



The Sport and Physical Activity Network

Reg. Charity No. 1114495

West of England Club, Coach and Volunteer Development Programme

September 2011 - August 2012

Welcome to the **NEW** West of England Club, Coach and Volunteer Development Programme. The programme provides you with a variety of workshops to attend whether you are a new coach, a coach looking to develop your skills or a club volunteer wanting to develop your club. The programme is provided by the West of England Sport Trust and local partners, including local Universities and Unitary Authorities.

Inside this brochure you will find a wide variety of generic courses including those accredited by Sports Coach UK and Running Sport. You will also find information and links to sport-specific coaching awards, run through our National Governing Body partners and our local university coaching programmes 'Juice' and 'Coachbase'. The workshops are aimed at all coaching levels and clubs.

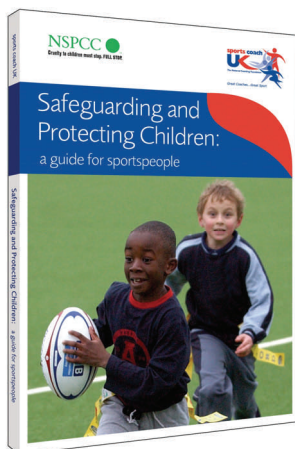
If you have any queries about any of the courses please do not hesitate to contact The West of England Sport Trust.

Telephone: 0117 328 6250

Email: info@wesport.org.uk



Safeguarding and Protecting Children 1 Workshop



By the end of this workshop you will be able to:

- Identify good coaching practice to promote a positive relationship with children
- Identify sport situations and coaching practice that might constitute either poor practice or possible abuse
- Identify ways of dealing with your own feelings about child abuse and state what constitutes neglect, physical, sexual and emotional abuse
- Recognise the signs and symptoms of abuse and appreciate why reporting it is often so difficult
- Identify appropriate action if a child discloses he/she has been abused
- Identify appropriate action if abuse is suspected and explain the role and responsibilities of other experts (e.g. police, social services)
- Describe appropriate practice that reduces the likelihood of abuse occurring.

Cost of Course:
£33 per person

Workshop Dates and Venues

11th October 2011

Venue: University of the West of England, Bristol

Start Time: 18:30

Finish Time: 21:30

15th December 2011

Venue: University of Bath, Bath

Start Time: 18:30

Finish Time: 21:30

19th January 2012

Venue: University of Bristol, Bristol

Start Time: 18:30

Finish Time: 21:30

13th March 2012

Venue: Nailsea School, North Somerset

Start Time: 18:30

Finish Time: 21:30

12th April 2012

Venue: University of the West of England, Bristol

Start Time: 18:30

Finish Time: 21:30

3rd May 2012

Venue: University of Bath, Bath

Start Time: 18:30

Finish Time: 21:30

19th June 2012

Venue: University of the West of England, Bristol

Start Time: 18:30

Finish Time: 21:30

12th July 2012

Venue: The Campus, Weston-Super-Mare

Start Time: 18:30

Finish Time: 21:30

6th August 2012

Venue: University of the West of England, Bristol

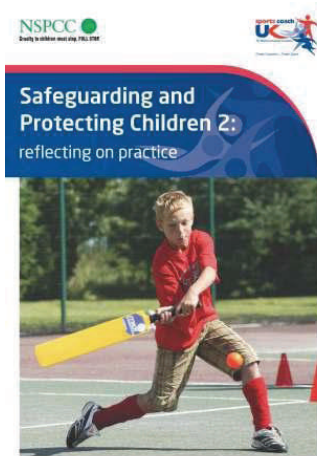
Start Time: 18:30

Finish Time: 21:30

To book any of these workshops please click below:

[**Book Now**](#)

Safeguarding and Protecting Children 2: Reflecting on Practice Workshop



Cost of Course:
£35 per person

In order to access this course you will need to have completed the Safeguarding and Protecting Children 1 in the past 3 years.

