

Coach Education Courses in Wiltshire and Swindon 2010-2011



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Minimum Standards for Deployment

At a national and local level it is acknowledged that coaches need to have certain knowledge and skills in order to coach effectively and safely; and be able to help children, players and athletes at all stages of their development. The specific knowledge and skills a coach needs to have/develop depends on:

- Their role (e.g. coach/assistant coach)
- Who they are working with (children, young people, adults)
- At what level they are working (e.g. participation / playing sport / helping someone perform at an elite level)
- What environment they are working in (e.g. community setting or in a school)

In order to for coaches to be able to deliver high quality, safe and effective sessions, WASP have established a local Coaching Support System Network (CSSN) and has been working with a number of partners including Sports Coach UK, Wiltshire Council, Swindon Borough Council and the Education Department. The CSSN has established and agreed a set of Minimum Standards for Deployment that we want to see being implemented by employers or deployers for all coaches working across the county in both community and school settings.

The flow diagram opposite shows the Coaching Pathway from a Leader / Volunteer to a Level 1 Assistant Coach and onto a Level 2 Lead Coach, and the qualifications required at each stage.



Coaching Pathways

Pre Level 1 – Leaders / Volunteers

16 years +

Enhanced Disclosed CRB Certificate

Aware of Coaches Code of Practice & Behaviour, Equality/Equity, Participant Welfare and Health & Safety policies

Level 1 Qualification

16 years +

National Governing Body (NGB) Qualification

UKCC Level 1 Qualification

Sport Specific

Qualified to Assistant Coach

Safeguarding & Child Protection Certificate

1st Aid Qualification

Enhanced Disclosed CRB Certificate

Signed and agreed Coaches Code of Practice & Behaviour

Awareness on policies including Equality/Equity, Participant Welfare & Health & Safety

Risk assessment and session plans checked

Observation checklist completed

Level 2 Qualification

18 years +

National Governing Body (NGB) Qualification

UKCC Level 2 Qualification

Sport Specific

Qualified to Lead Coach

Safeguarding & Child Protection Certificate

1st Aid Qualification

Multi-Skills / FUNdamentals Certificate

Enhanced Disclosed CRB Certificate

Appropriate Insurance

Signed and agreed Coaches Code of Practice & Behaviour

Awareness on policies including Equality/Equity, Participant Welfare & Health & Safety

Risk assessment and session plans checked

Observation checklist completed



Right Coach

www.rightcoach.org.uk

Do you want to develop your skills as a sports coach?

Are you considering a career in coaching?

Do you want to be kept updated with the latest coaching information?

Do you want to be informed with coaching opportunities across the county?

Do you want to pass on your coaching skills to other coaches?

