

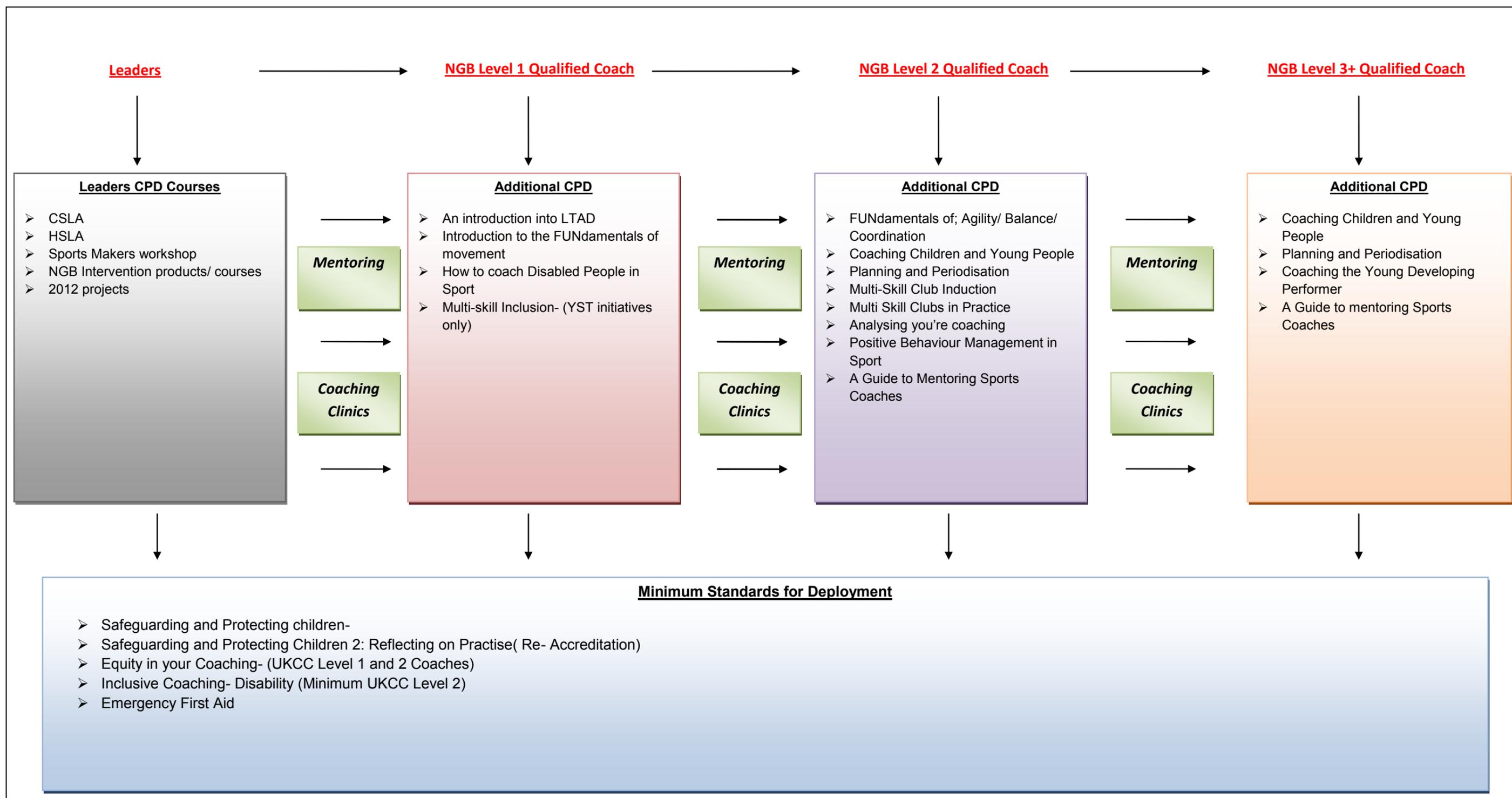
Merseyside Coaching & Leadership

CPD Pathway



Produced by Andy Somers, Coaching Development Manager, Merseyside Sports Partnership.

If you are interested in attending or hosting any of the courses identified within this pathway then please do not hesitate to contact Merseyside Sports Partnership and we will do our best to support your request. Contact us on 0151 427 3919 or email t.wainwright@merseysidesport.com



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Level 1 Award in Sports Leadership

The Level 1 Award in Sports Leadership provides the ideal starting point for candidates aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of their tutor.

