

BOLTON SPORT, HEALTH AND INCLUSION
TRAINING BOOKLET
APRIL 2007 / MARCH 2008



sport health and inclusion

CONTENTS

INTRODUCTION

Welcome to the Bolton Sport, Health and Inclusion Training Booklet for April 2007 to March 2008. In this booklet you will find a wide range of nationally recognised qualifications and courses for Sports Coaches, Health Professionals and Inclusion Workers alongside information about Young People's introductory qualifications.

It is designed to give sports coaches, fitness instructors, development officers and young people the opportunity to develop their professional skills, enabling them to deliver more efficient, effective and technically correct sessions. It is also designed to work in conjunction with the aims of the Sport, Health and Inclusion Team.

The sport, health and inclusion team aim to create a more vibrant and healthy place to live and work. We try to achieve this by providing local opportunities for people to increase their participation and lifelong involvement in physical activity and sport.

The provision of a diverse range of accessible sport, health and recreational activities and services helps to achieve this.

The team's main aims are to:

- Increase participation in sport and physical activity for young people, adults and older people.
- Deliver training and accreditation programs for individuals and clubs.
- Develop a workforce to meet the needs of the communities of Bolton.
- Increase participation and support to those who find it difficult to access sport and physical activity.

We work with a wide range of partners from the voluntary, public, private and community sectors to provide a broad and diverse range of services.

Hopefully this partnership working will widen the opportunities for people living and working in Bolton to become more active, and by doing so, to improve their health, well-being and quality of life.

Coupled with the decision to award London the 2012 Olympic Games and the governments Physical Activity Strategy for 2020, sport is now well and truly back on the nation's agenda.

FREE COURSES

- **Sport, Health, Inclusion Volunteering & Mentoring Scheme**

Local people, Bolton Council and other groups have worked together to persuade the government to provide extra money to make 10 areas of Bolton better places for young people to live. Some of this money is to focus on Sport, Play and recreation opportunities for young people. Therefore funding is available for anyone who is currently volunteering or who is willing to volunteer within the following areas, Leverhulme, The Haulgh, Burnden, Darcy Lever, Brightmet, Withins, Tonge Fold, Tonge Moor, Hall I'th Wood, Johnson fold. For More information about this funding please contact Emma Cavanagh:

Tel: 01204 334237
E-mail: emma.cavanagh@bolton.gov.uk

SUBSIDISED COURSES

You may be entitled to a free or subsidised course dependant on whether or not you are involved in any voluntary work within the Bolton Borough. For more information about subsidised courses and the Sport, Health and Inclusion volunteer and mentoring programme please contact Emma Cavanagh on 01204 334237.

LEISURE CARD DISCOUNTS

Any individual who holds a current Leisure Card may also be entitled to a discount on the cost of courses in this booklet. By applying for a Leisure Card through Bolton MBC you could save up to 50% off course prices. For more information please contact Emma Cavanagh on 01204 334237, or to request a Leisure Card application form please contact the Leisure Card office on 02104 334455.

SPORTS COACHING COURSES

WHAT IS SPORT?

Sport is not just about elite performers and high profile events and our sports development team work at all levels to increase participation in the borough, including:

- Coaching in schools – the sports development team work closely with schools across Bolton to provide high quality sports coaching within the curriculum and after school. The team work closely with community sports clubs and activity clubs to encourage children and young people to participate outside of the school settings at every level, from recreation through to high performance for gifted and talented youngsters.
- Club Development – Sports Development offer a wide range of services to help clubs within Bolton to gain National Governing Body and Sport England Club Mark Accreditation, access club development programs, make links to schools and their pupils and develop infrastructures within clubs that are applying for funding.
- Competitions and Festivals – A number of festivals and events are organised and supported by the sports development team, including sports festivals. Bolton recently hosted the Greater Manchester Mini Games and Youth Games for 3 consecutive years and has held national competitions such as Kwik Cricket.
- Coach Education – Sports Development offer a wide variety of National Governing Body, Running Sport and Sports Coach UK courses and workshops. Free coaching for teachers / volunteers is available and where applicable, free or reduced rates for coach education can be offered.
- Development of school to club links – the team offer support and guidance for developing links with appropriate community clubs and provide details of Junior Clubs that have achieved National Governing Body Club Mark or are working towards Club Accreditation.

SO HOW DO YOU BECOME A SPORTS COACH?

COMMUNITY SPORTS LEADER AWARD

LEVEL 1 COACHING QUALIFICATION
(ASSISTANT COACH)

LEVEL 2 COACHING QUALIFICATION
(COACHING BEGINNERS AND CLUB PLAYERS)

LEVEL 3 COACHING QUALIFICATION

LEVEL 4 COACHING QUALIFICATION

NATIONAL GOVERNING BODY **QUALIFICATIONS**

ATHLETICS LEVEL 1

Whatever level of athlete you wish to coach, whether you wish to inspire the thousands of young people entering the sport, or whether you wish to move through the performance pathway and aspire to coach the highest level of athlete, this course will give you a great foundation in athletics coaching. On successful completion of the course you will be qualified to work under the supervision of other qualified coaches.

DATE: 7th July 2007
TIME: 8:30am – 5:30pm
VENUE: Leverhulme Park Community Club
COST: £75

CHILDREN IN ATHLETICS

This module is designed for coaches working with 8 – 13 year olds and runs in conjunction with the Level 2 qualification. This course will enable candidates to deliver safe, enjoyable and well organised sessions. The qualification allows candidates to:

- Lead 8 -13 year olds using children's soft athletics equipment.
- Coach 8 – 13 year olds using soft athletics equipment and assist in all group events.
- Coach 8 – 13 year olds and lead in all group events.

DATE: 6th October 2007
TIME: 8:30am – 5:30pm
VENUE: Leverhulme Park Community Club
COST: £50

BADMINTON LEVEL 1

This course will qualify candidates to assist a qualified coach working with:

- Junior beginners / Club Players.
- Social Players in the lower levels of local leagues.

Candidates must have an understanding of the basic rules and be able to demonstrate basic shots.

DATE: 13th & 14th October 2007
TIME: 9:30am – 4:00pm
VENUE: Harper Green Leisure Centre
COST: £75

BASKETBALL LEVEL 1

This is the basic level of coaching qualification. It gives candidates outline knowledge of basketball and enables the holder to introduce basketball to a group or to assist a level 2 coach.

DATE: 16th & 17th June 2007
TIME: 10:00am – 4:00pm
VENUE: Ladybridge Leisure Centre
COST: £75

BRITISH CYCLING LEVEL 1

This course is an entry level award for those who have little or no experience of coaching or cycling. The award is aimed at those interested in cycling and who wish to become involved in coaching or those already working with children and young people. The course covers all the basics of cycling and will allow you to develop an understanding of safe, ethical and affective cycling coaching. This course also qualifies you to independently plan, deliver and evaluate a series of cycling activity sessions to beginner and intermediate children and young people.

BRITISH CYCLING LEVEL 2

The activity leaders' award is a coaching course for participants wanting to develop their cycling sessions to include skills sessions, offering a new challenge for the children and young people they work with.

