



FIT TO COACH 2012-13

inspire
motivate
energise
activate
encourage
develop
influence
strengthen
evolve

TRAINING COURSES TO HELP VOLUNTEERS, COACHES AND TEACHERS DEVELOP THE CONFIDENCE AND SKILLS NEEDED TO DELIVER PHYSICAL ACTIVITY TO SCHOOL AGED CHILDREN IN EAST LoTHIAN

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Welcome...

...to the Fit To Coach training brochure for volunteers and coaches 2012-13. The training courses listed here will help volunteers, coaches and teachers to develop the confidence and skills needed to deliver physical activity and sport to school aged children. This brochure contains information on a wide range of sports specific and generic coach education courses provided directly by East Lothian Council's Healthy Living Service and National Governing Bodies. East Lothian Healthy Living Service encourage all course participants to follow up training with a block of practical activity or assist with the delivery of an activity dependant on the level of course.



Get involved and let's make
**more children
more active
more often!**

www.activeeastlothian.co.uk



Basic Moves

Basic Moves helps children to develop the basic movement competence needed for lifelong physical activity. It will give them the ability to consistently perform basic movements and apply these in different games, sports, dance and other contexts. The course prepares you to run *Basic Moves* sessions for pupils aged three to seven. We will give you a certificate when you complete the course. You must complete Level 1 before progressing on to Level 2.



Level 1

Date & Time: Attendance over 4 days:
20, 27 September,
4, 11 October 2012
4–6pm

Venue: Prestonpans Infants

Cost: Free

Prerequisite: None

Level 2

Date & Time: Attendance over 4 days:
17, 24, 31 January,
7 February 2013
4–6pm

Venue: Prestonpans Infants

Cost: Free

Prerequisite: Must have obtained
Level 1

Bikeability Level 1 & 2

Bikeability combines the training of *Ready Steady Bike*, which is a fun cycling skills programme targeting the P5 age group to improve their handling skills and confidence, together with *Bikeability* (previously named Cycling Proficiency) which introduces on road cycling. This area targets the P6 and P7 age groups and focuses more on the understanding of the rules of the road for cyclists, common road and traffic situations as well as vital decision making skills needed to cycle on the road.

Date & Time: Attendance over 1 day:
4 September 2012
4.30–7.30pm

Venue: Kings Meadow
Primary School

Cost: Free

Prerequisite: Must be 16 years or over

Date & Time: Attendance over 1 day:
15 March 2013
1.30–4.30pm

Venue: Dunbar Primary School

Cost: Free

Prerequisite: Must be 16 years or over

Early Moves

Children love to move and as they grow up their movements help them play, explore and learn about their world. *Early Moves* builds on this, and is designed to help the development of a solid movement foundation for pre-school children which will encourage the movement competence and confidence to successfully take part in sports, games, dance and other physical activities available to them in the future.

Early Moves training is designed for all people working in the early years sector.

In the pre-school context the role of the supporting adult in creating appropriate 'rich' movement tasks is crucial.

The course will consider:

- The importance of balance, coordination and basic movement experiences which form the basis of a foundation for future learning
- How to use a developmentally appropriate early years movement framework
- How to plan and engage in learning experiences

Date & Time: Attendance over 4 days:
15, 22, 29 November,
6 December 2012
4–6pm

Venue: Prestonpans Infants

Cost: Free

Prerequisite: Must be 16 years or over



Elevating Athletics

Elevating Athletics take a modern approach to teaching athletics. It is an introductory course that helps you to experience the skills of running, jumping and throwing, and offers guidance for volunteers and athletics assistants who coach 5-16 year olds.

Date & Time: 7 March 2013
6–8pm

Venue: Sanderson's Wynd
Primary School

Cost: Free

Prerequisite: Must be 16 years or over



Funky Fitness

Funky Fitness is an exciting programme for primary 3 and 4 children. It is fun and packed with music, games and challenges. *Funky Fitness* has seven session plans that reduce the time and pressure of preparing a class. The programme is ideal for volunteers, particularly those who have never worked with children in a physical activity setting before. Becoming a Funky Fitness Guru will give you as much pleasure as it will give our new breed of little Funky Fitness fanatics!