The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the candidate. The Level 1 Award in Sports Leadership is a practical qualification in which candidates must demonstrate their ability to lead others in simple sport/activity.

- **Age:** 13+ (please note, there is no upper age limit for this qualification)
- **Guided learning hours:** 33 hours (including one hour demonstration of leadership)

Level 2 Award in Sports Leadership

The Level 2 Award in Sports Leadership will give candidates the chance to develop their organisation, motivation and communication skills, whilst also focusing on positive role models in sport, how to mentor others, and how to use leadership skills in a variety of settings.

Candidates may have already gained their Level 1 Award in Sports Leadership or this may be their first step onto the volunteering pathway. There is no requirement that candidates wishing to embark on the Level 2 Award in Sports Leadership must have previously completed the Level 1 Award in Sports Leadership.

- **Age:** 14+ (please note, there is no upper age limit for this qualification)
- **Guided learning hours:** 48 hours (including 10 hours demonstration of leadership)

Level 2 Award in Community Sports Leadership

The Level 2 Award in **Community** Sports Leadership is a nationally recognised qualification that enables successful candidates to lead groups of people in sport/activity, under indirect supervision.

The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

- **Age:** 16+ (please note, there is no upper age limit for this qualification)
- **Guided learning hours:** 42 hours (including 10 hours demonstration of leadership)

Level 3 Certificate in Higher Sports Leadership

The Level 3 Certificate in Higher Sports Leadership is a nationally recognised qualification that enables successful candidates to lead un-supervised groups of people in sport and recreational activities. This qualification builds upon the skills and experience gained through the [Level 2 Award in Community Sports Leadership](#) and the [Level 2 Award in Sports Leadership](#).

The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification, with the only entrance requirement being that candidates should have successfully completed the Level 2 Award in Community Sports Leadership or the Level 2 Award in Sports Leadership; however there are no final examinations to sit.

- **Age:** 16+ (candidates must be 18 years of age on completion - please note, there is no upper age limit for this qualification)
- **Guided Learning Hours:** 107 hours (including 30 hours demonstration of leadership)

Analysing Your Coaching

Duration 3 hours **Cost-**

Number of Participants 6–25

Delivery Method Theory and practical

Supporting Resource

Analysing Your Coaching

Facilities Required

Practical space at least the size of three badminton courts with access points for electrical equipment and enough space for the group to split into smaller groups. All venues must be accessible for all participants, including those who may have additional needs (eg wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 2 coaches, or coaches working towards Level 2, wanting to develop and understand the processes involved in analysing coaching practices.

Workshop Summary

By the end of this workshop, coaches should be able to reflect upon their own coaching and identify their current strengths and weaknesses in relation to the varied and different coaching situations inherent to coaching practice; for example, the selection of appropriate coaching methods.

Outcomes By the end of this workshop, coaches will be able to:

- analyse their own performance against a checklist to identify areas of strength and weakness
- recognise the different behaviours they exhibit in their coaching
- devise and implement an action plan to change aspects of their own coaching behaviour where necessary
- monitor any improvements in their coaching practice
- select appropriate coaching
- modify practice across a number of different coaching situations.

A Guide to Mentoring Sports Coaches

Duration 3 hours **Cost-**

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

A Guide to Mentoring Sports Coaches

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (eg wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 2 and 3 coaches, sports development officers, or individuals currently supporting the development of another coach.

Workshop Summary

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. It provides coaches with tools (which are adequately flexible to fit within any mentoring framework) to record the relationships built through mentoring programmes.

Outcomes

By the end of this workshop, coaches 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
- design a mentoring programme that best suits the needs of their sport and the level of coaching.

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Coaching the Young Developing Performer

Duration 3 hours

Number of Participants
6–25

Delivery Method
Theory

Supporting Resource
Coaching the Young Developing Performer

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 3 coaches. A recommendation for this workshop is that coaches have previously attended the sports coach UK 'Planning and Periodisation' workshop. Coaches should have prior knowledge of child development and maturation, planning and periodisation for young people and the physical, psychological and social development of children.

Workshop Summary

This workshop has been developed to help coaches assess the needs of performers of different ages and abilities in their sport, particularly as they move through puberty, in order to plan and develop appropriate programmes.

Outcomes By the end of this workshop, coaches should:

- understand the terminology and principles associated with growth development and maturation in young performers, especially during puberty
- understand the impact of gender and early and late maturation on the physical capacities of young performers
- know and understand the biological markers and be able to measure and monitor these and other data in young performers
- be able to plan and develop realistic coaching programmes for individual performers as they grow and mature.