For more information about these courses please contact Alex Scoular (Regional Manager – North West on 0161 274 2128 or 07793 844651.

AN INTRODUCTION TO FLOORBALL

Floorball is played by over 2.5 million people in more than 30 Floorball loving countries around the world. Floorball is one step away from the Summer Olympics! Floorball will be included when fifty officially recognised nations are playing, says the Olympic National Committee. Floorball is more popular than Ice Hockey in Sweden and Finland, two of the Worlds hockey superpowers. Floorball has become mainstream in countries where no traditional ice hockey is played, like Pakistan, Australia and Singapore! The 2006 Men's Floorball World Championships were broadcast on television to 53 countries in 19 languages. In Europe, crowds of up to 15,000 people watch the best floorball in the world compete. Floorball is an exciting, fast paced hockey evolution focused on highly skilled play. Advanced stick designs enable players to develop unbelievable stick handling, ball control and shooting skills. The rules of the game are highly refined to limit injury and promote a high scoring, entertaining style of game. Why play Floorball? It's great exercise, extremely safe, low cost, easy to learn, great for training ice hockey skills and best of all anyone can play!

DATE: 3rd July 2007
TIME: 9:30am – 3:00pm
VENUE: Withins Leisure Centre
COST: FREE

1ST4SPORT LEVEL 1 CERTIFICATE IN COACHING FOOTBALL

This Level 1 certificate in coaching football is a 24hour contact course plus 8 hours distance learning course aimed at club volunteers, players, teachers and parents who wish to learn how to introduce the basic aspects of football to young people aged 7 – 16 years old.

DATE: 13th, 15th, 22nd May & 3rd June 2007
TIME: 9:00am – 6:00pm, 6:30pm – 9:30pm, 6:30pm – 9:30pm, 9:00am – 6:00pm
VENUE: St James's CE School & Sports College
COST: £95

DATE: 14th, 17th, 24th & 28th July 2007
TIME: 9:00am – 6:00pm, 6:30pm – 9:30pm, 6:30pm – 9:30pm, 9:00am – 6:00pm
VENUE: St James's CE School & Sports College
COST: £95

DATE: 7th, 9th, 16th & 21st October 2007
TIME: 9:00am – 6:00pm, 6:30pm – 9:30pm, 6:30pm – 9:30pm, 9:00am – 6:00pm
VENUE: St James's CE School & Sports College
COST: £95

1ST4SPORT LEVEL 2 CERTIFICATE IN COACHING FOOTBALL

This course is suitable for coaches with some previous experience at any level with regular participation. It is an open entry course for anyone over the age of 16 years with regular practical experience of participation in football. Candidates must be in a possession of a valid child protection – best practice and emergency first aid certificate. An extensive playing career and experience of the sport is helpful. Candidates must be able to demonstrate competence in practical coaching and satisfactorily complete a range of theory worksheets. This course will take 85 hours for candidates to complete.

DATE:
TIME:
VENUE:
COST:

AN INTRODUCTION TO GAELIC FOOTBALL

This is a practical course covering the basic rules, refereeing, core skills, drills and general team play. The game is now played by dozens of primary schools in Bolton. A mini indoor version is played in the Autumn term and the full version outside in the summer. Gaelic football teams can be mixed up to the age of 14.

DATE: 8th June 2007
TIME: 9:30am – 3:00pm
VENUE: Withins Leisure Centre
COST: FREE

GYMNASTICS LEVEL 1

This course assumes candidates have no prior knowledge and is suitable for anyone new to gymnastics coaching. This award is also suitable for school teachers delivering curriculum or extra curricular gymnastics. It is also suitable for leisure centre staff already running gymnastics classes.

DATE: 20th & 21st October 2007
TIME: 9:00am – 5:00pm
VENUE: Withins Leisure Centre
COST: £200

BRITISH HANDBALL ASSOCIATION TEACHERS CERTIFICATE

This is a practical course covering, skills, drills and rules of the game. There is no end of course examination and no previous experience is required. This practical course is also great fun and FREE of charge!

DATE: 10th July 2007
TIME: 9:30am – 3:00pm
VENUE: Withins Leisure Centre
COST: FREE

NETBALL LEVEL 1

The aim of the ARENA Level 1 Coaching Certificate is to enable participants to help groups of beginners to play and practice in a safe and enjoyable environment, by setting meaningful learning and coaching situations. This taster course is a fundamental introduction to all ARENA Coaching Awards.

DATE: 20th & 21st October & 18th November 2007
TIME: 9:00am – 6:00pm (all days)
VENUE: Wirral Grammar School, Merseyside
COST: £170

For Netball Level 2 Qualifications please contact Emma Cavanagh on 01204 334237 for information.

NATIONAL POOL LIFE GUARD QUALIFICATION

This nationally recognised qualification is the minimum requirement for a career in life guarding. Candidates must be good swimmers and will be tested for water competence on the first day of the course. Suitable for sports centre staff, fitness centre staff, youth leaders and coaches. This qualification is valid for 2 years.

DATE:
TIME:
VENUE: Ladybridge Leisure Centre
COST:

RUGBY UNION LEVEL 1

This course aims to provide you with an introduction to the game of rugby union and the principles / practice of safe, ethical and effective management and coaching of adults and/or young people, as an assistant under the supervision of a qualified coach. It offers an opportunity for aspiring rugby union coaches to be supported in developing their knowledge of how to effectively coach a local club team or similar, via the modified game or mini / midi or 15-a-side play.

DATE: 9th, 19th & 20th May 2007
TIME: 6:00pm – 9:00pm, 9:00am – 5:00pm, 9:00am – 5:00pm
VENUE: Liverpool John Moores University
COST: £88.13

DATE: 16th, 26th & 27th May 2007
TIME: 6:00pm – 9:00pm, 9:00am – 5:00pm, 9:00am – 5:00pm
VENUE: Preston Grasshoppers, Lightfoot Green, Preston
COST: £88.13

SAQ – P AWARD

Underpin skills performance and improve functional fitness using applied sports science. This course will enable candidates to structure and deliver:

- Conditioning for all sports and games
- Physical Education for fundamental movement and all sports
- Personal and circuit training solutions to adults in one to one sessions and groups of all sizes and abilities
- Flexible, health-related fitness solutions to individuals and groups of all ages and ability
- Deliver fun, flexible and sustainable activities and exceed participation targets.

DATE:

TIME:

VENUE:

COST:

SAQ – M AWARD

Underpin physical development using applied sports science. This course will enable participants to structure and deliver:

- Physical education to enable all abilities to establish fundamental physical literacy
- Fundamental movement training to underpin all games, play and multi-skill clubs
- Fitness training for children and inspire interest in physical activity for life
- Health-related fitness solutions to juniors in all play and club environments
- Deliver fun, flexible and sustainable activities and exceed participation targets.

DATE:

TIME:

VENUE:

COST:

ASA ASSISTANT SWIMMING TEACHERS CERTIFICATE

This 24 hour course is ideal for parents, teachers and swimmers wanting to assist the teaching of swimming alongside an A.S.A. Teacher. The course is a mixture of theory and lessons and practical teaching sessions with teachers, including lane coaching.