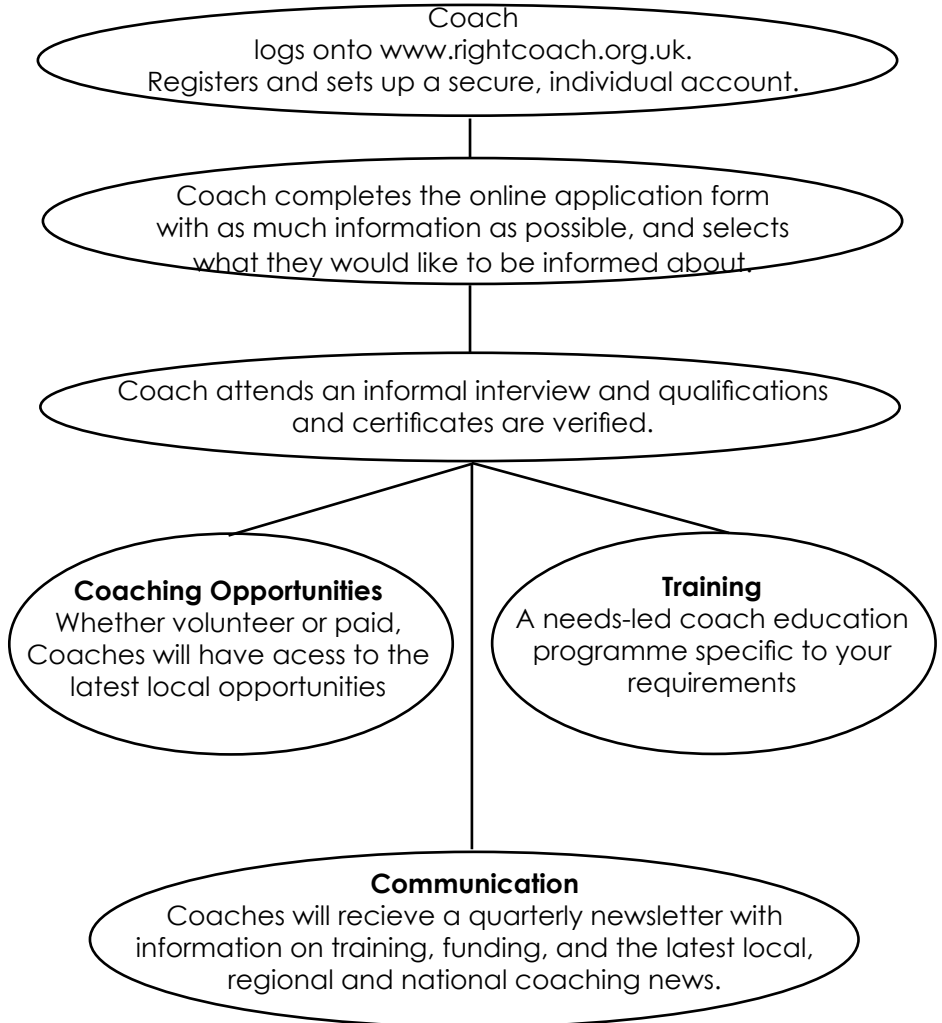


RightCoach can help you with

- Your own coach profile, which you control
- Regular communication and up to date information
- Access to paid and voluntary coaching opportunities
- Access to funding to assist with training and courses
- Access to Coach Education Courses
- A full record of your coaching history complete with feedback
- An electronic CV produced which can be updated any time

For further information on RightCoach, please contact the Coaching Development Manager on 07917 030946 or email dominique.oughton@wiltshire.gov.uk

Right Coach



Coach Bursary Scheme

Funding Aims

The aim of the bursary scheme is to assist with the increasing capacity for the need of coaches at UKCC Level 2 across all environments within Wiltshire & Swindon.

The bursary scheme has been set up in order to support coaches to meet the required minimum standards for deployment set and agreed across the county by the Coaching System Support Network.

Who can apply?

Any individual who currently holds a UKCC Level 1 qualification and wishes to progress to a UKCC Level 2 sports coaching qualification. Applicants must be resident in Wiltshire or Swindon and will be using their qualification within the county.

Resources

The maximum grant that can be applied for is 50% of the actual course cost (not to include transport or accommodation) to a maximum of £150.

In return for the grant, we ask that you deliver 3 x 1 hour voluntary sessions in 3 different settings, to include a school, after school, club or community setting.

The bursary scheme has been set up by both WASP & Wiltshire Council.

For further information on the bursary scheme or to apply, please contact Dominique Oughton, Coaching Development Manager on 07917030946 or dominique.oughton@wiltshire.gov.uk or Alex Muse on alex.muse@wiltshire.gov.uk



Coaching Courses

WASP, Wiltshire Council and Swindon Borough Council are working with a range of partners in developing sport at all levels across the county. This programme has been designed to offer courses that offer opportunities for coaches, teachers, volunteers, parents, officials and anyone with a keen interest in coaching a sport in the area. The courses enable coaches to obtain knowledge and information specific to their role in sport whilst developing sport at all levels of the sporting continuum, providing safe, sustainable opportunities within the county.

Booking Information

To book onto one of our courses, please download a booking form from the WASP website or email Dominique Oughton for a copy, (details below) Forms need to be returned to Dominique along with a cheque made payable to Wiltshire Council in order to secure your place. Please record the name of the course attender and course name on the reverse of the cheque. Once a booking form and payment have been received, we will send booking confirmation via email, along with a receipt if required.

Courses are booked on a first come, first served basis and only on receipt of a cheque.

