Injector	7/3/18	Craigavon Civic Centre	7pm – 9pm	£5



Course Details

Safeguarding Children & Young People

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the Code of Ethics and Good Practice for Children's Sport. This workshop is important for all adults involved in children's sport, but is particularly recommended for Coaches, Leaders, Administrators and Officials.

Effective Organisational Structures

It is now a legal requirement for a Club to be registered as a Community Amateur Sports Club or as a Charity. The way a club is legally structured and its status can have a significant impact on club leaders, both on their club and on them personally. Get it right and a club can be run effectively and may benefit financially. The workshop will cover why getting the correct structure and status is important; the types of legal structure (CASC, Charity) and the pros and cons of each; why become incorporated?; examples of how clubs have set themselves up; the process of changing your club's organisational structure and status; and hot topics such as gift aid.

Disability Awareness Training

This 6 hour workshop has been designed to provide attendees with the knowledge and understanding they need to make their particular programmes, facilities and activities more inclusive of people with disabilities. Through a range of interactive exercises participants are made aware of the main barriers to participation, and are provided with practical advice and guidance to develop their ability to adapt games and activities to include all ability groups.

Participants will be introduced to a variety of warm-up games, activities and disability sports while given the knowledge of how to make these inclusive for all ability groups. On completion of the course all participants will receive a Disability Sport NI Certificate of Attendance and a resource pack containing colourful activity cards.

Emergency First Aid for Sport

This 6 hour workshop will cover elements of First Aid applicable to anyone who is responsible for coaching/supervising a team or individuals. A three year certificate of competency will be issued following successful assessment. Attendance at both sessions is compulsory.

Marketing your Club on Social Media

The workshop will explore the various types of marketing, including digital marketing, social media and traditional marketing. Stephen Moreton of Trigger Movement will highlight through the use of case-studies and good practice how digital marketing and social media have been used to benefit sports organisations and local clubs. He will provide practical examples that can be implemented immediately to enable organisations and clubs to improve the impact they receive from digital marketing and social media.

Positive Behaviour Management in Sport

This practical and classroom based workshop aims to increase coaches' awareness of the behaviour of young participants and the impact of the coach on the behaviour of others. The intention is to help coaches create a supportive coaching environment that will promote positive behaviour, and find appropriate solutions to deal with unwanted and challenging behaviour.

Nutrition for Optimum Sports Performance

The workshop will focus on supporting athletes to understand the best way to nourish their bodies for peak performance. Jane Clenaghan of Vital Nutrition will focus on eating for energy; nutrition for recovery; efficient and effective hydration; how nutrition can help manage DOMS and reduce injury risk; striking the right carbohydrate:protein:fat balance for different types of sport; why antioxidants are essential for sport and how to get more into your diet; how gut health is impaired with intensive exercise and how to manage it; and how epigenetic testing has the potential to change athletic performance.

Automatic External Defibrillation (AED)

This 2 hour workshop will ensure candidates are competent with all the skills and knowledge in Automatic External Defibrillation (AED). Candidates will be taught to use the November 2015 ERC guidelines for Basic Life Support and the application of an AED. A 1 year certificate of competency will be issued following successful assessment.

Delivering Engaging Sessions for Young People

Research shows a dropout rate across most sports around the ages of 14-25 years. This practical and theory based workshop will support coaches to develop their coaching to help better meet the needs of this age group. Through the use of practical examples, coaches will learn about new participant's needs, including how to build self-confidence, motivation and self-esteem. This in turn will help improve the coaching experience and help keep young people coming back for more sport.

Designated Officer

This workshop is aimed primarily at Designated Safeguarding Children's Officer's within sports clubs. The training provides them with further understanding to assist in their role of safeguarding children in sport. Attendees must have attended 'Safeguarding Children and Young People in Sport' prior to attending this workshop and must be over 18 years of age.

SafeTALK

This workshop will help to train participants to recognise persons with thoughts of suicide and connect them to suicide intervention resources. These suicide alertness skills complement the skills of suicide intervention caregivers.



Drug and Alcohol Awareness

This general awareness workshop will covers a range of topics including: drug/alcohol prevalence; drug categories; the law; risks and effects; alcohol units; support services.

Anaphylaxis & Auto Injector

This 2 hour workshop will ensure candidates are competent with all the skills and knowledge in Anaphylaxis and Auto injectors Training e.g. epi pen. A 1 year certificate of competency will be issued following successful assessment.

Booking

Places will be allocated on a first come first taken basis, however priority will be given to Coaches and Clubs from within the Armagh City, Banbridge and Craigavon Borough Council area. In the first instance there will be a limit to the number of places a Club can book.

If you require additional places please contact:

Sarah Aiken, Sports Development Assistant on **028 4066 0637** or email **sarah.aiken@armaghibanbridgecraigavon.gov.uk**

All courses have a minimum number and therefore courses are subject to cancellation should these not be met.

All courses can be booked online at:

https://getactiveabc.com/hw_programs/coach-education-club-development/

Clubmark NI

Promoted by Sport NI, Clubmark NI aims to identify, develop, accredit and recognise high quality sports clubs and the contribution that they make to the development of sport in Northern Ireland.

To gain accreditation clubs are required to evidence compliance with the core Clubmark NI criteria and sport specific criteria.

An accredited club is recognised as a safe, regarding and quality environment for participants of all ages to enjoy sport and stay involved throughout their lives.

In order to assist with accreditation we have organised the following courses which are part of the criteria. Please however check with your Governing Body if these meet their requirements:

- Emergency First Aid for Sport
- Safeguarding Children and Young People
- Designated Officer (2 per Club must be certified)
- Disability Awareness Training
- Effective Organisation Structures (This workshop covers Community Amateur Sports Clubs and Charity Status. Clubs must register as one or the other as part of the Clubmark criteria)



Armagh, Banbridge Craigavon Sports Forum

The Armagh, Banbridge and Craigavon Sports Forum is a voluntary organisation that supports Clubs and Individuals through the following Grant Programmes:

Club Development Grants:

- Junior Club Development Grant
- Volunteer Development Grant
- Grant Aid for Coaches
- Representative Sporting Clubs

Individual Grants:

- Talented Athlete Grants
- Talented Athlete Silver Card

If you require any further information please contact the Sports Development Team on:

Armagh: Edel Ferson **028 3752 9636**

Banbridge: Sarah Aiken **028 4066 0637**

Craigavon: Daryn Greene **028 3831 1692**



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