DATE: 2nd, 3rd, 4th, 5th & 6th July 2007
TIME: 9:00am – 5:00pm (All Days)
VENUE: Horwich Leisure Centre
COST: £200

ASA FULL SWIMMING TEACHERS CERTIFICATE

Candidates for this course must be 18 years old or above and hold an ASA Assistant Teacher Certificate with log book containing signed confirmation of 15 hours assistance of qualified coaching prior to the start of the course and be brought to the induction day. Log books can be obtained from the ASA Awards Centre.

DATE: 16th, 17th, 18th, 19th, 20th, 21st, 22nd & 23rd June 2007
TIME: 9:00am – 5:00pm (all days) & 9:00am – 12:00noon (23rd June)
VENUE: Horwich Leisure Centre
COST: £345.50

TABLE TENNIS LEVEL 1

This course is part theory and part practical which provides an introduction to Table Tennis coaching. It is suitable for qualified or student teachers, those who work within the local authority or commercially operated leisure centres, or those who work within the youth or community services. A satisfactory playing standard is not necessary to qualify at this level.

DATE: 17th & 18th November 2007
TIME: 9:30am – 4:00pm
VENUE: Withins High School
COST: £50

TABLE TENNIS LEVEL 2

This consists of a 12 hour party theory, part practical course plus 12 hours of practical coaching under the guidance of a qualified Table Tennis Coach. A separate assessment session takes place approximately one month after the course. The course is for anyone wishing to learn the fundamentals of coaching Table Tennis and a satisfactory playing standard is necessary, Students whose playing standard is weak will be given help to improve and should not be put off from attempting to qualify at this level. This course is relevant to any school / club interested in working towards Premier Club Participation Level.

DATE: 17th & 18th November 2007
TIME: 9:30am – 4:00pm
VENUE: Withins High School
COST: £75

TENNIS

This Level 1 coaching award is designed for coaches interested in working with beginners and improvers, in clubs and schools. It includes NVQ Level 2 Coaching Tennis. In order to take part in this course you must have previously attended the Tennis Assistants Course, have an Appointed Persons First Aid Certificate and CRB Enhanced Disclosure Certificate.

DATE: 11th & 12th August & 1st September 2007
TIME: 9:00am – 5:00pm (all days)
VENUE: Manchester Tennis Centre
COST: £135

TRAMPOLINING LEVEL 1

This award gives candidates outline knowledge of the sport, enabling successful candidates to introduce trampolining to beginners. Candidates will be expected to have some experience of the sport.

DATE: 19th & 20th January 2007
TIME: 9:00am – 5:00pm
VENUE: Little Lever Leisure Centre
COST: £200

REFEREES & OFFICIALS COURSES

For more information about referees and officials courses please contact Emma Cavanagh on 01204 334237.

USEFUL GOVERNING BODY CONTACTS

If you have any queries about coaching qualifications that do not appear in this booklet then please contact the appropriate governing body for more details.

- Athletics - Alice Watson, Greater Manchester Sports Partnership, North West Development Officer, 0161 223 1002
- Badminton - Badminton England, National Badminton Centre, 01908 268400
- Basketball - Chris Brown, England Basketball, 0870 774 3628
- Bowling - English Indoor Bowling Association, Mr Stephen Rodwell, 01664 481900
- Canoeing - BCU Coaching UK, 01159 821100
- Climbing - www.ukclimbing.com
- Cricket - Brian Woodhead, English Cricket Board Courses 01254 200313
- Cycling - British Cycling, 0870 871 2000
- Fencing - Bob Bayles / Andy Reynolds, British Fencing, 01206 762056
- Football - Lancashire Football Association, Colin Greenall, 01772 624000
- Golf - Regional Development Officer, Philip Beard, 07765 258550

- Gymnastics - British Amateur Gymnastics Association, Tony Grinwood
01257 255278
- Hockey - England Hockey, Lewis Butcher, 01924 369909
- Judo - British Judo Association, 01509 631670
- Netball - England Netball, Kelly Parkyn, 07818 036791
- Rugby Union - Alan Holmes, Bolton Rugby Development Officer,
01204 334195
- Squash - England Squash Coaching Department, 0161 438 4318
- Swimming - Amateur Swimming Association,
- Table Tennis - English Table Tennis Association, Andrea Holt
01204 334152
- Tennis - Lawn Tennis Association
- Trampolining - BAGA, Tony Grinwood, 01257 255278

GENERAL COACHING AND INSTRUCTOR
QUALIFICATIONS AND WORKSHOPS

SAFEGUARDING AND PROTECTING CHILDREN

Protect yourself, the young people you coach and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. This 3 hour course enables coaches and instructors to:

- Identify coaching practice and sport situations that might constitute poor practice and or abuse.
- Recognise key principles of code of conduct and their application to good coaching practice.
- Recognise truths and myths surrounding child abuse.
- Identify ways of dealing with their own feelings about child abuse.
- Describe what constitutes abuse and identify the indicators.
- Recognise signs and symptoms.
- Identify appropriate action if a child discloses he / she has been abused.
- Identify appropriate action if concerned about the behaviour of another coach or colleague.
- Identify appropriate action if concerned about the behaviour of a parent / carer (i.e. outside of the sports arena).
- Review practice that reduces the likelihood of wrongful allegations and of abuse occurring.

DATE: 23rd May 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

DATE: 20th February 2008
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

WHAT IS SPORTS COACHING

This Workshop clearly defines coaching and introduces the basic components of coaching sessions. Including sections on the roles, responsibilities and qualities of a coach. The emphasis is to outline safe and ethical coaching practice with specific focus on the Code of Conduct for Sports Coaches.

At the end of the workshop coaches will be able to:

- Describe the coaching process
- Identify the roles and responsibilities of a coach
- Describe the competencies of a coach
- Identify good coaching practice

DATE: 6th June 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

HOW TO COACH SPORTS SAFELY

Focusing on safe practice in sport, this workshop clearly outlines the health and safety issues associated with coaching. Includes sections on managing risk and manual handling. Essential guidance for every coach, the emphasis is on promoting safe practice as a coach.

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

- Establish a safe environment for coaching
- Identify appropriate safety provision within the coaching environment
- Provide safe coaching sessions for participants

DATE: 20th June 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

HOW TO COACH SPORTS EFFECTIVELY

This workshop includes practical tips to help develop coaching skills and allow participants to get the most benefit from your sessions. Also includes sections on planning, organising and delivering sessions. Featuring everything you need to be an effective coach, the elements is on detailing the fundamental components of the coaching process – Plan, Deliver and Evaluate.

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

- Identify appropriate information to plan coaching sessions
- Develop participants performance
- Provide safe and effective coaching sessions

DATE: 4th July 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

HOW TO COACH CHILDREN IN SPORT

Aimed at anyone working with Children in sport, this workshop presents the basic principals of good practice and introduces the concept of long-term athlete development.