Please ensure that you make your booking at least **10 days** before the course date. If you need to cancel your booking, please do so at least 24 hours prior to the course running so that we can attempt to fill your space and refund your fees if necessary.

Booking Contact

Dominique Oughton - Coaching Development Manager	
WASP, Wiltshire Council, Browfort, Bath Road, Devizes, SN10 2AT	
07917 030946	dominique.oughton@wiltshire.gov.uk
www.wscsp.org/coaching	



Safeguarding and Child Protection 1

Target Audience

Essential for all coaches and volunteers at your club who have regular contact with children and young people

Learning Outcomes

- Identify the foundations of safeguarding, good practice and child protection
- Describe the different categories of child abuse and recognise the signs and symptoms
- Provide you with knowledge of how to take appropriate action if concerns are raised

Course Content

This workshop focuses on the essential good practices to protect the child and the coach.

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. This is a prerequisite for any NGB coaching qualification and you will receive a nationally recognised certificate.

Minimum Age 18 years

Cost £25

DATE	TIME	VENUE
23rd September 2010	6.30 - 9.30 pm	County Ground, Swindon
14th October 2010	6.30 - 9.30 pm	Stanley Park, Chippenham
2nd November 2010	6.30 - 9.30 pm	Five Rivers LC, Salisbury
8th December 2010	6.30 - 9.30 pm	County Ground, Swindon
25th January 2011	6.30 - 9.30 pm	Five Rivers LC, Salisbury
3rd February 2010	6.30 - 9.30 pm	St Johns School, Marlborough
15th February 2011	6.30 - 9.30 pm	County Ground, Swindon
17th March 2011	6.30 - 9.30 pm	The 8trium, Wiltshire Council Offices, Bradley Road, Trowbridge



Safeguarding and Child Protection 2

Reflecting on Practice

Target Audience

Essential for coaches and volunteers who need to renew their Safeguarding and Child Protection on expiry of the standard qualification after three years.

Learning Outcomes

- actively promote a positive and child-centred coaching environment
- enjoy peace of mind by being fully informed of current national legislation relevant to your role
- calmly and confidently recognise, respond appropriately to and make informed decisions about safeguarding children when responding to some of the more problematic situations you may encounter

Course Content

This workshop is a renewal for those who have attended Safeguarding & Child Protection 1. The workshop will focus around the practical experience you have already gained as a coach in carrying out your roles and responsibilities. It's an excellent opportunity for you to reflect on safeguarding practice and build on the knowledge you attained from Safeguarding & Child Protection.

Minimum Age 18 years

Cost £25

DATE	TIME	VENUE
6th October 2010	6.30 - 9.30 pm	County Ground, Swindon
16th February 2011	6.30 - 9.30 pm	St Johns School, Marlborough
1st March 2011	6.30 - 9.30 pm	Five Rivers LC, Salisbury



First Aid - Appointed Persons

Target Audience

Essential for all coaches, both new and existing.

Learning Outcomes

To have the basic knowledge and practical skills to deal with First Aid requirements of colleagues and other people in the workplace / club environment

Course Content

- What is First Aid?
- The Aims of First Aid
- Becoming aware of an incident
- Action in an Emergency
- Primary Assessment
- Secondary Assessment
- Principles of Resuscitation
- Other Sport related Injuries

This first aid course will cover specific sporting injuries related to the sport of the coaches on the course. The minimum age to attend this course is 16 years of age, and the qualification is valid for 3 years.

Cost £25

DATE	TIME	VENUE
17th October 2010	10 am - 2.30 pm	Amesbury Sports Centre
20th October 2010	6 - 10 pm	County Ground, Swindon
18th November 2010	6 - 10 pm	Stanley Park, Chippenham
27th January 2011	6 - 10 pm	County Ground, Swindon
10th February 2011	6 - 10 pm	The 8trium, Wiltshire Council Offices, Bradley Road, Trowbridge
13th March 2011	10 am - 2.30 pm	Amesbury Sports Centre
8th May 2011	10 am - 2.30 pm	Devizes Leisure Centre





Coaches Working in Schools

Target Audience

Essential for all coaches who are contributing to the delivery of the Physical Education curriculum and School Sport Clubs in primary, secondary and special schools.