Coaching Children and Young People

Duration 3 hours

Number of Participants
6–25

Delivery Method
Theory

Supporting Resource
Coaching Young Performers

Facilities Required
A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required
OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience
UKCC Level 2 and 3 coaches working with children and young performers.

Workshop Summary
This workshop includes essential information on physical growth, social and emotional development and early skill learning, presenting the information in a practical and useable manner. It also covers how to adapt your coaching style to individual needs and different stages of development, and how to deal with a variety of different situations.

Outcomes
By the end of this workshop, coaches will be able to:

- explain and identify why children and young participants take part in sport and plan and deliver sessions to meet their needs
- match their coaching to meet the developmental stages of children and young people
- plan and deliver coaching sessions that will maximise learning and enjoyment
- follow good practice when coaching children and young people.

Coaching Disabled Performers

Duration 3 hours

Number of Participants
6–25

Delivery Method
Theory

Supporting Resource
Coaching Disabled Performers

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 2 coaches with some previous experience of coaching disabled performers.

Workshop Summary

This workshop will teach you how to apply and extend your current coaching skills to meet the needs of disabled performers. It looks at terminology, integrated and segregated sessions for disability groups, basic communication skills, safety, medical considerations and much more.

Outcomes By the end of this workshop, coaches will be able to:

- explain when integration and segregation might be most appropriate
- identify appropriate safety and medical considerations
- review and extend their knowledge of how to adapt their coaching to the specific needs of disabled performers
- design and monitor a programme for a disabled performer taking part in their sport
- direct players to appropriate structures for competition and further coaching.

Equity in Your Coaching

Duration 3 hours

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

Equity in Your Coaching

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Overhead projector (OHP) and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 1 and 2 coaches. The workshop is a Minimum Operating Standard requirement for many governing bodies of sport, it can be delivered to all those responsible for organising sport (e.g. within governing bodies of sport, local authorities, sports and leisure centres, sports clubs) and those who lead or deliver sport programmes (e.g. coaches, leaders, instructors, development officials, administrators, volunteers, parents).

Workshop Summary

This workshop is designed to assist current or future coaches in becoming more aware of the barriers many people face in taking part in sport.

Outcomes

By the end of this workshop, coaches 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 they can become more equitable
- establish where to go for further information.

An Introduction to the FUNdamentals of Movement L1.2

Duration 3 hours

Number of Participants
6–25

Delivery Method
Practical

Supporting Resource
An Introduction to the FUNdamentals of Movement (resource and DVD-ROM)

Facilities Required
Practical space at least the size of three badminton courts. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required
Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience
UKCC Level 1 and 2 coaches. Recommendations for this workshop are for coaches to have attended the 'An Introduction to Long-term Athlete Development' workshop or be familiar with the LTAD player pathways in their chosen sport.

Workshop Summary
This practical workshop explores the concepts of Agility, Balance, Coordination and speed (ABCs), helping coaches to observe, analyse and coach good movement patterns within multi-skill or sport-specific environments.

Outcomes
By the end of this workshop, coaches will have knowledge of:

- Agility – dynamic stability, starting and stopping, momentum, acceleration and rhythm
- Balance – establishing a stable core, static ability, exploring centre of gravity and base of support
- Coordination – in relation to disassociating body parts and the coordination of explosive actions, including jumping, throwing, striking and kicking.

PARTICIANTS MUST HAVE ATTENDED 'AN INTRODUCTION TO LONG TERM ATHLETE DEVELOPMENT WORKSHOP'

FUNdamentals of Agility

Duration 3 hours

Number of Participants

6–25

Delivery Method

Practical

Supporting Resource

Advanced FUNdamentals of Movement: Agility DVD-ROM

Facilities Required

Practical space at least the size of three badminton courts. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

Coaches and teachers qualified to at least UKCC Level 2. A recommendation for this workshop is for coaches to have attended the following sports coach UK workshops:

- 'An Introduction to Long-term Athlete Development'
- 'An Introduction to the FUNdamentals of Movement'
- 'FUNdamentals of Balance'
- 'FUNdamentals of Coordination'.

Workshop Summary

Agility is the ability to rapidly change the body's position efficiently and effectively – requiring a combination of balance and coordination. Within sport, agility is the response to a stimulus (i.e. an opposing player approaching or a moving target). This workshop and its supporting resource will provide an opportunity to explore the FUNdamentals of Agility and give practical solutions to accelerate its development within children. The workshop builds on the knowledge previously gained from the 'An Introduction to the FUNdamentals of Movement' workshop and looks at the individual component of Agility in more detail. It also builds on the development and enhancement of observational techniques and skills.