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

- Explain the development of children within sport
- Identify the differences between children and adults
- Develop safe and effective coaching sessions for children

DATE: 18th July 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

HOW TO COACH DISABLED PEOPLE IN SPORT

This workshop tackles all the frequently asked questions posed by sports teachers, coaches and participants about how to work with disabled sports people. This includes a whole spectrum of new ideas for inclusion: the workshop will introduce and offer guidance to any coach involved with disabled people in sport, the emphasis being to introduce coaches to the Inclusion Spectrum and effective practice. By the end of the course participants should be able to:

- Determine how to include disabled people in sport.
- Select appropriate coaching activities.
- Create effective coaching environments.

DATE: 19th September 2007
TIME: 6:30pm – 8:30pm
VENUE: Leverhulme Park Community Club
COST: £40

EQUITY IN YOUR COACHING

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants. By the end of the workshop coaches should 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.

DATE: 3rd October 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

AN INTRODUCTION TO CORE STABILITY TRAINING

This interactive workshop raises awareness of the importance of core stability which is vital to optimising sports performance, playing longevity and reducing the risk of injury. The emphasis is on outlining how basic postural and core stability assessments can help raise awareness of potential problems relating to power generation from the hip and efficiency from each muscular effort.

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

- Identify good posture and its importance.
- Recognise the value of Basic Assessment and stability exercises.
- Apply a safe series of prone active hip extension exercises.
- Specify when to refer an athlete for professional assessment and guidance.

DATE: 17th October 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

COACHING METHODS AND COMMUNICATION

Unlock and develop your communication skills to build and maintain a positive and effective coach / player relationship. Learn the principals of good communication and coaching styles and how to use them to meet the needs of your performers.

By the end of the workshop coaches should be able to:

- Identify and explain their own coaching style.
- Assess their own communication skills and action plan to increase their effectiveness.
- Build and maintain good relationships.

DATE: 31st October 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

FITNESS AND TRAINING

Develop your understanding of the components of fitness and how each area can affect performance. Learn how to devise and implement appropriate training sessions to meet the fitness demands of your sport.

By the end of the course coaches should be able to:

- Identify the relative importance of the different components of fitness for their sport.
- Select and use appropriate training methods to develop the components of fitness.
- Identify the predominant energy system used in their sport.
- Construct a fitness training session through correct application of the main training principles.

DATE: 28th November 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

COACHING AND THE LAW

Sport is played in a world with an increasing tendency for litigation, under a media spotlight brighter than ever before. A specially trained tutor delivers this comprehensive workshop and addresses the legal aspects of coaching in a non-alarmist way providing a wealth of practical experience.

This workshop will help participants to:

Explain the legal issues surrounding coaching practice
Identify the potential sources of liability surrounding coaching practice
Describe the elements of negligence
Undertake a risk assessment
Identify types of risk to your players

DATE: 30th January 2008
TIME: 6:30pm – 8:30pm
VENUE: Horwich Leisure Centre
COST: £40

For more general coaching and instructor courses please contact Sports Coach UK on:

CLUB DEVELOPMENT TRAINING COURSES

FUNDING FOR YOUR CLUB

Every sports club could use more money and better publicity, which can attract both funding and members. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you to identify how you can promote your club more effectively. At the end of the workshop you will be able to:

- Develop a project mindful of the national agenda for sport and the funding opportunities available.
- Identify the barriers to successful funding applications
- Identify sources of funding, including grants, sponsorship and general fund-raising.
- Assess whether the Community Amateur Sports Club scheme or having charitable status could be potential sources of additional revenue.
- Identify the information required to develop a funding plan.
- Describe ways of evaluating the effectiveness of their project.

DATE: 14th November 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

HOW TO GET TAX BREAKS FOR YOUR CLUB

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.

The workshop will explain the process and benefits of becoming a CASC and by the end of the workshop you will be able to:

- Recognise and explain to other volunteers the advantages of becoming a CASC
- Describe to volunteers the process required to apply for CASC status.
- List the areas of development in order to apply for CASC status.

DATE: 16th January 2008
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

DEVELOPING PARTNERSHIPS WITH CLUBS AND SCHOOLS

Young people are the future of sport and it is important that they are able to move from sport at school to a more adult environment that is of high quality, attractive to them and that helps them progress in their chosen sport. This workshop focuses on two key areas in making this transition, and can be tailored to meet the needs of schools and / or sports organisations. The workshop will enable sports organisations to :

- Analyse the benefits of developing quality partnerships with sports organisations / a junior club.
- List the key factors in creating a sustainable partnership / quality junior club.
- Identify who to involve in developing a partnership / junior club
- List the benefits of linking schools and clubs
- Identify current initiatives and resources that can support the development of links between schools and clubs and support the development of junior clubs
- Plan to develop a partnership that meets to needs of young people.
- Identify the types of resources available to support your partnership or junior club.

DATE: 5th September 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

A CLUB FOR ALL

This workshop outlines how your club can reach all sections of the community, including young people, older people, those on low incomes, disabled people and people from ethnic minorities. This workshop identifies the benefits that opening up your club can bring and by the end of the workshop participants will be able to:

- Explain what sports equity means
- List the benefits of sports equity for their sports club or organisation
- Identify equitable and inequitable practice
- Identify key equity challenges for their sports club or organisation
- Identify the key steps they may need to take in their own club or organisation to start a basic action plan for equity
- Identify the organisations that can help them and provide further guidance on sports equity.

DATE: 9th May 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

HEALTH PROFESSIONAL & PHYSICAL ACTIVITY
INSTRUCTOR QUALIFICATIONS

WHAT IS HEALTH?