Learning Outcomes

Coaches will be able to:

- Explain the main agendas underpinning Physical Education and School Sport
- Identify a range of strategies for ensuring that their work supports and improves learning in schools

Course Content

How can your work contribute to the outcomes of Every Child Matters, PESSYP and High Quality Physical Education and School Sport? This interactive workshop (including some practical activity) provides an essential induction to help you to make positive and significant improvements to pupils' learning when working in a school setting.

Cost £25

DATE	TIME	VENUE
12th October 2010	6.30 - 9.30 pm	Five Rivers LC, Salisbury
20th January 2011	6.30 - 9.30 pm	Stanley Park, Chippenham
8th March 2011	6.30 - 9.30 pm	County Ground, Swindon



Coaching Disabled Performers

Target Audience

Essential for all coaches working with disabled sports people

Learning Outcomes

- Explain where integration & segregation may be appropriate
- Identify safety and medical considerations
- Adapting your coaching to the specific needs of the disabled performer
- Design and monitor a programme for a disabled player
- Direct players to appropriate pathways for competition and further coaching

Course Content

Develop your own coaching knowledge and skills to coach disabled players through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet the needs of your players.

This workshop will cover both the theory and practical elements within coaching disabled performers.

Format of the day

9.45am Arrive and registration

10.00am Theory

1.00pm Lunch (please bring your own packed lunch)

1.45pm Practical

4.00pm Close

Cost £35

DATE	TIME	VENUE
27th February 2011	10 am - 4 pm	New College, Swindon



MS2 & MS3

MS2 (An Introduction to the FUNDamentals of Movement)

Target Audience

Beneficial for all coaches and those who have an understanding of Long Term Athlete Development (LTAD) and the associated player pathway within their sport

Learning Outcomes

- By the end of this workshop coaches will be familiar with the fundamental concepts related to agility, balance, co-ordination and speed (the ABC's)
- Agility - dynamic stability, starting & stopping, momentum, acceleration and rhythm
- Balance - establishing a stable core, static stability, centre of gravity and base of support
- Co-ordination - of explosive actions including jumping, throwing, striking and kicking

Course Content

This is a practical workshop that explores the concepts of Agility, Balance and Co-ordination. It will help coaches to observe, analyse and coach good movement patterns within their sessions.

MS3 (Multi-Skill Clubs in Practice)

Target Audience

This course is the follow on from the MS2 workshop above and it is recommended to complete both workshops

Learning Outcomes

Devise and explain appropriate and effective practices the ABC's.

Course Content

This workshop will help coaches to integrate the ABC's in to Multi-Skill Club sessions. It will give coaches the opportunity to develop ideas with others and share good practice.



Cost £40 for both workshops, normally £25 per workshop, a saving of £10!

COURSE	DATE	TIME	VENUE
MS2	10th March 2011	6.30 - 9.30pm	Devizes School
MS3	24th March 2011	6.30 - 9.30pm	Devizes School



Target Audience

It is ideal for coaches, parents, personal trainers and anyone with a keen interest in exercise, fitness and sport.

Learning Outcomes

- To conduct a quality instruction session and elevate your professionalism
- To teach important safety considerations
- To introduce the SAQ continuum and demonstrate how it can structure the development of multi-directional explosive speed, balanced and co-ordinated movement, efficient mechanics and dynamic agility.
- To demonstrate the role of SAQ training in preparing physical performers of any age, ability level and aspiration

Course Content

Learn how to develop motor skills, balance, core stability, co-ordination and ultimately better control of body movement. Learn to use equipment like speed ladders, agility hurdles, balance boards and running parachutes.

Please bring your own packed lunch.

Cost £120

DATE	TIME	VENUE	CONTACT
14th November 2010	9am - 5pm	New College, Swindon	SAQ direct on www.saqinternational.com

A Club for All



Target Audience

A must for clubs looking to achieve Clubmark status.

Learning Outcomes

- Why your club should be open and accessible
- How to make your club open and accessible

Course Content

This workshop identifies the benefits of opening up your club to include a wider membership base - meaning more coaches, players and officials. It is a pre-requisite for achieving Clubmark status and accessing some lottery funding.

