

Active Lancashire

Active Lancashire is a not-for-profit organisation that leads effective partnerships to increase activity levels and improve the health and wellbeing of Lancashire's communities through sport and physical activity

Index

Page

Safeguarding & Protecting Children	1
Safeguarding Adults in Sport	2
Time to Listen	3
Keeping Safe in Sport:Safeguarding for Young Volunteers (13-17 year olds)	4
Basic First Aid	5
Equity in Your Coaching	6
How to Coach Disabled People in Sport	7
Effective Communication: Coaching Deaf People in Sport	8
Behaviour Change Tactics	9
Understanding Young People from Disadvantaged Communities	10
Engaging Inactive Young People	11
Developing Resiliently Active Young People	12
Managing Challenging Behaviour	13
How to Deliver Engaging Sessions	14
Coaching the Person in Front of You	15
An Introduction to the FUNdamentals of Movement	16
Activator - Dance	17
Activator - Boxing4Fitness	18
Activator - Parks	19
Multi Skills Activator	20
First Steps into Coaching / Volunteering.....	21
Supporting Coaches: A Guide to Recruiting, Developing, Retaining Coaches	22
A Guide to Mentoring Sports Coaches	23
Peer Observation	24
How to Run a Club - Young Volunteers	25
Level 1 Award: Awareness of First Aid for Mental Health.....	26

Safeguarding & Protecting Children

This workshop aims to increase awareness of Safeguarding and Protecting Children, helping coaches to recognise signs of abuse and poor practice, and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children.

This course will:

- Identify and recognise good coaching practice and the implications for them.
- Explore their values and feelings in relation to child abuse, and recognise how these may potentially impact on their response.
- Recognise and respond to the signs and symptoms of child abuse and poor practice.
- Take appropriate action if concerns about a child arise.

Safeguarding Adults in Sport

Safeguarding adults is a responsibility for every sport and physical activity organisation. Getting this right will ensure a wider participation in sport or physical activity and ensure safe access for everyone.

This three-hour course aims to provide awareness of safeguarding adults at risk in sport and activity for anyone within a sport or activity organisation.

Aims of Safeguarding Adults in Sport & Activity Training:

- Explore responsibilities in relation to safeguarding (organisational, local and legislative).
- Identify the signs and symptoms types of abuse, and factors affecting risk of abuse.
- Look at what consists of poor practice.
- Know who to go to if you have a safeguarding adults concern.

Safeguarding Adults in Sport & Activity Training will explore the following areas:

- Supporting a safer environment
- Look at how you contribute to creating a safer environment for adult participants.
- What is safeguarding?
- Define what safeguarding is and how it applies to sports and activity organisations.
- Indicators of concern and types of abuse
- Examine key indicators of abuse and learning to recognise the different types of abuse on adults
- Your role within safeguarding

Understand what your role is and your responsibilities in terms of safeguarding and participant's welfare.

Time to Listen

Are you a Club Welfare Officer? Are you new to the role or has it been three years since you last attended a Time to Listen workshop? Time to Listen is a workshop designed specifically for Club Welfare Officers. To attend, you must have completed a Safeguarding and Protecting Children workshop previously.

The workshop will:

- Describe how a club welfare officer works with others to create a child centred environment.
- Explain how the club welfare officer role fits into the wider safeguarding environment.
- Apply learning to case studies including sharing good safeguarding practice.

Keeping Safe in Sport:

Safeguarding for Young Volunteers (13-17 year olds)

The broad aim of the workshop is to introduce attendees to the concept of 'good safeguarding practice' as they start to work with other children. It's designed to help them understand how to keep children and themselves safe in the sessions they are leading. It will give them an opportunity to consider why they are young volunteers, their behaviour and the behaviour of others, and will also identify the type of behaviour that would concern them as a young volunteer. Where a delegate has concerns, the workshop provides information about what action they can take.

