



## Active Gloucestershire Training Development and Education Programme 2010 - 2011

Is your club working towards Clubmark or the Active Gloucestershire Club Standards?

- Do you want to improve your workforce through providing them with a range of coach education courses?
- Do you want to develop and grow your club through increasing your volunteers, accessing funding and gaining new members?

If your answer is yes to any of the above then Active Gloucestershire encourage you to consider the many courses that they have on offer.

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### [Make a Booking](#)

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Please make cheque payments to 'Active Gloucestershire'

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Courses can be found under the below categories;

- [Minimum Operating Standards and courses to support Clubmark](#)
- [Finance](#)
- [Volunteer Management](#)
- [Administration and Governance](#)
- [Inclusion and Diversity](#)
- [Coaching](#)
- [Physical Activity and Health](#)
- [Other courses running in Gloucestershire](#)
- [Sports Courses and National Governing Body Courses](#)

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### [Minimum Operating Standards and courses to support Clubmark](#)

Course	Course Details
<b>Safeguarding and Protecting Children (16–18)</b>  'Safeguarding and Protecting Children (16–18)' is intended primarily for UKCC Level 1 assistant coaches but can be adapted for other groups (eg young leaders, young officials, sport students). 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.  The core of the course is taken from the original 'Safeguarding and Protecting Children' workshop, but the activities have been tailored for 16–18-year-old delegates.  <b>£TBC per person</b>	To be confirmed

### [Make a Booking](#)

### [Finance](#)

Course	Course Details
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<p><b>How to Get Tax Breaks for your Club</b></p> <p>This workshop helps to explain the new tax breaks available through Community Amateur Sports Clubs status. You can learn how to go about paying considerably less tax in order to allow you to spend more where it counts – on your club.</p> <p><b>Costs TBC</b></p>	<p>This workshop is currently under review by RunningSport and will be organised on a needs basis when available.</p> <p>To register your interest in this course <a href="#">click here</a>.</p>
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[Make a Booking](#)

[Volunteer Management](#)

Course	Course Details
<p><b>Making the most of your People</b></p> <p>This workshop shows you how to put together a workforce development plan. An effective one will help your club achieve its vision and improve your chances of benefiting from funding for skill building.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>Role of the Volunteer Coordinator</b></p> <p>Clubs will benefit greatly from having a volunteer coordinator – a single contact who supports their volunteers, knows them all by name and what each of them does.</p> <p>In this workshop, volunteers will learn exactly what this role entails and how they can become an even greater asset to their club by taking it on.</p> <p><b>£35 per person</b></p>	<p>To be confirmed</p>
<p><b>Valuing your Sports Volunteers</b></p> <p>Valuing Your Sports Volunteers' will help you to recruit more volunteers, motivate, retain, reward and manage them even more effectively.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>

[Make a Booking](#)

[Administration and Governance](#)

Course	Course Details
<p><b>Developing Partnerships with Clubs and Schools</b></p> <p>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.</p> <p>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</p>	<p>To be confirmed</p>

that helps them progress in their chosen sport.

**£35 per person**

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## [Inclusion and Diversity](#)

Course	Course Details
<p><b>Coaching Disabled Performers</b></p> <p>This workshop is aimed at those that currently coach disabled performers and are looking to review and extend their current knowledge. It will cover areas including terminology, communication skills, medical considerations and more.</p> <p><b>Costs TBC</b></p>	<p>We will endeavour to run this course between September 2011 and July 2012 in the new Active Gloucestershire Training and Education Programme. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>Multi Skills Inclusion</b></p> <p>This is a practical six-hour workshop which consists of the Multi Skill Club Inclusion (3 Hours) and Introduction to the Fundamentals of Movement.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>Typhoo Disability Inclusion Training (DIT)</b></p> <p>Generic course for coaches of all sports. Consists of 3-hours theory and 3-hours practical.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>Disability Equality training (DET)</b></p> <p>The 3-hour theory section from the Typhoo DIT is suitable for leisure centre staff and anyone else involved in service delivery.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>

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## [Coaching](#)

Course	Course Details
<p><b>Analysing your Coaching</b></p> <p>This workshop is aimed at coaches who are looking to develop and understand the principles of analysing their own coaching practice. It will allow them to evaluate their own performance as a coach and to devise and implement an action plan to allow them to develop their own coaching practices.</p>	<p>This workshop will be run on a needs-led basis. To register your interest in this course <a href="#">click here</a>.</p>