Cost £25

DATE	TIME	VENUE
29th September 2010	6.30 - 9.30 pm	County Ground, Swindon
30th November 2010	6.30 - 9.30 pm	Five Rivers LC, Salisbury
9th February 2011	6.30 - 9.30 pm	Stanley Park, Chippenham



Equity in your Coaching

Target Audience

Essential for all coaches, both new and existing

Learning Outcomes

- Explanation of what sports equity means and why its important
- Identify barriers to participation
- Use of appropriate language and terminology
- Identify and challenge inequitable behaviour
- Interpret the legal framework that affects coaching

Course Content

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. This workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.

Cost £25

DATE	TIME	VENUE
14th December 2010	6.30 - 9.30 pm	Stanley Park, Chippenham
19th January 2011	6.30 - 9.30 pm	County Ground, Swindon
29th March 2011	6.30 - 9.30 pm	Five Rivers LC, Salisbury



Developing Partnerships with Clubs and Schools

Target Audience

Beneficial for those club members wanting to expand the junior section of their club

Learning Outcomes

- analyse the benefits of developing quality partnerships with sports organisations/a junior sports club
- list the key factors in creating a sustainable partnership
- identify who to involve in developing a partnership/junior club
- list the benefits of linking schools and sports clubs
- identify current initiatives and resources that can support the development of links between schools and clubs and support the development of junior clubs
- identify ways in which the partners can work together effectively to create successful partnerships
- identify the key elements for developing junior clubs, and how this fits with Clubmark and National Governing Body club programmes
- create an outline plan for a particular development project

Course Content

This workshop aims to develop school and sport organisation partnerships to provide young people with quality opportunities to progress in sports from schools to clubs.

Young people are the future of sports, and it is important that they are able to move from school to an adult environment that is of high quality, attractive to them, and that helps them progress in their chosen sport.

Cost £25

DATE	TIME	VENUE
15th September 2010	6.30 - 9.30 pm	Beverbrook Sports Facility, Calne



Funding for your Club

Target Audience

Beneficial for those club members dealing with fund raising events

Learning Outcomes

- develop a project mindful of the national agenda for sport and the funding opportunities available
- identify the barriers to successful funding applications
- identify sources of funding, including grants, sponsorship and general fundraising
- assess whether the Community Amateur Sports Club (CASC) scheme or having Charitable status could be potential sources of additional revenue
- identify the information required to develop a funding plan
- describe ways of evaluating the effectiveness of your project

Course Content

Every sports club could use more money and better publicity. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you to identify how you can promote your sports club more effectively.

Cost £25

DATE	TIME	VENUE
4th May 2011	6.30 - 9.30 pm	Beverbrook Sports Facility, Calne



Valuing your Sports Volunteers



Target Audience

Beneficial for those club members working with volunteers

Learning Outcomes

- develop an understanding of the importance of volunteers in English Sport
- promote coordinated planning for volunteer recruitment, retention, reward and recognition
- identify what clubs and sports organisations should do to prepare themselves to receive new young volunteers, and the type of roles they can undertake
- help build support mechanisms and links
- gain commitment for ongoing volunteer development

Course Content

'Valuing Your Sports Volunteers' will help you to recruit more volunteers, motivate, retain, reward and manage them even more effectively.

Cost £25

DATE	TIME	VENUE
6th April 2011	6.30 - 9.30 pm	Beversbrook Sports Facility, Calne



Other Courses

Chair Based Exercise - Instructor Training Course

Exercise for older, frailer people

Devizes Leisure Centre, Southbroom Road, Devizes, SN10 5AB

21st & 22nd August
11th & 12th September
25th September (revision day)
2nd & 9th October (assessment)

Cost: £350 (including certification)



Bursaries of up to 50% are available from WASP. For further information and an application form, please contact Sally Evans on 07789 393280 or email sevans@breathe.com

Alternative Sports Courses



Ultimate Frisbee £40 (4-7pm, 9th November 2010, Marlborough LC)

Rock-It-Ball Level 2 £80 (1-6pm, 19th September 2010, New College Swindon)

Power Kiting £125 (9.30-5.30, 24th September 2010, Beversbrook Sports Facility, Calne)