This workshop is particularly suited to young people who are involved in coaching activities from a young age, whilst still too young to be certified for the adult 'Safeguarding and Protecting Children' workshop.

The 2 hour workshop covers the following and learners will be able to:

- Identify and recognise good volunteering practice for keeping children safe
- Recognise what to do if they have concerns about a child
- Support safe sports sessions for children

Basic First Aid

(3 Hour)

This is a 3 hour First Aid awareness raising course and is recognised by various National Governing Bodies. It is an ideal course for individuals who wish to gain basic knowledge of what to do in an emergency. This course emphasises the practical nature of First Aid and is taught using a combination of demonstrations, practical exercises and discussions. Ideal for those involved in mainstream field sports, martial arts, dance and fitness instruction, personal training and community sports clubs etc.

The 3 hour workshop covers the following and learners will be able to:

- Understand the Duty of Care and the Role of the Sports First Aider.
- Basic Life Support.
- Cardiac arrest and CPR.
- Management of injuries.
- Return to play decisions.
- SALTAPS.
- Strains and Sprains.
- Bone and Joint injuries.
- Head injuries.
- Maddox questions.

Equity in Your Coaching

This workshop is designed to help current or future coaches in becoming more aware of the barriers many people face in taking part in sport. Promote equality and diversity by raising your awareness of equity and fairness issues in sport and physical activity

The 3 hour workshop covers the following and learners will be able to:

- Explain what sports 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 you can become more equitable.
- Establish where you can go for further information.

How to Coach Disabled People in Sport

Suitable for all coaches, this workshop aims to answer the commonly asked questions about disabled sports participants and it will show you how, with a few minor adjustments to the way you work, you can make your coaching more inclusive and effective.

The 2 hour workshop covers the following and learners will be able to:

- Include disabled people in sport.
- Select appropriate coaching activities.
- Make your coaching more inclusive and effective.

Effective Communication:

Coaching Deaf People in Sport

Developed in partnership with UK Deaf Sport and the National Deaf Children's Society (NDCS) this is an interactive workshop that will help develop your communication skills, so you can fully include deaf people of all ages. It is very likely that at some point you'll coach an individual who is deaf.

Delivered by coaches who are deaf themselves this workshop will give you the confidence to include them in your sessions alongside your hearing participants. What's more, this workshop will help you develop your non-verbal communication skills so your day-to-day coaching sessions will improve.

The 3 hour workshop covers the following and learners will be able to:

- Be aware of deafness and understand the barriers facing deaf people in sport.
- Have developed your own communication skills and be able to use them effectively in any coaching sessions.
- Be aware of and understand the pathways for deaf sport to encourage deaf participants to aim high.
- Be able to develop an action plan to include deaf people in your coaching sessions.

Behaviour Change Tactics

Behaviour change is a series of small steps taken over time as part of a journey. The goal of that journey may be to reverse unhealthy patterns of behaviour, such as an inactive lifestyle, and can be useful in other social areas, such as stopping smoking or implementing a healthier diet.

In this two-hour workshop package, which includes pre and post-learning activities, you will be provided with the tools and tactics to ensure your participants develop and maintain the incentive to create lasting change in their lives. Every coach needs to be a good people person, and learning behaviour change tactics will help you significantly hone those softer skills.

The 3 hour workshop covers the following and learners will be able to:

- Use EAST (Easy, Attractive, Social, Timely) as a simple framework for achieving behaviour change.
- Master simple strategies that can influence behaviour and ensure participants keep coming back to sessions and maintain a healthy lifestyle.
- Identify the individual needs, motivations and goals of participants, and how to tailor your coaching methods to suit them.

Understanding Young People from Disadvantaged Communities

This workshop will bring to life new and existing research to help learners to gain a better understanding of some of the issues that influence young people's lives, and how this can have an impact on their sports participation levels. This interactive workshop will draw upon experiences in the room, challenging learners to think about the young people they work with, and the wider issues that they face on a day to day basis.