By working through Safeguarding and Protecting Children 2, you will reflect on, and learn from, your own and others' coaching experiences. The workshop aims to ensure that the learning from the first Safeguarding and Protecting Children workshop is consolidated and updated. It aims to provide a valuable opportunity to build on knowledge gained since the first workshop and share best practice through scenarios and reflection upon the experiences of participants

By completing this workshop you will be able to:

- 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.

Workshop Dates and Venues

17th November 2011

Venue: University of Bath, Bath

Start Time: 18:30

Finish Time: 21:30

15th February 2012

Venue: University of Bristol, Bristol

Start Time: 18:30

Finish Time: 21:30

15th May 2012

Venue: Nailsea School, North Somerset

Start Time: 18:30

Finish Time: 21:30

28th July 2012

Venue: University of the West of England, Bristol

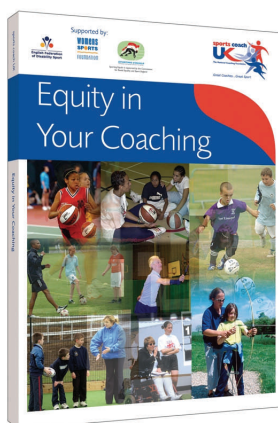
Start Time: 18:30

Finish Time: 21:30

To book any of these workshops please click below:

[**Book Now**](#)

Equity in Your Coaching Workshop



By the end of this workshop you will be able to:

- Explain what equity means and why it is important
- Identify barriers to participation
- Use appropriate language and terminology
- Identify and challenge inequitable behaviour
- Interpret the legal framework that affects coaching
- Identify how coaches can become more equitable
- Establish where to go for further information.

Cost of Course:

£38 per person

Workshop Dates and Venues

3rd October 2011 Venue: University of the West of England, Bristol Start Time: 18:30 Finish Time: 21:30	30th January 2012 Venue: University of Bath, Bath Start Time: 18:30 Finish Time: 21:30	9th May 2012 Venue: Nailsea School, North Somerset Start Time: 18:30 Finish Time: 21:30
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Inclusive Coaching: Disability



To improve your ability to coach disabled people. It is assumed you already have the necessary sport-specific coaching knowledge and skills, and are now seeking some additional knowledge and confidence. If you already adopt a coaching philosophy that focuses on building on the strengths and abilities of each individual, you will have no difficulty in meeting this new challenge. The course will give you the necessary information and provide activities to help you apply everything to your sport and your own coaching.

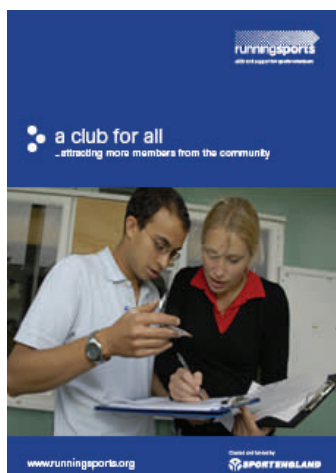
Cost of Course:

£38 per person

Workshop Dates and Venues

24th November 2011 Venue: University of the West of England, Bristol Start Time: 18:30 Finish Time: 21:30	7th July 2012 Venue: University of Bath, Bath Start Time: 18:30 Finish Time: 21:30	To book any of these workshops please click below: <div style="text-align: center; margin-top: 10px;"> <div style="background-color: #800000; color: white; padding: 10px 20px; display: inline-block; border: 1px solid white;"> <u>Book Now</u> </div> </div>
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A Club for All Workshop



Who is it for?

- It's for sports clubs and community groups who want to open up their club to all sections of the community.

What are the benefits?