Contact ways@wiltshire.gov.uk or Chrissy on 07876 217436

Archery £235 (for Wiltshire Council employees) / £276 (otherwise) (9.00-5.00, 13th - 16th January 2011, Oxenwood Outdoor Ed Centre, Marlborough)

Contact stephen.chandler@wiltshire.gov.uk or Stephen on 01264 731274

Dodgeball Level 2 £75 (11am-4pm, 9th October 2010, St Johns School, Marlborough)

Contact mo.islam@ukdba.org or Mo on 07956 816266



NGB Websites

For sport specific courses in Level 1, 2, 3 and 4 qualifications, please visit the relevant NGB website.

Angling	www.anglingtrust.net
Archery	www.archerygb.org
Athletics	www.ukathletics.net
Badminton	www.badmintonengland.co.uk
Baseball & Softball	www.baseballsoftballuk.com
Basketball	www.englandbasketball.co.uk
Basketball (Wheelchair)	www.gbwbba.org.uk
Boccia	www.cpsport.org
Bowls	www.bowlsengland.com
Boxing	www.abae.co.uk
Canoeing	www.bcu.org.uk
Cricket	www.play-cricket.com
Cycling	www.britishcycling.org.uk
Equestrian	www.bef.co.uk
Fencing	www.britishfencing.com
Football	www.thefa.com
Goalball	www.britishblindsport.org.uk
Golf	www.englishgolfunion.org
Gymnastics	www.british-gymnastics.org
Handball	www.englandhandball.com
Hockey	www.englandhockey.co.uk
Judo	www.britishjudo.org.uk
Lacrosse	www.englishlacrosse.co.uk
Karate	www.karateengland.org.uk

Modern Pentathlon	www.pentathlongb.org
Mountaineering	www.thebmc.co.uk
Movement & Dance	www.emdp.org
Netball	www.england-netball.co.uk
Orienteering	www.britishorienteering.org.uk
Rounders	www.roundersengland.co.uk
Rowing	www.ara-rowing.org
Rugby (Wheelchair)	www.gbwr.org.uk
Rugby League	www.therfl.co.uk
Rugby Union	www.rfu.com
Sailing	www.ruob.co.uk
Shooting	www.efta.org.uk
Snowsport	www.snowsportengland.org.uk
Squash	www.englandsquash.com
Swimming	www.britishswimming.org
Table Tennis	www.englishtabletennis.org.uk
Taekwondo	www.britishtaekwondocouncil.org
Tennis	www.lta.org.uk
Triathlon	www.britishtriathlon.org
Volleyball	www.volleyballengland.org
Waterskiing	www.britishwaterski.org.uk
Weightlifting	www.bwla.co.uk
Wrestling	www.britishwrestling.org

Calendar of Events

Challenge Swindon

27th June 2010 - Cycle Festival at Lydiard Park
2nd July 2010 - Summer Access Day
4th July 2010 - South West Regional Street Games Festival
4th July 2010 - Parachallenge
www.challengeswindon.org

Race for Life

4th July 2010 - Hudsons Field, Salisbury
24th & 25th July 2010 - Lydiard Park, Swindon
www.raceforlife.org

Star Track - 26-30th July and 16-20th August

Two fun athletics weeks that cover most athletics events and give young people the opportunity to try activities that they may not have tried before. Free goody bag with t-shirt, kit bag, cap and other goodies for each person enrolled for 3 days or more. Star Track is open to any young person aged between 8 and 15 regardless of experience, ability, gender or ethnic background. For further information please contact Jamie Osborn on josborn@swindon.gov.uk

14th September 2010 - Wiltshire & Swindon Sports Awards

For the first time Wiltshire & Swindon will honor coaches and coaching organisations who have achieved outstanding success over the past 12 months. To find out more or to nominate coach/organisation please visit www.wscsp.org

November 2010 - BBC West Regional Sports Awards

30th November 2010 - SCUUK Coaching Awards

www.sportscoachuk.org

8th February 2011 - Funding Forum - Devizes Sports Club

Information on various funding streams available to you and information on how to write a successful application. For further information please visit www.wscsp.org