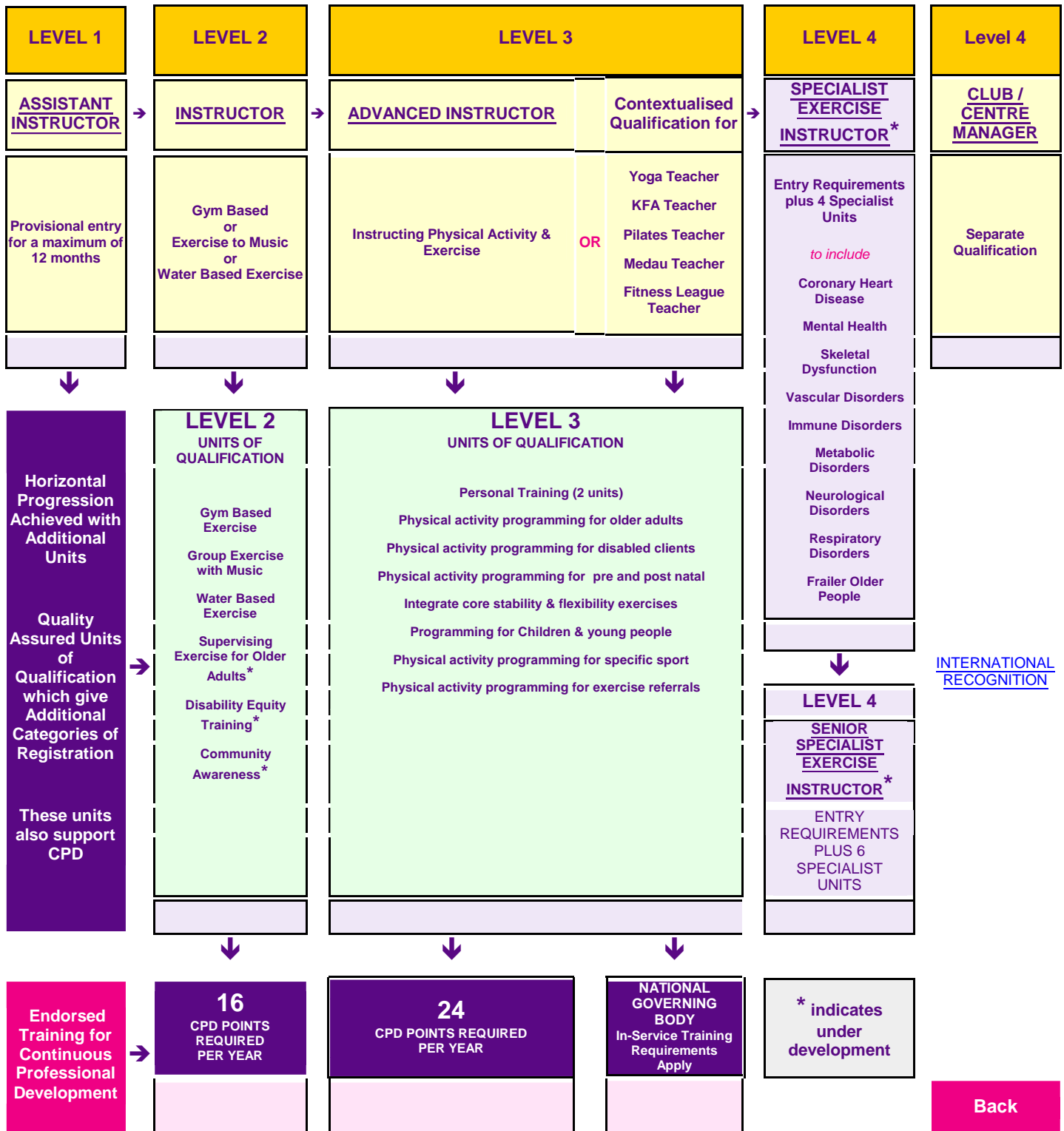
The active health team is responsible for helping people to improve their health and quality of life by providing a wide range of community activities that encourage people to become more physically active.

The team is involved in the management and delivery of a range of Physical Activity Promotion Projects, programmes and services. These include exercise referral, phase IV cardiac rehab, work place health schemes, move it, health on wheels, older people's activity programmes such as chair-based exercise, and fun-games and area based active health community programs that provide a range of new and exciting activity opportunities for local people in local community facilities.

The active health team work to influence the planning of new physical activity promotion services and are involved in the delivery of a wide range of community activity sessions.

HOW TO BECOME A HEALTH / FITNESS INSTRUCTOR

FITNESS INDUSTRY QUALIFICATIONS & CAREER FRAMEWORK FOR THE REGISTER OF EXERCISE PROFESSIONALS



FITNESS AND PHYSICAL ACTIVITY
INSTRUCTOR COURSES

CYMCA Certificate in Gym Instructing Level 2

This course is designed to equip students with the skills and knowledge to become competent gym instructors in a fitness facility. It would be ideal for anyone who is looking to gain employment in a fitness facility or those already working in a centre who require a nationally recognised qualification.

During the course candidates will cover:

- Anatomy and Physiology
- Principles of Warm Up / Cool Down
- Free weight exercise techniques
- Cardiovascular conditioning
- Resistance training
- Flexibility training
- Principle of exercise programme design
- Communication and teaching skills
- Screening and risk factor identification
- Promoting physical activity
- Customer care.

Students for this course must be over 18 years of age and hold a valid 8 hour first aid certificate.

CYMCA Exercise to Music Instructor Level 2

This course is designed to equip students with the skills and knowledge to lead a safe and effective group exercise session to music.

During the course candidates will cover:

- Anatomy and physiology
- Principles of Warm Up / Cool Down
- Choreography and timing
- Cueing and teaching
- Cardiovascular conditioning – aerobic curve
- Class content
- Muscular strength and endurance principles
- Flexibility training
- Principle of exercise programme design
- Communication and teaching skills
- Screening and risk factor identification
- Promoting physical activity
- Customer Care

Students for this course must be over 18 years old and hold a valid 8 hour First Aid Certificate.

CYMCA Circuit Training Instructor Level 2

This course is designed to equip candidates with the skills and knowledge to lead a safe and effective group circuit class.

During the course students will cover:

- Anatomy and Physiology
- Principles of Warm up / Cool down
- Timing
- Teaching
- Cardiovascular conditioning
- Class content
- Muscular strength and endurance principles
- Flexibility training
- Principle of circuit programme design
- Communication and teaching skills
- Screening and risk factor identification
- Promoting physical activity
- Customer care

Candidates must be 18 years or older and hold a valid 8 hour First Aid Certificate

CYMCA Step Instructor Level 2

This course is designed to equip students with the skills and knowledge to lead a safe and effective step class.

During the course candidates will cover:

- Principles of Warm up / Cool down
- Choreography and Timing
- Teaching
- Cardiovascular conditioning
- Class content
- Muscular strength and endurance principles
- Flexibility training
- Principles of step programme

Students must be over 18 years of age, hold a current related Level 2 exercise and fitness knowledge certificate and a valid 8 hour first aid certificate.

CYMCA Certificate in Fitness Instructing (Aqua) Level 2

This course is designed to equip students with the skills and knowledge to lead a safe and effective aqua class.

During the course students will cover:

- Principles of Warm Up / Cool Down
- Choreography and timing
- Teaching
- Cardiovascular conditioning
- Class content
- Muscular strength and endurance principles
- Flexibility training
- Principles of aqua class programme

Students must be 18 years or over and hold a current related Level 2 exercise and fitness knowledge certificate, alongside a valid 8 hour first aid certificate.

CYMCA Advanced Fitness Instructor Level 3

This course is designed to equip students with the skills and knowledge to plan a variety of progressive resistance programmes and determine the appropriate levels of frequency, intensity, speed, duration and type of aerobic and anaerobic activities to meet fitness goals and needs. This course is suitable for gym instructors or fitness supervisors who are seeking to enhance their existing qualifications or individuals who are working toward a Personal Trainer Award.

During the course students will cover:

- Advanced Warm Up / Cool Down Principles, including sports specific
- Advanced resistance training
- Advanced cardiovascular training
- Exercise counselling techniques
- Advanced anatomy and physiology
- Principles of periodisation including overload and specificity
- Goal setting
- Screening including medical referral

Students must hold a current related Level 2 exercise and fitness knowledge certificate, be over 18 years of age and hold a valid 8 hour first aid certificate.

CYMCA Personal Trainer Level 3 General Populations

This award is designed to give fitness instructors the skills and knowledge to become a personal trainer.

During the course candidates will cover:

- Advanced exercise and fitness knowledge
- Advanced cardiovascular programming
- Advanced resistance programming
- Nutrition management
- Client appraisal
- Sports conditioning
- First aid at work

Students must be 18 years or older and hold a current level 2 qualification.