Outcomes

By the end of the workshop participants will be able to:

- introduce and identify the specific principles of Agility in more detail within various stages of activity
- develop skills of observation, evaluation and intervention to improve agility
- learn, develop and apply how to improve participants' movement skills with sport-specific techniques.

FUNdamentals of Balance

Duration 3 hours

Number of Participants

6–25

Delivery Method

Practical

Supporting Resource

Advanced FUNdamentals of Movement: Balance DVD-ROM

Facilities Required

Practical space at least the size of three badminton courts. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

Coaches and teachers qualified to at least UKCC Level 2. A recommendation for this workshop is for coaches to have attended the following sports coach UK workshops:

- 'An Introduction to Long-term Athlete Development'
- 'An Introduction to the FUNdamentals of Movement'.

Workshop Summary

Balance is the ability to maintain the centre of gravity of a body within the base of support. Keeping balance requires the integration of inputs from multiple senses (ie sight, touch and hearing). This workshop and its supporting resource will provide an opportunity to explore the FUNdamentals of Balance and give practical solutions to accelerate its development within children. The workshop builds on the knowledge previously gained from the 'An Introduction to the FUNdamentals of Movement' workshop and looks at the individual component of Balance in more detail. It also builds on the development and enhancement of observational techniques and skills.

Outcomes

By the end of the workshop participants will be able to:

- introduce and identify the specific principles of Balance in more detail within various stages of activity
- develop skills of observation, evaluation and intervention to improve balance
- learn, develop and apply how to improve participants' movement skills with sport-specific techniques.

FUNdamentals of Coordination

Duration 3 hours

Number of Participants

6–25

Delivery Method

Practical

Supporting Resource

Advanced FUNdamentals of Movement: Coordination DVD-ROM

Facilities Required

Practical space at least the size of three badminton courts. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

Coaches and teachers qualified to at least UKCC Level 2. A recommendation for this workshop is for coaches to have attended the following sports coach UK workshops:

- 'An Introduction to Long-term Athlete Development'
- 'An Introduction to the FUNdamentals of Movement'
- 'FUNdamentals of Balance'.

Workshop Summary

Coordination is the ability to execute a movement smoothly and accurately. This involves the senses (ie sight, touch, hearing), muscular contractions and joint movements. Everything we do requires the ability to coordinate our limbs to achieve a successful outcome – from walking to hopping or throwing to catching. This workshop and its supporting resource will provide an opportunity to explore the FUNdamentals of Coordination and give practical solutions to accelerate its development within children. The workshop builds on the knowledge previously gained from the 'An Introduction to the FUNdamentals of Movement' workshop and looks at the individual component of Coordination in more detail. It also builds on the development and enhancement of observational techniques and skills.

Outcomes

By the end of the workshop participants will be able to:

- introduce and identify the specific principles of Coordination in more detail within various stages of activity
- develop skills of observation, evaluation and intervention to improve coordination
- learn, develop and apply how to improve participants' movement skills with sport-specific techniques.

How to Coach Disabled People in Sport

L1.3

Duration 2 hours

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

How to Coach Disabled People in Sport

Facilities Required A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 1 and 2 coaches. The workshop is a Minimum Operating Standard requirement for many governing bodies of sport, it can be delivered to all those responsible for organising sport (e.g. within governing bodies of sport, local authorities, sports and leisure centres, sports clubs) and those who lead or deliver sport programmes (e.g. coaches, leaders, instructors, development officials, administrators, volunteers, parents).

Workshop Summary

This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up coaching sessions to suit their needs. It gives advice on how to plan a session or make minor adjustments to the way you work, to make your coaching more effective.

Outcomes

By the end of this workshop, coaches will be able to:

- determine how to include disabled people in sport
- select appropriate coaching activities
- create effective coaching environments.

An Introduction to Long-term Athlete Development (LTAD)

L1.1

Duration 3 hours

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

Coaching for Long-term Athlete Development

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 1 and 2 coaches who want to learn or increase their knowledge of LTAD and how to integrate this into their coaching practice.

Workshop Summary

This workshop provides all the essential information on the LTAD model and its practical applications. It also introduces coaches to key principles that can support successful athletes, such as 'windows of trainability' and other key areas of athlete development.