The 3 hour workshop covers the following and learners will be able to:

- Understand the key influences and what's important to young people in their lives
- Understand the importance of friendship groups and key influencers on young people when they are making lifestyle decisions
- Understand the importance of creating a personal identity and the impact on young people's lives
- Understand typical participation pathways and explore young people's journey through sport
- Identify top tips to create the right sporting offer for young people.

Engaging Inactive Young People

There are a high number of young people from low income/lower socio-economic groups that are either inactive or not active enough for health (and wider social) benefits. This workshop will offer ideas for how you can attract inactive young people to Sport & Physical activity sessions.

The 3 hour workshop covers the following and learners will be able to:

- Understand what is meant by Inactivity and the complex nature of the subject
- Know why it is important to understand young peoples' lives and potential barriers to engaging with activity
- Understand how to use behaviour change tactics such as EAST and Nudge to engage inactive youth
- Know how to retain participants that were previously inactive

Developing Resiliently Active Young People

The workshop will outline the role of resilience in encouraging lifelong participation in sport and physical activity. The workshop will provide insight into the theory of resilience and how coaches / session leaders can play a role in developing it within the young people they work with. Building resilience can help to increase retention in Sport & Physical activity sessions and also support young people to transition into new activities and new settings

The 3 hour workshop covers the following and learners will be able to:

- Know what is resilience and why it is important to enhance it in participants
- Understand how to build resilience in their participants
- Know how to then retain young people in their sessions
- Understand how to support young people to transition into new activity and/or take part in new settings to help them be active independently & develop a sporting habit for life

Managing Challenging Behaviour

The workshop explores how Sport & Physical activity can be used as an engagement tool to address social exclusion, anti-social behaviour and community tension and build stronger communities. Participants learn the characteristics of 'hard to reach' people and how to effectively engage with them. They are shown how to recognise the causes and triggers of anti-social behaviour and they explore the development of tools and skills that enable people to take ownership of their issues and effectively manage challenging behaviour.

Who is it for: Community sport project leaders, coaches and volunteers

The 3 hour workshop covers the following and learners will be able to:

- Understand how to use doorstep sport as an engagement tool to address social exclusion, anti-social behaviour & community tension
- Describe the characteristics of 'hard to reach' young people & how to engage with them effectively
- Describe the causes and triggers of anti-social behaviour
- Know how to develop tools and skills that will enable young people to take ownership of their issues and effectively manage challenging behaviour

How to Deliver Engaging Sessions

This workshop is for those who are working with age groups 11+ and are keen to increase or retain the numbers of people participating in your sessions. Understanding and implementing the 'C' system framework (connection; confidence; character; creativity; caring and compassion; competence) has been a game-changer for many coaches and is an essential part of this workshop, which will help you understand how your coaching fits into a much wider agenda than sport.

The 3 hour workshop covers the following and learners will be able to:

- Look at the 3 main reasons for people taking part in your sessions - Developing, Sustaining and Re-joining participation and explain their main characteristics
- Understanding what the 'C' system is and how you can add it to your own sessions/activities
- Have a go at adding elements of the C system into a practical session through games/activities
- Look at an example of planning material for both longer-term and session planning

Coaching the Person in Front of You

Coaching is all about people. This newly-launched workshop will give you a deeper awareness of why great people skills are an intrinsic part of being an effective coach. Ultimately, the more coaches understand and connect with the people they coach – by observing, noticing and communicating – the more they will be able to support them and help them thrive. You will explore these three core principles – understand, connect and thrive – in greater detail by engaging in and reflecting on a range of interactive activities that demonstrate how a commitment to taking a genuine interest in the person behind the performer is crucial in developing a lifelong love of sport and physical activity in your participants

The 3 hour workshop covers the following and learners will be able to:

- How to develop and model a person-centred philosophy and hone your soft skills to enable you to have the greatest possible impact with your participants.
- Strategies and tactics to help you identify a person's individual needs, motivations and goals using the understanding + connect = thrive framework.
- To become an expert in people so that whatever your objective, you can provide the most engaging experiences for your participants.