<p><b>Costs TBC</b></p>	
<p><b>A Guide to Mentoring Sports Coaches</b></p> <p>Mentoring is a powerful tool in the education and development of sports coaches at all levels. This workshop will help you as a mentor to support coaches' learning and focus on how learning occurs.</p> <p><b>£40 per person</b></p>	<p>We will endeavour to run this course between September 2011 and July 2012 in the new Active Gloucestershire Training and Educaion Programme. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>An Introduction to Long Term Athlete Development (LTAD)</b></p> <p>This workshop is aimed at coaches who wish to learn or to expand on their knowledge and understanding of Long Term Athlete Development and how to build this into their coaching practice. It explores the LTAD model and what it's practical implications are and how to identify talented athletes and how to maximise performance.</p> <p><b>£40 per person</b></p>	<p>To be confirmed</p>
<p><b>Multi Skills Club Induction</b></p> <p>This is a practical six-hour workshop which consists of the Introduction to the FUNdamentals of Movement and Multi Skills Clubs In Practice.</p> <p><b>Costs TBC</b></p>	<p>This workshop will be run on a needs basis. To register your interest in this course <a href="#">click here</a>.</p>
<p><b>Coaching the Whole Child: Positive Development Through Sport (5 C's of Coaching)</b></p> <p>This workshop is designed to help coaches understand how their coaching fits into a much wider agenda than just sport. It will give you new tools to incorporate positive youth development into their sessions as a specific coaching outcome, and not just as a consequence.</p> <p><b>Costs TBC</b></p>	<p>To be confirmed</p>
<p><b>SAQ (Speed Agility and Quickness) Awards</b></p> <p>SAQ® Training is a system of progressive exercise and instruction aimed at amongst other things developing fundamental motor abilities, balance, co-ordination and ultimately complete control of body movement.</p> <p>All coaches, managers and trainers want athletes with explosive acceleration, lightening responses and reaction, control of movements and a reduced incidence of injury. Such skills have traditionally been considered natural talents that can't be developed. However, all athletes whatever their size and shape, whether young or old, professional or amateur can improve their fundamental movement ability and enjoy tremendous performance improvements with SAQ programmes and the SAQ Training drills that comprise them.</p>	<p>For course details please <a href="#">click here</a>.</p>

**Business Essentials Training Course for Sports Coaches and Club Administrators**

The course is a four hour guide on the key business and taxation issues that affect those coaching and administering a sports coaching programme/business, with particular emphasis on the following areas:

- Self-Employment Status
- Taking on Staff
- Contracts
- Insurance
- VAT

**£40 per person**

Please note this course is run by an external agency. For more details of this course and dates please [click here](#).

[Make a Booking](#)

[Physical Activity and Health](#)

Course	Course Details
<p><b>Volunteer Walk Leader Training</b></p> <p>Active Gloucestershire and the local authorities in Gloucestershire offer free training to people who are willing and able to lead health walks in their community.</p> <p>It's a free 1-day course; the course is a practical day and covers topics such as:</p> <ul style="list-style-type: none"> <li>• risk assessments</li> <li>• how to lead a health walk</li> <li>• benefits of and barriers to exercise</li> <li>• information on specific medical conditions</li> <li>• benefits of the natural environment for health and wellbeing</li> <li>• resources available to you to make the most of your new skills, including a Volunteer Walk Leader Manual and walk leader certificate.</li> </ul>	<p>If you would like more information about the training day in Forest of Dean, please <a href="#">click here</a></p> <p>If you would like more information about the training day in Cheltenham, please <a href="#">click here</a>.</p> <p>If you would like more general information about Walking for Health please visit their <a href="#">website</a></p>
<p><b>Community Workers</b></p> <p>To enable leisure providers to understand the barriers inactive people may have towards physical activity, we need to be able to communicate with the people we would like to support. By providing information and support to community workers who already have a good working relationship with members of the community we hope</p>	<p>If you would like to register your interest in this training please contact Jan Shaw (Hughes) <a href="mailto:janshaw@activegloucestershire.org">janshaw@activegloucestershire.org</a> or call 07984 801334</p> <p>We will be able to provide training across the County so if you have a team that would like to receive this training we can discuss coming to your place of work (conditions apply).</p>

to identify barriers to physical activity so we can work towards addressing them.

If you work within the community and would like to provide added value for the people you are helping and supporting, this training is for you.

Training includes an overview of social marketing, information about physical activity and brief intervention training.

Because of the importance of creating a network of community workers who can liaise with our target audience we are providing workshops free of charge until March 2012.

### **Fitness Professionals**

If you are a qualified fitness professional who would like to further your training to work with people with medical conditions, there are a range of training providers.

The [BACR Phase IV](#) provide training for fitness professionals who would like to extend their expertise to be able to include Cardiac Rehabilitation Phase IV clients.

The [British Lung Foundation](#) offer a course called the Chronic Respiratory Disease Exercise Instructor Course. It is an innovative distance learning course for fitness instructors who are looking to develop their knowledge of safe and effective exercise specifically for those with respiratory disease.

There are a range of courses for training as a GP Referral Instructor, to find the course that's right for you visit the [Register of Exercise Professionals](#)

### **The Exercise Movement and Dance Partnership**

The EMDP have a Level 3 Teaching Training Award in Movement and Dance.

For details on the South West Introduction Roadshow, please click [here](#).

For more information on dates and venues across the country please click [here](#) or for a prospectus, please click [here](#)

For further details regarding this course and information about introductory days please contact the EMDP office on 01403 266000 or email [training@emdp.org](mailto:training@emdp.org)

- [Gloucester Association for Voluntary Community Action \(GAVCA\)](#)
  - [Sports Coach UK](#)
  - [Runningsports](#)
  - [Ladder4Learning](#)
  - [Gloucestershire County Council - Physical Eductaion and Sport Courses](#)
  - [Gloucestershire County Council - GET SMARTER - Training and Development for the Children's Workforce](#)
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## **Tell Us What you Think**

Tell us which courses you would like to see in the 'Active Gloucestershire Training Development and Education Programme' by completing the short survey. [Click here](#) to identify what courses you would like to see in the programme. If there is a programme we do not offer that you would like to see included in the programme please e-mail us at [activegloucestershire@glos.ac.uk](mailto:activegloucestershire@glos.ac.uk) with your details and the course details, and if we are able to run this course for you or place you in contact with a provider we will endeavour to accomodate your requirments.

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