- Fast, easy and convenient way for clubs to:
- widen membership
- attract more coaches, players and officials
- improve funding eligibility
- work towards quality ratings such as Clubmark

Cost of Course:
£20 per person

This course is now available online. To access the course please click on the following link: www.sportactiveness.co.uk/management-leadership/a-club-for-all

HSE Emergency First Aid at Work (Sports First Aider)



This first aid course covers the basics of first aid and how to administer it safely and correctly. This course qualifies you as an 'Appointed Person (Sports First Aider)'. It will cover the following areas of first aid:

Anaphylaxis, Asthma, Bleeding, Broken Bones, Burns, Choking, Cardio Pulmonary Resuscitation, Diabetes, Emergency Action Plan, Eye and Nose Injuries, First Aid kits, Fitting, Heart Attack, Poisoning, Recovery Position, Shock, Spinal Injury, Stroke, Unconscious Casualty

Workshop Dates and Venues

12th November 2011

Venue: University of the West of England, Bristol

Start Time: 09:30

Finish Time: 16:00

11th February 2012

Venue: University of the West of England, Bristol

Start Time: 09:30

Finish Time: 16:00

27th May 2012

Venue: University of the West of England, Bristol

Start Time: 09:30

Finish Time: 16:00

22nd July 2012

Venue: University of the West of England, Bristol

Start Time: 09:30

Finish Time: 16:00

Cost of Course:
£45 per person

Book Now

Community Amateur Sports Club (CASC) Workshop



Did you know an estimated £100 million per year is lost by sports clubs not registered as CASCs? The CASC scheme was introduced in April 2002 and has enabled many local amateur sports clubs to register with the HM Revenue & Customs (HMRC) and benefit from a range of tax reliefs, including Gift Aid.

Make sure your club doesn't miss out and can spend more of its cash on things that matter. All you have to do is attend this practical CASC workshop, which gives you everything you need to find out if applying for CASC is right for your club and more.

Five reasons to attend the Running Sport CASC workshop

- Learn about the benefits of CASC status to your club – for example including saving money on: 80% mandatory rate relief, Gift Aid donations
- Increases your chances of a successful CASC application
- Benefit from the latest information that will save your club money!
- Get face-to face support from sports specialists
- Gain ideas and learn from other sports volunteers

Date: Thursday 22nd September 2011

Time: 18.30 – 21.30

Venue: University of the West of England, Bristol

Cost of Course: **FREE**

We are able to offer this course completely free due to funding received from Running Sport and Sport England.

How to book on to the Course:

To book onto this course please either click on the link below or contact Wesport via email info@wesport.org.uk.

[Book Now](#)

Running Sport & Sport Coach UK Courses

Wesport are able to provide other Running Sport & Sport Coach UK Courses, such as:

Running Sport

- Role of a Volunteer Coordinator
- Funding for Your Club

Sport Coach UK

- A Guide To Mentoring Sports Coaches
- Positive Behaviour Management In Sport

For more information and a full list of available courses please [Click Here](#)

West of England Volunteer Evening



Do you need more volunteers at your club? Worried how to preserve your volunteer workforce?

This workshop will look at how to recruit, retain and reward volunteers. There will be presentations from the various organisations (listed below) as well as a chance to find out about local support for you and your volunteers.

West of England Sport Trust – A chance to find out what support there is for you and your volunteers. Find out what training and resources you can access locally.

Sport Makers – Aims to recruit, train and deploy 40000 new sports volunteers aged 16 years and over as part of Sport England's London 2012 mass participation legacy programme, Places People Play. Find out how you can get involved.

Running Sport – An organisation created and funded by Sport England, giving you a chance to find out how you can recruit volunteers, support your volunteers and the people who manage them. Find out about the resources available through Running Sport.

Volunteer Bristol – Volunteer Centre Quality Accredited through Volunteering England, Volunteer Bristol aim to support both individuals and organisations to volunteer and find volunteers. Find out what your local Volunteer Centre can do to support your club.

Cost of Course:
£5.00 per person

Date: Thursday 29th September 2011

Time: 18.30 – 21.00

Venue: University of the West of England, Bristol

Book Now

How to Book: You can either book online or contact info@wesport.org.uk for an application form.

Course Requirements

Please be aware that for all courses, all attendees must be **at least** 16 years of age.

Sports Coach UK requirements:

Please note if you are 16 or 17 years old and wish to attend the Safeguarding and Protecting Children course, either 1 or 2, you will need to attend with a suitable adult (over 18). This can either be with an adult from your club or a parent. (Please note – parents do not necessarily have to do the course themselves).