CYMCA Nutrition & Weight Management Level 3 Certificate

This course provides the knowledge to enable a student to prescribe sensible eating strategies, give appropriate nutritional advice for a variety of clients needs particularly relating to exercise and weight management for their own and / or their client's benefit. It is ideal for fitness professionals who wish to develop their knowledge in the area of nutrition and weight management.

During the course students will cover:

- Nutritional basis of healthy eating
- Physiology and psychology of dieting
- Analysis of food labels
- Essential nutrients
- Anatomy and physiology relevant to food digestion and energy production
- Eating for energy
- Digestion

Students must be 18 years or over, hold a current related Level 2 qualification and a valid 8 hour first aid certificate.

CYMCA Lifestyle & Fitness Assessment Level 3

This course provides the knowledge to enable a student to appraise a client's physical fitness and design and evaluate an appropriate programme from this information. It will give the skills to administer health and stress screening, gain informed consent and administer and evaluate a range of health and fitness tests and appropriate stress coping strategies. It is ideal for anyone working towards a CYMCA Personal Trainer Award. Fitness instructors who wish to conduct client appraisals in an exercise and fitness setting.

During the course students will cover:

- Health screening and safety concerns
- Passive fitness assessment tests
- Active fitness assessment tests
- Exercise counselling
- Stress and stress management

Students must be 18 years or older, hold a current related Level 3 qualification and a valid 8 hour first aid certificate.

CYMCA Sports Conditioning Level 3

This course provides students with the knowledge to analyse a sporting action and prepare skill rehearsal and conditioning plans for an athlete. They will be taught how to plan a variety of progressive sports specific training sessions to meet the athlete's goals and needs. This course is ideal for individuals working towards a CYMCA Personal Trainer Award or fitness instructors who wish to train athletes or teams.

During the course students will cover:

- Principles of training
- Determine training needs for individuals / groups
- Cardiovascular conditioning
- Sport specific training programmes
- Skill rehearsal

Students must be 18 years or above, hold a current related Level 3 qualifications and a valid 8 hour first aid certificate.

CYMCA Level 3 Ante and Post Natal Gym Instructor

This course aims to develop an instructor's skills and knowledge to enable them to provide safe and effective exercise for ante and post natal participants. This course would be ideal for candidates who work in a fitness facility or are personal trainers who have to plan and teach exercise programmes for specialist population clients.

During the course candidates will cover:

- The anatomy of pregnancy
- The ante natal period
- The post natal period
- Structure and content of ante and post natal exercise
- Planning teaching and evaluation of skills.

Students must be over 18 years, hold a current related Level 2 exercise and fitness knowledge certificate and a valid 8 hour first aid certificate.

CYMCA Level 3 Advanced Fitness Instructor (Older Adult)

This course is designed to provide the skills and knowledge to teach safe and effective exercise fitness training for the older adult. It is ideal for fitness instructors working in a fitness facility or personal trainers who wish to adapt their skills to encompass teaching exercise sessions to this specialist population.

During the course candidates will cover:

- Theory of anatomical and physiological changes associated with the ageing process.
- Age related diseases
- Disease management
- Medical conditions affecting bones, joints and muscles
- Cardio vascular system and nervous system
- Higher level teaching skills

Students must be over 18 years, hold a current related Level 2 exercise and fitness knowledge certificate and a valid 8 hour first aid certificate.

Free Weights

This course is designed to increase the skills and knowledge of existing instructors in the area of free weights

During the course candidates will cover:

- Training and exercise techniques.
- Extensive range of exercises.
- Advanced weight training systems.
- Sets and pyramid training.
- Anatomy and physiology of body building.
- Stretching.
- Safe and effective use of equipment.
- Advanced spotting techniques.

Students must be over 18 years of age, hold a current related level 2 exercise and fitness knowledge certificate and a valid 8 hour first aid certificate.

Sports Injury

This course is designed to give students sufficient knowledge to develop safe and effective exercise to clients requiring rehabilitation from sports injuries.

During the course candidates will cover:

- Anatomy and physiology of sports injury.
- Recognition and safe treatment of injuries.
- Prevention and cure of problem areas.
- Physiology of healing.
- Adolescent Injuries.
- Rehabilitation case studies.

Candidates must be over 18 years of age, hold a current level 2 instructor qualification and a valid 8 hour first aid certificate.

Focus Training Studio Cycling Certificate

With the growing popularity of Studio Cycling, this hands on course will give you all the skills you need to run a successful cycling class.

During the course candidates will cover:

- Safety in the Studio.
- Exercise routines for beginners / intermediate and advanced levels.
- Principles of exercise planning.
- Cycle maintenance.

Students must be over 18 years of age, hold a current related Level 2 exercise and fitness knowledge certificate and a valid 8 hour First Aid Certificate.

Focus Training Core Stability Certificate

This course aims to develop approaches to strength, flexibility and stability exercises.

During the course candidates will cover:

- Improving client's individual performance
- Examining core muscles of the body
- Fit ball exercises
- Partner exercises
- Wobble board workouts
- Training formats
- Specific schedules for individuals

Students must be over 18 years of age, hold a current related Level 2 exercise and fitness knowledge certificate and a valid 8 hour first aid certificate.

Certificate in Nutrition & Health

This qualification is accredited by a nationally recognised awarding body – NCFE. Candidates work through the distance learning course materials at their own pace and at times convenient to them, so there is no need to attend the college to gain the qualification.

The course aims are:

- To provide candidates with an understanding of nutrition and health.
- To increase confidence in planning and achieving a healthy diet.
- To provide employers with a structured training programme which will meet the training needs of their employees.
- To encourage career development.

The course covers 3 units, Introduction to healthy eating, diet and nutrition, food and nutrition issues.

COST: £23

The Gayton Course

This qualification will enable you to advance your career in an extremely rewarding field working with medically referred clients with low risk medical conditions. Candidates will learn to:

- Identify the main characteristics of a range of diseases and conditions including cardiovascular disease, diabetes, multiple sclerosis and cancer.
- Identify a range of medications and their implications for exercise.
- Recognise the benefits of exercise for a range of conditions and diseases.
- Identify the exercise implications of a range of conditions and diseases.
- Screen and assess clients with low risk medical conditions.

Candidates must have a YMCA Gym Instructor or Exercise to Music or equivalent. At least 50 hours of teaching and a current CPR certificate.

Health Walks Leaders Training

Are you interested in helping others to take the first step towards health and wellbeing?
If so why not train to become one of Bolton's Health Walk Leaders and help your community to get walking for their health in your local area?

Training for Health Walk Leaders covers:

- Health benefits of walking
- Components of a Health Walk
- The Role of the Walk Leader
- Guidelines for Walk Leaders
- Risk Assessments
- Route Planning
- Physical Activity
- Special Conditions
- A Short Walk.

CYMCA Level 2 Instructing Health Related Fitness for Children

This qualification recognises the skills, knowledge and competence of an individual to plan, teach and evaluate exercise sessions for children unsupervised.