Date & Time: 29 January 2013
6–8pm

Venue: Kings Meadow
Primary School

Cost: Free

Prerequisite: Must be 16 years or over

The Funky Factor

The Funky Factor is a new programme which uses alternative activities and fun games to encourage children to develop a positive attitude to health and fitness. This programme, which targets P5-7, is a continuation from *Funky Fitness* and also has a resource of pre-written lesson plans and appeals to volunteers or coaches of any standard.

The *Funky Factor* aims to increase knowledge and wellbeing in a relaxed and fun setting.

Date & Time: 6 February 2013
6–8.30pm

Venue: Dunbar Primary School
(Loch End Campus)

Cost: Free

Prerequisite: Must be 16 years or over

Funky Fun

Funky Fun is a new programme full of adventure and excitement for pupils in P1-2 and designed to complement programmes such as *Basic Moves*. It is a set of pre-written lesson plans structured to encourage the development of movement competency, creative learning and cooperative play through various games and activities. To capture and maintain pupils attention, each lesson is taught with a specific theme in mind that allows the group to use their imagination to enhance their active experience.

The programme is easy to deliver as there are seven pre-written session plans that can be followed to the letter therefore reducing the time and pressure of preparing a class. This makes it ideally suited to volunteers and in particular those people who have never worked with children in a physical activity setting before.



Date & Time: 25 October 2012
6–8pm

Venue: Sanderson's Wynd
Primary School

Cost: Free

Prerequisite: Must be 16 years or over

Girls on the Go!

The *Girls on the Go!* programme is devised to target P5-7 girls, and encourage them to adopt a more physically active lifestyle at an important stage in their lives, by offering activities that appeal to young girls. Covering a range of activities including zumba, netball, dance, and aerobics, you will learn how to develop sessions to engage young girls to become more active.

To attend this course, you just need enthusiasm and passion to motivate young girls to participate in physical activity, and maintain an active lifestyle.

Date & Time: 9 October 2012
6–8pm

Venue: Aberlady Primary School

Cost: Free

Prerequisite: Must be 16 years or over



Junior Jogscotland

Junior Jogscotland is an introductory course to promote jogging. It uses fun games to encourage primary children to get involved in physical activity and targets Primary 3 children and upwards.

Date & Time: 30 October 2012
6–8pm

Venue: Pinkie Primary School

Cost: Free

Prerequisite: Must be 16 years or over

Mini Kickers

The *Mini Kickers* programme provides a curriculum framework of activities for children of 3-7 years focusing on:

- Basic Motor Skills
- Emotional, Personal and Social Development
- Cognitive Development

The training is based around a booklet and video on various activities that are developmental, achievable, not overly sports specific and most importantly, fun!

Date & Time: 12 November 2012
6–8pm

Venue: Prestonpans Infants

Cost: Free

Prerequisite: Must be 16 years or over

Outdoor Adventures (P1-3)

Outdoor Adventures training will provide the chance to gain more ideas and information to allow children to become more active outdoors. This programme aims to give children a fun, active and educational outdoor experience with minimal preparation time for volunteers/leaders. This course aims to complement the curriculum based *Outdoor Journeys* Programme.

Date & Time: 4 October 2012
4–6pm

Venue: Stoneyhill
Primary School

Cost: Free

Prerequisite: Must be 16 years or over

Outdoor Journeys

Outdoor Journeys aims to give children a fun, active and educational outdoor experience by delivering regular, low-cost, meaningful, cross-curricular outdoor learning within the constraints of conventional schooling. The programme does not require any expert staff, special equipment, or expensive buses.