Partner Courses

The University of Bath, University of Bristol and University of the West of England organise courses available to students, community coaches and volunteers. Please find details below of these courses and details on how to book these.



The Joint University Initiative for Coach Education offers students and staff at University of Bristol and University of the West of England the opportunity to develop their sports coaching skills. The programme offers coaching courses in a variety of sports courses for experienced coaches, those who want to officiate and generic coach development courses. These are also available to community coaches.

For more information and a list of courses please visit www.juiceprogramme.co.uk/index or email info@juiceprogramme.co.uk



Coachbase is the University of Bath's coach education programme which offers a variety of courses for individuals interested in developing their sport skills. Please check the Coachbase website for upcoming courses.

For more information about how Coachbase can help you find a course for your sport either hosted at the University of Bath or locally please visit www.teambath.com/get-qualified/coaching-qualifications/



Sports Coach UK (SCUK) is the national organisation for training and developing coaches. They provide continual professional development courses such as the ones you have seen in this programme. SCUK runs these courses through its large network of partners across the UK.

For more information about the Sports Coach UK courses please visit www.sportscoachuk.org/workshops/workshop-search or phone 0845 6013054.



Sport England supporting clubs and volunteers

Running Sport support sports volunteers and the people who manage them, and help clubs not only survive, but also grow and thrive. Whatever sport you're involved in, whichever level you work at, they have a huge number of resources that can help you save time, access funding and attract more members.

For more information about Running Sports please visit www.runningsports.org or phone 0800 363373.

For a list of Running Sports workshops please visit [Running Sports Workshop](#).

National Governing Body Contacts

Below are a list of contact details for National Governing Bodies. To view their website please click on the name of the National Governing Body and this will take you to the coaching section of their website.

<u>UK Athletics</u> -	Telephone 0121 713 8400
<u>Badminton England</u> -	Telephone 01908 268 400
<u>England Basketball</u> -	Telephone 0114 284 1060
<u>Amateur Boxing Association England</u> -	Telephone 0114 2235654
<u>Somerset Cricket Board</u> -	Telephone 01823 352266
<u>Gloucestershire Cricket Board</u> -	Telephone 0117 910 8009
<u>British Cycling</u> -	Telephone 0161 274 2000
<u>Somerset Football Association</u> -	Telephone 01761 410280
<u>Gloucestershire Football Association</u> -	Telephone 01454 615888
<u>English Golf Union</u> -	Telephone 01526 354500
<u>British Gymnastics</u> -	Telephone 0845 1297129 ext 2392
<u>England Hockey</u> -	Telephone 01628 897500
<u>British Judo Association</u> -	Telephone 01509 631670
<u>English Lacrosse</u> -	Telephone 0161 227 3626
<u>England Netball</u> -	Telephone 01462 442344
<u>Rugby Football Union</u> -	Telephone 0871 222 2120
<u>England Squash</u> -	Telephone 0161 231 4499
<u>Amateur Swimming Association</u> -	Telephone 0871 200 0928
<u>English Table Tennis Association</u> -	Telephone 01424 722525
<u>The Lawn Tennis Association</u> -	Telephone 020 8487 7000
<u>Volleyball England</u> -	Telephone 01509 631 699
<u>English Federation of Disability Sports</u> -	Telephone 0161 247 5294
<u>The Exercise, Movement and Dance Partnership</u> -	Telephone 01403 266000
<u>British Fencing</u> -	Telephone 020 8742 3032
<u>British Orienteering</u> -	Telephone 01629 734042

For more NGB contact information please contact the Wesport office on 0117 328 6250 or info@wesport.org.uk.

Sportivate

Sportivate is a £32 million Lottery programme that gives 14-25 year olds access to six-week courses in a range of sports including judo, golf, tennis, dance, athletics, and parkour.

Sportivate is a nationwide campaign that will capture the excitement of the London 2012 Games by providing opportunities for teenagers and young adults (aged 14-25) to receive coaching in a sport of their choice and guide them into regular participation within their community.