During the course candidates will cover:

- Components of Fitness and Physical Activity for Children
- Skeleton & Joints
- Muscular System
- Cardiovascular System
- Health & Safety
- Session Planning
- Nutrition

INCLUSION TRAINING COURSES

WHAT IS INCLUSION?

We focus on increasing participation in physical activity by identifying barriers people have in accessing activities and deliver programmes to remove and reduce these barriers, thereby increasing uptake for more sections of Bolton's communities.

Some of our main areas of work are:

Moving Up Through Leisure

A referral project working with young people who find it difficult to access mainstream sports and leisure provision.

Pathways

An area based programme working in parts of Tonge Fold, Tonge Moor, Withins, Leverhulme, Brightmet, Darcy Lever, Hall l'th Wood, Burnden and the Haulgh that removes barriers by increasing sport and play provision and offering training opportunities.

Community Sports

A programme that works in geographical areas across the borough, working alongside other agencies and partners to deliver sport and physical activity in the hearts of the community for both adults and young people.

FIT

The Farnworth Inclusion Team is an area-based referral programme working across Farnworth and Great Lever that works with young people and communities to assist people who require additional support to access services.

INCLUSION TRAINING COURSES

SAFEGUARDING AND PROTECTING CHILDREN

Protect yourself, the young people you coach and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. This 3 hour course enables coaches and instructors to:

- Identify coaching practice and sport situations that might constitute poor practice and or abuse.
- Recognise key principles of code of conduct and their application to good coaching practice.
- Recognise truths and myths surrounding child abuse.
- Identify ways of dealing with their own feelings about child abuse.
- Describe what constitutes abuse and identify the indicators.
- Recognise signs and symptoms.
- Identify appropriate action if a child discloses he / she has been abused.
- Identify appropriate action if concerned about the behaviour of another coach or colleague.
- Identify appropriate action if concerned about the behaviour of a parent / carer (i.e. outside of the sports arena).
- Review practice that reduces the likelihood of wrongful allegations and of abuse occurring.

DATE: 23rd May 2007
TIME: 6:30pm – 9:30pm
VENUE: Horwich Leisure Centre
COST: £40

DATE: 20th February 2008
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

APPOINTED PERSONS FIRST AID COURSE

This course offers all volunteers and coaches a chance to gain an 8 Hour Basic First Aid Certificate as well as knowledge and practical skills on how to:

- Maintain Airways
- Maintain Breathing MTM
- Maintain Circulation CPR
- Diagnose / Treat Heart Attacks
- Treat Unconscious Casualties
- Treat all types of Bleeding
- Diagnose & Treat Epilepsy
- Diagnose & Treat Burns

DATE: 23rd June 2007
TIME: 9:30am – 4:00pm
VENUE: Leverhulme Park Community Club
COST: £50

DATE: 22nd September 2007
TIME: 9:30am – 4:00pm
VENUE: Leverhulme Park Community Club
COST: £50

DATE: 23rd February 2008
TIME: 9:30am – 4:00pm
VENUE: Levehulme Park Community Club
COST: £50

SUBSTANCE AWARENESS TRAINING

This one day course looks at the basic aspects of drug awareness and how this relates specifically to young people. By the end of the course participants will have :

- Increased their knowledge of substances and their effects on individuals
- Increased their confidence in working with young substance users
- Increased their knowledge on trends in substance use
- Increased their understanding of drug policy and practice

DATE: 25th May 2007
TIME: 9:30am – 4:30pm
VENUE: Castle Hill Centre

DATE: 16th October 2007
TIME: 9:30am – 4:30pm
VENUE: Castle Hill Centre

PARTICIPATION WORKSHOP

A fun, awareness raising workshop to help clubs and volunteers to get started and encourage young people to be involved in the development and delivery of Projects and Services. Suitable for anyone working with children and young people aged 4 -19 years.

DATE: 7th November 2007
TIME: 6:30pm – 8:30pm
VENUE: Leverhulme Park Community Club
COST: £40

DEALING WITH CHALLENGING BEHAVIOUR

Examine ways of communicating to produce a more positive response.

- Find out about different behaviours and how to be more effective.
- Discuss the importance of creating the right climate.
- Identify your preferred style of conflict resolution.

DATE: 14th September 2007
TIME: 9:30am – 3:30pm
VENUE: Leverhulme Park Community Club
COST: £50

BASIC COUNSELLING SKILLS

The course will help you to develop your communication skills. It also offers the opportunity to gain a nationally recognised qualification from the Open College Network. There are no exams to pass, but participants will be encouraged to build up a portfolio of work, which can be submitted at the end of the course. The course will help participants find out more about the use of counselling skills in their work, voluntary and personal lives.

For more details about this course please contact Joan Manville at Bolton CVS on 01204 396011.

MENTOR TRAINING

This 3 hour introductory workshop will help new mentors to:

- Understand what mentoring is
- Understand the role of a mentoring relationship and it's aims and objectives
- Understand boundaries and guidelines
- Understand Do's and Don'ts
- Understand the benefits of Mentoring for both the Mentor and the Mentee

DATE: 13th June 2007
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

RACE AND CULTURAL AWARENESS

This workshop offers participants an introduction to Race and Cultural Issues and their role in delivering services in their club / organisation. By the end of the workshop participants will be able to, identify race and cultural issue within your setting, list approaches to race as an organisation issue, action plan for fairness in your organisation.

DATE: 6th February 2008
TIME: 6:30pm – 9:30pm
VENUE: Leverhulme Park Community Club
COST: £40

COMMUNITY SPORTS LEADER AWARDS

This nationally recognised qualification provides participants with a common foundation for coaching schemes available through the National Governing Bodies of Sport. It concentrates on improving the leadership skills required to plan and prepare a sports session whilst also delivering and evaluating it. During the course participants will cover the following areas:

- Contribute to and organise the delivery of a sports session.
- Establishing and maintaining a safe sporting activity.
- Understanding the structure of sport and recreation in the UK.
- Understanding and leading fitness sessions.
- Principles and practice in running sporting events and competitions.
- Principles and practice in adapting sports activities.
- Select, plan and lead on an appropriate sporting activity.
- Demonstration of leadership skills in the community.

These courses run at various times throughout the year. To obtain information about the next available course please contact Emma Cavanagh on 01204 334237.

PRACTICAL VOLUNTEERING COURSE

This 2 day course looks at all aspects of volunteering. It provides participants with both knowledge and written information with regards to the recruitment, training and retention of volunteers, training, payment and volunteering policies and procedures.

DATE: 28th & 29th June 2007
TIME: 9:30am – 4:00pm & 9:30am – 12:30pm
VENUE: Castle Hill Centre
COST: £50

DATE: 29th & 30th September 2007
TIME: 9:30am – 4:00pm & 9:30am – 12:30pm
VENUE: Leverhulme Park Community Club
COST: £50

DATE: 21st & 22nd January 2008
TIME: 9:30am – 4:00pm & 9:30am – 12:30pm
VENUE: Castle Hill Centre
COST: £50

DATE: 8th & 9th March 2007
TIME: 9:30am – 4:00pm & 9:30am – 12:30pm
VENUE: Leverhulme Park Community Club
COST: £50

YOUNG PEOPLE'S TRAINING COURSES

JUNIOR SPORTS LEADER AWARD

This nationally recognised qualification provides participants with a common foundation for coaching schemes available through the National Governing Bodies of Sport. It concentrates on improving the leadership skills required to plan and prepare a sports session whilst also delivering and evaluating it.