Outcomes

By the end of this workshop, coaches will be able to:

- understand the reasons for adopting LTAD
- understand the concepts and key principles of LTAD
- recognise and respond to the implications for coaches and coaching
- identify appropriate action to integrate LTAD into their coaching.

Multi-skill Club Induction

Duration 6 hours

Number of Participants

6–25

Delivery Method

Practical

Supporting Resource

An Introduction to the FUNdamentals of Movement (resource and DVD-ROM)

Facilities Required

Practical space at least the size of three badminton courts with seats or benches. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

This workshop is designed for those working within YST initiatives. Delegates will need to meet the following minimum criteria:

- a fully qualified teacher and/or governing body of sport Level 2 coach
- knowledge of health and safety, in particular, child welfare
- knowledge of LTAD, in particular, the FUNdamentals stage
- experience of the TOP programmes and other Multi-skill programmes
- a commitment to CPD.

Workshop Summary

This practical workshop combines the 'Multi-skill Clubs in Practice' and 'An Introduction to the FUNdamentals of Movement' workshops and is designed to help participants integrate the ABCs into Multi-skill Club sessions. It will give participants the opportunity to develop their ideas with others and share good practice.

Outcomes

Combination of 'An Introduction to the FUNdamentals of Movement' and 'Multi-skill Clubs in Practice' when delivered as one six-hour session.

Multi-skill Clubs in Practice

Duration 3 hours

Number of Participants

6–25

Delivery Method

Practical

Facilities Required

Practical space at least the size of three badminton courts with seats or benches. All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

This workshop is designed for those working within YST initiatives. Delegates will need to meet the following minimum criteria:

- a fully qualified teacher and/or governing body of sport Level 2 coach
- knowledge of health and safety, in particular, child welfare
- knowledge of LTAD, in particular, the FUNdamentals stage
- experience of the TOP programmes and other Multi-skill programmes
- a commitment to CPD.

Workshop Summary

This practical workshop is designed to help participants integrate the ABCs into Multi-skill Club sessions. It will give delegates the opportunity to develop ideas with others and share good practice.

Outcomes

By the end of this workshop, delegates will be able to:

- devise and explain appropriate and effective practices for the ABCs
- show different practices and assessment opportunities for the ABCs
- examine different ways in which the ABCs and FUNdamental sport skills can be integrated within sessions
- evaluate different session formats in which the ABCs and FUNdamental sport skills could be used
- explain how Multi-skill Clubs will operate and their place within player pathways for young people.

Multi-skill Inclusion

Duration 3 hours/6 hours

Number of Participants

6–25

Delivery Method

Practical

Supporting Resource

An Introduction to the FUNdamentals of Movement
(resource and DVD-ROM) (six-hour workshop only)

Facilities Required

Practical space at least the size of three badminton courts with seats or benches. All venues must be accessible for all participants, including those who may have additional needs (eg wheelchair users).

Equipment Required

Flipchart, paper and pens. Please refer to Appendix 1 for additional equipment.

Target Audience

This workshop is designed for those working within YST initiatives. For the three-hour workshop, prior attendance of the sports coach UK 'An Introduction to the FUNdamentals of Movement' workshop would be beneficial, but is not essential.

Workshop Summary

This workshop has been developed to provide Multi-skill coaches with additional skills to include a wider range of young participants, particularly young disabled participants, in their sessions. The six-hour session also includes the 'An Introduction to the FUNdamentals of Movement' workshop.

Outcomes

By the end of the workshop, coaches will be able to:

- understand the principles of the ABCs and how they link with inclusion
- develop effective inclusive sessions that will challenge both disabled and non-disabled young participants
- learn, develop and apply the skills to effectively deal with challenges that may be faced when delivering.

Positive Behaviour Management in Sport

Duration 3 hours

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

Positive Behaviour Management in Sport

Facilities Required

A meeting room with enough space for the group to split into smaller groups (ie at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (eg wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 2 coaches working with young people either within a school or a club environment.

Workshop Summary

This workshop aims to increase coaches' awareness of the behaviour of young people, and the impact a coach's own behaviour may have on others.

Outcomes

By the end of this workshop, coaches will be able to:

- understand the ranges of behaviour coaches may need to deal with
- understand and apply the principles that create a positive coaching environment
- understand and apply strategies to deal with challenging behaviour.

