

Coach Education & Club Development Programme 2019/2020



Armagh City
Banbridge
& Craigavon
Borough Council



Welcome

Welcome to the Armagh City, Banbridge and Craigavon Borough Council Coach Education and Club Development Programme for 2019/2020.

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 that are a requirement for Clubmark NI's quality accreditation programme, Coach Development workshops to support coaches in the day-to-day running of their club sessions, which are practical in nature, relating to achieving optimal performance.

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

Laura O'Hagan, Sports Development Assistant on **028 4066 0637**
or email laura.l.ohagan@armaghbanbridgecraigavon.gov.uk

Coach Education & Club Development Programme 2019/2020

Summary

| Course | Date | Venue | Time | Cost |
|--|------------------------|---|-----------------|--------|
| Safeguarding Children & Young People in Sport | 23/10/19 | Ardmore Recreation Centre | 6.30pm - 9.30pm | £15.00 |
| Delivering Engaging Sessions for Adults | 8/11/19 | Craigavon Community Hub | 6.30pm - 9.30pm | FREE |
| Disability Inclusion Training | 13/11/19 & 20/11/19 | Craigavon Leisure Centre & Gilford Community Centre | 6.30pm - 9.30pm | FREE |
| Emergency First Aid for Sport | 18/11/19 & 25/11/19 | Ardmore Recreation Centre | 6.30pm - 9.30pm | £20.00 |
| Safeguarding Children & Young People in Sport | 28/1/20 | Craigavon Civic Centre | 6.30pm - 9.30pm | £15.00 |
| Coaching Children & Young People Children 5-12 years | 5/2/20 | Tandragee Recreation Centre | 6.30pm - 9.30pm | FREE |
| Action Mental Health & Wellbeing for People Involved in Sport | 19/2/20 | Old Town Hall, Banbridge | 6.30pm - 9.30pm | FREE |
| Emergency First Aid for Sport | 26/2/20 & 4/3/20 | Old Town Hall, Banbridge | 6.30pm - 9.30pm | £20.00 |
| Designated Officer | 2/3/20 | Craigavon Civic Centre | 6.30pm - 9.30pm | £15.00 |
| Safeguarding Children & Young People in Sport | 26/3/20 | Old Town Hall, Banbridge | 6.30pm - 9.30pm | £15.00 |



Course Details

Safeguarding Children & Young People in Sport

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.

Disability Inclusion 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 3 year certificate of competency will be issued following successful assessment. Attendance at both sessions is compulsory.

Coaching Children and Young People; Coaching Children 5-12:

This workshop will help coaches develop creative methods of delivering development stage appropriate coaching session to children that incorporates the 'C' system of coaching; physiological development principles; cognitive development principles; positive behaviour management; games-based learning; and the Youth Physical Development Model.

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.

Delivering Engaging Sessions for Adults

This workshop considers how coaches can increase the chances of growing and sustaining participation in new participants, beyond the first few sessions. This will include investigating the needs of new participants and how to build their self-confidence. Ultimately, how people feel about those first few sessions will ensure they keep coming back again and again

Action Mental Health & Wellbeing for People involved in Sport

Sport Northern Ireland, in partnership with the Public Health Agency, has engaged with Action Mental Health to offer a 90 minute interactive session that supports the mental health and emotional wellbeing of those involved within Sport Clubs and the wider sporting community. The content of this course explores attitudes, challenging stigma and misconceptions, Mental ill health, Pressure vs Stress, Identifying positive coping strategies, Identifying support networks and signposting people to sources of support.





Booking

Places will be allocated on a first come first taken basis, however priority will be given to Coaches and Clubs within the Armagh City, Banbridge and Craigavon Borough Council area.

All courses have a minimum number and therefore 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/

If you require additional places or more information about the courses please contact;

Laura O'Hagan, Sports Development Assistant on **028 4066 0637** or

email **laural.ohagan@armaghbanbridgecraigavon.gov.uk**

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 Inclusion Training



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 Leisure Access Card

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

Armagh: Edel Ferson **028 3752 9636**
Banbridge: Laura O'Hagan **028 4066 0637**
Craigavon: Sarah Aiken **028 3831 1692**



Coach Education & Club Development Programme 2019/2020



Armagh City
Banbridge
& Craigavon
Borough Council