JUNIOR FOOTBALL ORGANISERS COURSE

This course provides young players and volunteers with an opportunity to develop their own knowledge and leadership skills enabling them to deliver fun progressive sessions to young players in their club. During the course candidates will cover:

- How to plan and deliver a safe session
- Identify Football Skills
- Lead basic football skills practices
- Progress skills into mini soccer
- Introduce mini soccer rules
- How to organise and referee a football tournament

ECB CRICKET YOUNG LEADERS AWARD

This course provides young players and volunteers with an opportunity to develop their own knowledge and leadership skills enabling them to deliver fun progressive sessions to young players in their club. During the course candidates will cover:

- How to plan and deliver a safe session
- Identify cricket skills
- Lead basic cricket skills practices
- Progress skills into mini kwik cricket
- Introduce kwik cricket rules
- How to organise and referee a cricket tournament

DANCE LEADERS QUALIFICATION

This course provides young people and volunteers with an opportunity to develop their own knowledge and leadership skills enabling them to deliver fun progressive dance sessions to other young people. During the course candidates will cover:

How to plan and deliver a safe session
Identify dance skills
Lead basic dance sessions

For further information on these courses please contact Emma Cavanagh on 01204 334237

BOLTON SPORT AND PHYSICAL ACTIVITY **PROFESSIONALS REGISTER**

Bolton Sport, Health and Inclusion Service are committed to developing Coaches and Instructors within the borough. The Bolton Sport and Physical Activity Professionals Register was developed to provide coaches and instructors with an incentive to develop not only themselves but to work towards developing other coaches and instructors.

The professionals accreditation scheme enhances the delivery of sport and exercise and creates a co-ordinated approach between organisations, employing and deploying coaches and instructors in order to maintain and develop standards of coaching and instruction.

The register is open to all coaches, instructors, health professionals and volunteers in Bolton and all information is held by the Sport, Health and Inclusion Service. The benefits of becoming a member of the register are:

- Reduces the cost of continued professional development.
- Training opportunities at regional and local levels.
- Membership of an accreditation scheme recognised by leading sport and exercise providers.
- Advice and information on topical issues within the Leisure Industry.
- Raised personal profile as an accredited sports coach or instructor.
- Opportunity for inclusion on a regional Health Professionals Register.
- Enhanced opportunities for paid employment.

BOLTON SPORTS AND PHYSICAL ACTIVITY **ALLIANCE**

BoSPAA recognises that we can achieve more for the people of Bolton by working together. By involving organisations and agencies, we aim to represent the views, needs and aspirations of local communities.

We aim to:

- Encourage more people to participate in sport or physical activity in Bolton.
- Support and sustain involvement.
- Monitor and evaluate good practice.
- Support and achieve accessibility and affordability.
- Provide high quality sport and physical activity for all.
- Forge closer links between all local providers.
- Support local sport and physical activity initiatives, clubs and organisations.
- Contribute to the development of local, regional and national sport and physical activity strategies.

STRUCTURE OF BoSPAA

BoSPAA Executive Board meets on a monthly basis and is made up of:

Chair
Vice Chair
Treasurer
Secretary
Chairs of the 5 Theme Groups



VOLUNTEERING OPPORTUNITIES

Are you interested in making Bolton a more vibrant place to live and work?

Bolton's Sport, Health and Inclusion Team aim to improve the health of the people of Bolton by providing sporting and healthy activities and making sure as many people as possible can enjoy them.

Reliable and committed people are really needed to work with a wide variety of people in sports clubs, youth clubs, leisure centres, parks and other suitable places.

Opportunities exist for young person mentors, coaches, instructors, walk leaders, outreach workers, swimming instructors, supervisors and many more.

Volunteers receive free training, expenses are paid, and they play a vital role in the community. They also help some of the people who really need it the most; basically it's a win, win situation that benefits everyone!

So if you could spare a few hours a week to make a real difference to the lives of your friends, neighbours and the local young people then please contact us for an informal chat and an application form on:

Tel: 01204 334195 or E-mail: ec.sporthealthinclusion@bolton.gov.uk

ST JAMES'S CE SCHOOL & SPORTS COLLEGE

Since becoming a designated Sports College in 2005, St James's CE School & Sports College has developed a prosperous community programme and as ever, we are looking to continue and expand our involvement within the local sporting community.

Coach Education and Volunteering Opportunities

There are Coach Education and Volunteering opportunities available at St James's Sports College in a wide variety of sports and physical activities. Subsidised places on courses are available for over 16's in the BL4 area, subject to a service level agreement.

Leadership Academy Summer 2007

St James's have put together a programme of Young Leaders Awards with the aim of developing the next generation of leaders and coaches. The programme offers young people between the ages of 14 – 19 the opportunity to gain some of the following awards:

- Sports Leaders UK Level 1 Award in Sports Leadership
- Sports Leaders UK Level 2 Award in Sports Leadership
- ECB Cricket Young Leaders Award
- Tag Rugby Community Leaders Award
- Junior Football Organisers
- Hockey Leadership Award
- Basketball Leaders Award
- Young Netball Organisers

The courses will run during the summer holidays and there are subsidised places available to those that live in the BL4 area.

Sports Camps

St James's also deliver sports camps during most of the school holiday periods. Fully qualified and CRB cleared coaches deliver a wide variety of sports including American Football, Badminton, Basketball, Baseball, Cricket, Dance, Football, Hockey, Rugby Union, Trampolining, Volleyball and others.

For further information on any of the events at St James's Sports College please contact Dominic Gavin on:

Tel: 01204 333000

Mob: 07722 531180

Email: dgavin@st-james.bolton.sch.uk

SERCO COMMUNITY LEISURE CENTRES

COURSE BOOKING CONDITIONS

To book a place on any of the courses contained in this booklet please contact Emma Cavanagh on:

Tel: 01204 334237

Fax: 01204 334442

Email: emma.cavanagh@bolton.gov.uk

All participants will be required to provide Sport, Health and Inclusion with a contact address and telephone number at the time of booking.

All candidates will receive a confirmation letter following course bookings to clarify the time, date, venue and cost for each course alongside any other course instructions.

Candidates will also receive a reminder letter for each course approximately 2 weeks prior to the course start date.

All course fees must be paid in full at least 48 hours before the course is due to commence. Course fees can be paid in cash, via a cheque made payable to Bolton MBC or by buying order.

48 Hours notice must be given of any intention to cancel a place on a course. Failure to inform Bolton MBC of your cancellation at least 48 hours before the course starts will result in an invoice for the full cost of the course being sent to the candidate.

Candidates who fail to attend a course will also be sent an invoice for the full cost of their place on the course.

If you have any questions about the booking procedure or would like more information on any of the courses contained in this booklet please contact Emma Cavanagh on the numbers above.