Could you Deliver a Sportivate Project?

Wesport are looking for Sportivate providers. If you think you could run a 6 week sporting project targeted at 14-25 year olds in a wide range of sports please let us know!

More Information About Sportivate



Sport Makers is a key element of Sport England's 'Places People Play' legacy programme. The programme will use the inspirational pull of London 2012 to recruit, train and deploy 40,000 new sports volunteers aged 16 years and over to make sport happen across the country.

These volunteers will organise and support hundreds of new hours of grassroots sport, creating new opportunities across the country. The volunteers will bring the Olympic and Paralympic values to life in every community and will be a highly tangible element of the London 2012 legacy.

Could you be a Sport Maker or provide a Sport Makers opportunity?

Volunteers will be able to work with any sports recognised by Sport England, but Wesport will also be looking for placements showing greatest growth potential in terms of participation. Volunteers can be deployed at: new taster sessions, new mass participation events – tournaments/festival/league, new coaching programmes, new activator sessions, expansion of the new club activities –supporting a qualified coach, new informal groups etc.

To register your interest in becoming a Sport Maker or if you think you could provide a Sport Makers opportunity please contact: Sarah Casselden - T: 0117 328 6257 or E: sarah.casselden@uwe.ac.uk





Get Active Wesport is the one stop shop for sport and physical activity opportunities across the West of England.

Get Active Wesport is the only West of England wide database of activities, venues and clubs. Whether you are looking for an event this coming weekend, a place to play badminton or do an aerobics class, or if you want to join a sports or activity club, you can find it all [here](#). This service is completely FREE and very simply to use.

Add Your Club, Activity or Venue to Get Active Wesport



Are you signed up to CoachWest?

CoachWest has been developed by The West of England Sport Trust to support coaches to find coaching opportunities, keep up to date with training and to be made aware of funding opportunities. This great service is provided completely FREE!

Is CoachWest of use to you? Ask yourself the following questions:

- Do you want to develop your skills as a sports coach?
- Do you enjoy helping others to improve their performance and their levels of fitness?
- Are you considering a career in coaching?
- Have you got the desire and commitment to be the best coach you can be?
- Do you want to pass on your coaching skills to other coaches?

If the answer is yes to any of the above then CoachWest will support you with your ambitions.

Sign up now

For further information please contact the Wesport Coaching Development Manager on 0117 328 6266 or coaching@wesport.org.uk

Course Payment Details

ATTENTION Nationally Accredited Clubs

Special Offer for all Wesport Courses

Buy 5 course places get the 6th one FREE!!

In order to claim this offer please contact the Wesport office 0117 328 6250 before booking on any of our courses. The free place is valued at £30 only (this can be used to reduce the cost of a more expensive course). This offer is only for nationally accredited clubs in the Wesport area



This offer applies to those courses run by Wesport between 1st September 2011 and 31st August 2012

Course Prices

As part of the course package email/telephone support will be available to assist you with the implementation of the outcomes of the course/workshop. If you need any assistance please contact the Wesport office on 0117 328 6250 or info@wesport.org.uk

Wesport Online Store

On the 22nd June 2009 Wesport launched their new online payment store in partnership with the University of the West of England (UWE). The store is used for all coach and volunteer courses, conferences and other events that Wesport run. The system is run through UWE's online payment site and this allows customers to pay by credit/debit card for the products they wish to purchase.

The store is simple to use and works the same as any other online payment site. It only takes a moment to log on and register with the site and once you have registered your details will be remembered, so making the process much quicker when you have to book other courses in the future.

You can view the store by going to the UWE home page, clicking on 'Staff and Students', clicking on 'money and finance', 'online store' and then click on 'Wesport' or clicking on the button below. If you have any questions or queries about the site or how to use it please contact the Wesport office on

0117 328 6250 or email info@wesport.org.uk.

[Click here to view the Online Store](#)

The information in this booklet can be made available in alternative formats on request.