



## PHYSICAL ACTIVITY AND SPORT SESSIONS

Get your workforce more active by providing them with activity and sport sessions on their doorstep!

We have a bank of enthusiastic, talented and quality-checked tutors and coaches who can deliver over 120 types of physical activity and sport - including anything from archery to Zumba, or chair based exercises to netball.

We can organise one off taster sessions, sustainable courses or competitions to encourage your employees to be more active at work.

In order to provide safe and effective sessions we advocate instructors and coaches that have:

- Public liability insurance
- Relevant qualifications or experience in their activity/sport
- An up to date Disclosure & Barring Service (DBS) check
- A valid first aid certificate

### EMPLOYER BENEFITS

- ✓ Evidence shows that staff accessing activity sessions during the day are more productive, have better morale and lower stress levels
- ✓ Adds to your Corporate Social Responsibility and staff offer by providing low cost and accessible options for employees

“We set up some workplace tai chi sessions, which were great to offer for staff who lacked confidence in exercising with the general public. Staff really enjoyed the sessions, and we’ve had enough interest to sustain the sessions”

*Manager at a local Libraries service*

We have access to instructors and sports coaches from over 120 different activities, including:

- Badminton
- Bootcamp
- Boxercise
- Circuit Training
- Club-a-cise
- Dance
- Football / Walking Football
- Netball
- Rugby / Touch Rugby
- Tai Chi
- Yoga
- Zumba

## EMPLOYEE BENEFITS

- ✓ Usually works out better value than attending an equivalent community class
- ✓ Easier access to activity sessions - no need to go home, get changed and go out again!

“I have health problems and have never enjoyed exercising, but having sessions on offer at work has made it so much easier for me. I really appreciate the social time that I get to spend with my colleagues too.”

*Tim, local Libraries service*

## COSTS

MSP have access to a bank of enthusiastic, talented and quality-checked tutors and coaches who can deliver activities at your workplace. From just £42, MSP can manage the booking process for you to provide a one off taster session at your workplace, including:

- Finding an appropriately skilled instructor/coach
- Organising bookings and payments
- Providing a risk assessment template
- Locating a suitable venue (if required – with additional costs to be incurred)

We strongly recommend that a sustainability plan is put in place to ensure that employees will have access to these activity sessions in the long-term. For example, the organisation may wish to cover the cost of a four week taster programme, but then afterwards the cost of the tutor/venue will be paid for by employees paying a small amount per week to sustain the opportunity. You could also consider training staff up to be able to deliver physical activity and sport sessions.

## FIND OUT MORE

Contact MSP’s Active Workplaces team on 0151 728 1811 or email [activeworkplaces@merseysidesport.com](mailto:activeworkplaces@merseysidesport.com)