An Introduction to the FUNdamentals of Movement

This popular practical-based workshop, where you will learn how to teach fundamental movement skills (FMS) in order to develop physical literacy – key to nurturing healthy and active lifestyles.

All coaches who work with children and young people should have an understanding and knowledge of how to implement fundamental movement skills, which underpin successful participation in a wide variety of sporting activities. This workshop will equip you with the confidence to incorporate key elements into every one of your sessions – irrespective of the age group you coach. It is also ideal CPD for Primary School teachers.

The workshop has been updated to reflect the latest thinking presented in the Youth Physical Development Model (YPDM). The workshop uses this framework with the latest evidence-based research that isolates which movements and competencies children should have at particular stages in their development, right through to adulthood.

The 3 hour workshop covers the following and learners will be able to:

- Fine-tune your observational and analytical skills to coach good movement patterns, whether for a specific sport or in Multi-skill session
- Help your youngsters to master the fundamental techniques of movement – from stability to rhythm, and from acceleration to jumping and kicking
- Understand how the FUNdamentals can be adapted to suit different needs (e.g. disabled children) and different environments (e.g. schools and clubs), and promote lifelong participation in sport.

Activator Workshops

Dance Activator

The workshop will provide volunteers, young people, youth and community workers and sports coaches and leaders with ideas for basic dance moves and fun ways to introduce Dance to young people in their local community.

Aims:

- To understand basic dance movements needed to participate
- Explore the basic elements of Street Dance, cheer-leading and JusJhoom
- Deliver basic dance activities to groups of young people and understand adaptations and developments that can be made to activities.
- After the course they will be able to introduce dance activities to adults/young people into a community setting within the activity, leadership and supervision guidelines of their host organisation

Activator Workshops

Boxing4Fitness

The Boxing4Fitness Activator has been developed by StreetGames in partnership with England Boxing. The workshop will provide volunteers, young people, community workers, leaders and sports coaches with the skills needed to deliver NON-CONTACT boxing for fitness sessions in their local community.

The 3 hour workshop covers the following and learners will be able to:

- Understand the basic boxing movement patterns and punching techniques needed to participate in boxing for fitness sessions
- Explore how to add fun, variety and progression to sessions using combinations
- Deliver basic boxing for fitness activities to groups of young people and understand adaptations that can be made to ensure they have fun and stay involved
- After the course learners will be able to run boxing for fitness activities to adults/young people in a community setting within the activity, leadership and supervision guidelines of their host organisation. The course only allows candidates to deliver the skills taught on the course and does not allow candidates to deliver any form of contact boxing; including sparring and competition.

Activator Workshops

Parks Activator

The Parks Activator has been developed in order to provide volunteers, young people, youth and community workers with a multi-skill approach to delivering activities for young people in their local community. The workshop focuses on fundamental sports skills, games for fitness, outdoor games and play activities. All activities and games are designed to be played with a variety of bats, balls, Frisbees and equipment making them adaptable to the space and equipment available.

The 3 hour workshop covers the following and learners will be able to:

- Introduce the fundamental sports skill categories of striking & fielding, net & wall, invasion games and athletics and explore principles of play within these categories
- Explore traditional playground games such as tag
- Enable the learner to deliver a range of adapted games and fitness activities for delivery in parks and outdoor spaces
- Provide top tips for organising events in local parks and spaces

Multi-Skills Activator

The workshop will provide the opportunity to experience games across a range of sports and activities and learners will develop their coaching / leadership skills and learn how to deliver games, activities and gain top tips during the workshop to engage people in multi sports and different activities..

The 3 hour workshop covers the following and learners will be able to:

- Understand the categories of fundamental sports skills
- Understand principles of play with fundamental sports skills
- Deliver a range of adapted games and activities
- To explore coaching points, adaptations and questions for understanding

First Steps into Coaching/Volunteering

The workshop is an introduction into how to become a coach or an activity leader. It is designed to support those who are thinking about getting into coaching/leadership role and to understand the different roles.