Planning and Periodisation

Duration 3 hours

Number of Participants

6–25

Delivery Method

Theory

Supporting Resource

Planning and Periodisation

Facilities Required

A meeting room with enough space for the group to split into smaller groups (ie at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (eg wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 2 and 3 coaches with some knowledge of programme planning. It also provides appropriate underpinning knowledge to assist those working towards Levels 3 and 4 of the National Occupational Standards.

Workshop Summary

This workshop has been developed to help coaches assess the needs of performers of different ages and abilities in their sport, in order to plan appropriate programmes.

Outcomes

By the end of this workshop, coaches will be able to:

- understand and apply planning methods and their principal components
- understand what information is needed to produce effective plans and how to apply them
- understand and apply goal setting for performers and effectively monitor and amend plans accordingly
- understand different types of plans, including periodised plans, and their uses.

Safeguarding and Protecting Children 2: Reflecting on Practice

Duration 3 hours

Number of Participants

6–20

Delivery Method

Theory

Supporting Resource

Safeguarding and Protecting Children 2: reflecting on practice

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 1 and 2 coaches and others who are involved in the provision and delivery of sporting activities for children and young people, and who have previously attended the first 'Safeguarding and Protecting Children' workshop. The workshop materials have been adapted to suit officials, teachers, instructors, volunteers or unqualified helpers. All participants in the workshop will be over 18 unless the workshop is delivered to a group of 16–18-year-olds.

Workshop Summary

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. 'Safeguarding and Protecting Children 2' satisfies the requirements of the UKCC and Clubmark in relation to basic safeguarding and protecting children awareness training when attended as a 'refresher' workshop within three years of attending the first 'Safeguarding and Protecting Children' workshop or an equivalent recognised direct delivery workshop.

Outcomes

By the end of this workshop, participants will be able to:

- actively promote a positive and child-centred coaching environment using key principles of relevant codes of conduct/practice
- demonstrate knowledge and awareness of current national legislation relevant to their role
- recognise, respond to and make informed decisions about safeguarding children
- consider a seven-step approach to assist with decision making
- respond appropriately to a disclosure or a concern.

Safeguarding and Protecting Children

Duration 3 hours

Number of Participants

6–20

Delivery Method

Theory

Supporting Resource

Safeguarding and Protecting Children: a guide for sports people

Facilities Required

A meeting room with enough space for the group to split into smaller groups (i.e. at least 12 x12 metres). All venues must be accessible for all participants, including those who may have additional needs (e.g. wheelchair users).

Equipment Required

OHP and screen or laptop and data projector, flipchart, paper and pens.

Target Audience

UKCC Level 1 and 2 coaches. The workshop is a Minimum Operating Standard requirement for many governing bodies of sport, it can be delivered to all those responsible for organising children's sport (e.g. within governing bodies of sport, local authorities, sports and leisure centres, sports clubs) and those who lead or deliver children's sport programmes (e.g. coaches, leaders, instructors, development officials, administrators, volunteers, parents).

Workshop Summary

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.

Outcomes

By the end of this workshop, participants will be able to:

- 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.

Merseyside Sports Partnership aims to develop Coaching Merseyside into a 'one stop shop' information and management tool for coaches within Merseyside and the Northwest.

This system is designed to support you as a coach to provide useful resources, information, news, opportunities, funding and much much more! **Registration is FREE!!**

To register simply type in the web address: <http://www.coachingmerseyside.org> click the register button and fill out as much information about yourself as possible, this should take no longer than 15 minutes. If you are new to coaching you might find you leave a lot of sections blank this is not a problem your profile is a transient online document and will grow with time.

Why should I register on this site?

We are looking for the following people and organisations to register on this site

- A coach looking for qualifications and training opportunities
- A coach looking for funding
- A coach wanting to keep in touch with what is happening in the local area
- A coach to find useful contacts and resources
- A coach looking for employment
- A coach wanting to have their say and support development within Merseyside
- A coach wanting news up-dates
- A coach wanting to attend **FREE** coaching clinics hosted by the likes of Everton FC, Liverpool County FA, England Basketball, England Volleyball.

www.coachingmerseyside.org is about supporting our local coaches

For more information or if you have any ideas on developing the site please feel free to contact Andy Somers on a.somers@merseysidesport.com

Coaching CPD Bundles Prices

Level 1 CPD Bundle- All 3 courses £75 SAVE £15

Level 2 CPD Bundle- Any 4 Courses for £100 SAVE £20

Level 3 CPD Bundle- Any 3 courses for £75 SAVE £15

Minimum Standards Package- 4 courses for £100 SAVE £20