During the workshop you will look at different elements of coaching/leadership and what it means to you as you start on your journey.

The 2 hour workshop covers the following and learners will be able to:

- Understand the different roles within coaching/ leadership; in particular the role of a helper
- Be aware of the knowledge, skills and qualities required to take your first steps into coaching/leadership
- Have addressed some misconceptions about coaching/leadership
- Have a clear idea of what your next step will be

Supporting Coaches: A Guide to Recruiting, Developing, Retaining Coaches

This workshop will help you look at different ways of developing, why and how you can recruit, develop, support & mentor your coaches/leaders and what tools are available to support you. Understand the PRIDD(R) process and their role within it.

The 3 hour workshop covers the following and learners will be able to:

- Gain skills and knowledge on how to manage their sessions & coaches effectively
- Be able to identify methods of recruiting participants & coaches and the ideal process to follow for employed coaches
- Understand the importance of developing yourselves & your coaches/leaders and have gained knowledge of tools to use
- Be able to describe your role in coach deployment

A Guide to Mentoring Sports Coaches

Mentoring is a powerful tool in the education and development of coaches, activators and leaders at all levels. This workshop will help you, as a mentor, to support your session coaches/leaders' learning and focus on how learning occurs. It provides coaches with tools (which are adequately flexible to fit within any mentoring framework) to record the relationships built through mentoring programmes.

The 3 hour workshop covers the following and learners will be able to:

- Identify their role as a mentor.
- Develop their mentoring profile.
- Increase the effectiveness of their mentoring relationships by developing practical mentoring skills.
- Look at the tools to use which include training needs analysis and personal development plans.

Peer Observation

This workshop will help you understand what Peer observation is and the reason why it is beneficial as a developing coach. Peer observation is not about an assessment but about developing our selves using the self-reflection cycle

The 3 hour workshop covers the following and learners will be able to:

- Identify and look at what high quality coaching/ leading is within the Team (Specifically in a club environment)
- Developing tools and checklists to support the process of observation to help you develop additional coaches in your groups
- Gain an understanding of REVIEW Process and Self Reflection Cycle and how this can help you reflect on your sessions
- Work together as a team to go through how to set up a successful peer observation session
- Look at how to develop questioning/listening/ feedback skills
- Have a go!

How to Run a Club - Young Volunteers

The course will give learners an understanding of how to set up a club, the key personal needed and the key elements of running a club.

The 2 hour workshop covers the following and learners will be able to:

- Describe what a Community Sports Club is.
- What a Club can bring to the Community
- How we can engage young people in the Club
- Planning and marketing a club to target audiences

Mental Health First Aid

Level 1 Award: Awareness of First Aid for Mental Health

Level 1 Award in Awareness of First Aid for Mental Health, subject to assessment.

This qualification does not have an expiry date but keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital.

The 4 hour workshop covers the following and learners will be able to:

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide advice and practical support for a person presenting a suspected mental health condition
- Know how to recognise and manage stress
- Know how to recognise a range of mental health conditions (stress, anxiety, psychosis, eating disorders, suicide, self-harm)

Workshop Costs

£60 - Activator workshops

£55 - First Aid for Mental Health

£45 - All other workshops (Discounted rate offered for those who are a member of an accredited club)

Active Lancashire,
Office 3 & 4, Farington House,
Lancashire Business Park,
Centurion Way,
Leyland,
PR26 6TW

01772 299830
jwilson@activelancashire.org.uk

activelancashire.org.uk



Get in touch

Active Lancashire,
Office 3 & 4, Farington House,
Lancashire Business Park,
Centurion Way,
Leyland,
PR26 6TW

01772 299830
jwilson@activelancashire.org.uk

activelancashire.org.uk