Date & Time: 15 March 2013
1.30–4pm

Venue: Kings Meadow
Primary School

Cost: Free

Prerequisite: Must be 16 years or over



Course Title	Date	Time	Cost	Location
Bikeability Level 1 & 2	4 September 2012	4.30–7.30pm	Free	Kings Meadow Primary School
Basic Moves Level 1	20, 27 September, 4, 11 October 2012	4–6pm	Free	Prestonpans Infants
Outdoor Adventures (P1-3)	4 October 2012	4–6pm	Free	Stoneyhill Primary School
Girls on the Go!	9 October 2012	6–8pm	Free	Aberlady Primary School
Funky Fun	25 October 2012	6–8pm	Free	Sanderson's Wynd Primary School
Junior Jogscotland	30 October 2012	6–8pm	Free	Pinkie Primary School
Mini Kickers	12 November 2012	6–8pm	Free	Prestonpans Infants
Early Moves	15, 22, 29 November, 6 December 2012	4–6pm	Free	Prestonpans Infants
Basic Moves Level 2	17, 24, 31 January, 7 February 2013	4–6pm	Free	Prestonpans Infants
Funky Fitness	29 January 2013	6–8pm	Free	Kings Meadow Primary School
The Funky Factor	6 February 2013	6–8.30pm	Free	Dunbar Primary School (Loch End Campus)
Elevating Athletics	7 March 2013	6–8pm	Free	Sanderson's Wynd Primary School
Bikeability Level 1 & 2	15 March 2013	1.30–4.30pm	Free	Dunbar Primary School
Outdoor Journeys	15 March 2013	1.30–4pm	Free	Kings Meadow Primary School

Teaching staff should book any of the above courses directly through Staff Development





Learn to Coach

Learn to Coach is a 4 hour course split over 2 sessions aimed at anyone interested in entering sports coaching with little or no experience. The course will cover a variety of basic topics relevant to coaching any activity including; planning and structuring sessions, coaching position, communication styles etc, to allow novice coaches to deliver safe and fun coaching sessions.

The *Learn to Coach* course is an excellent introduction to coaching, which links directly with sports specific coaching courses offered by East Lothian's Sports Development Team, which can be found on pages 14–25.

For course bookings contact:

Hazel Moffat
01620 820123
hmoffat@eastlothian.gov.uk

Date & Time: Attendance over 2 days:
31 August,
7 September 2012
6–8pm

Venue: Knox Academy
Haddington

Cost: Free

Prerequisite: Must be 16 years or over

Date & Time: Attendance over 2 days:
2, 9 November 2012
1–4pm

Venue: North Berwick
High School

Cost: Free

Prerequisite: Must be 16 years or over

Date & Time: Attendance over 2 days:
1, 8 March 2013
1–4pm

Venue: Preston Lodge
High School, Prestonpans

Cost: Free

Prerequisite: Must be 16 years or over

Introduction to Sports Coaching

The *Introduction to Sports Coaching* courses are designed to give those that have never coached before an understanding of the key skills of the sport. They provide the novice coach with the key coaching points to get these skills across to the players as well as some fun games that will allow players to practise these skills. The courses are not certified by the Scottish Governing Body but participants will receive a certificate of attendance from East Lothian Council.

For course bookings contact:

Hazel Moffat
01620 820123
hmoffat@eastlothian.gov.uk

Introduction to Basketball Coaching

Date & Time: Attendance over 2 days:
11, 18 October 2012
5–7pm

Venue: North Berwick
High School

Cost: Free

Prerequisite: Must be 16 years or over



Introduction to Curriculum for Excellence Primary Badminton Pack

Date & Time: 1 October 2012
4–6pm

Venue: Corn Exchange
Haddington

Cost: Free

Prerequisite: Must be 16 years or over

Introduction to firstclubgolf

Date & Time: 3 October 2012
5–7pm

Venue: Prestonpans
Primary School

Cost: Free

Prerequisite: Must be 16 years or over



For course bookings contact:

Hazel Moffat

01620 820123

hmoffat@eastlothian.gov.uk

Introduction to Football Coaching

Date & Time: 20 November 2012

6–9pm

Venue: Meadowmill Sports Centre

Cost: Free

Prerequisite: Must be 16 years or over

Introduction to Hockey Coaching

Date & Time: 23 October 2012

4.30–6.30pm

Venue: Meadowmill Sports Centre

Cost: Free

Prerequisite: Must be 14 years or over

Introduction to UK Disability Inclusion Training

Date & Time: 15 September 2012

9am–1pm

Venue: Knox Academy
Haddington

Cost: Free

Prerequisite: Must be 16 years or over

Course Title	Date	Time	Cost	Location
Learn To Coach	31 August, 7 September 2012	6–8pm	Free	Knox Academy, Haddington
Introduction to UK Disability Inclusion Training	15 September 2012	9am–1pm	Free	Knox Academy, Haddington
Introduction to Curriculum for Excellence Primary Badminton Pack	1 October 2012	4–6pm	Free	Corn Exchange, Haddington
Introduction to firstclubgolf	3 October 2012	5–7pm	Free	Prestonpans Primary School
Introduction to Basketball Coaching	11, 18 October 2012	5–7pm	Free	North Berwick High School
Introduction to Hockey Coaching	23 October 2012	4.30–6.30pm	Free	Meadowmill Sports Centre
Learn To Coach	2, 9 November 2012	1–4pm	Free	North Berwick High School
Introduction to Football Coaching	20 November 2012	6–9pm	Free	Meadowmill Sports Centre
Learn To Coach	1, 8 March 2013	1–4pm	Free	Preston Lodge High School Prestonpans

Teaching staff should book any of the above courses directly through Staff Development



Athletics

UK Athletics Coach

Date & Time: Attendance over 3 days:
19, 20 January, 31 March
2013 plus assessment
9am–5pm

Venue: tbc

Cost: £350

Prerequisite: UK Athletics Coaching
Assistant or equivalent

UK Athletics Coaching Assistant

Date & Time: Attendance over 2 days:
29, 30 September 2012
9am–5pm

Venue: tbc

Cost: £150

Prerequisite: Must be 18 years or over

Date & Time: Attendance over 2 days:
16, 17 February 2013
9am–5pm

Venue: tbc

Cost: £150

Prerequisite: Must be 18 years or over

UK Athletics Coaching in Running Fitness

Date & Time: Attendance over 3 days:
13, 14 April, June 2013
(date in June tbc)
9am–5pm

Venue: Craigswood, Livingston

Cost: tbc

Prerequisite: UK Athletics Coaching
Assistant or equivalent

UK Athletics Leaders

Date & Time: 21 October 2012
9am–5pm

Venue: tbc

Cost: £90

Prerequisite: Must be 16 years or over

Badminton

UKCC Level 1

Assist more qualified coaches delivering aspects of coaching sessions, normally under direct supervision.

The Level 1 coaching certificate in badminton is the first step on the new *BADMINTONscotland* coaching pathway and will be a formal educational qualification through the Scottish Qualifications Authority.

The qualification focuses on both the art and science of coaching, introducing new coaches to the 'how to' skills of coaching as well as helping them break down and coach the technical and tactical elements of the game. It will qualify the assistant coach to work alongside a more qualified coach, working with players in their early stages of development.

Date & Time: Attendance over 3 days:
tbc

Venue: tbc

Cost: £260 (funding available)

Prerequisite: Must be 16 years or over

BADMINTONscotland: **Badminton Basics**

Date & Time: tbc

Venue: tbc

Cost: £60

Prerequisite: Must be 16 years or over



Basketball

UKCC Level 1

This is the basic level of coaching qualification for those who wish to commit to coaching basketball. This course provides each candidate with the basic knowledge of basketball and coaching skills and will enable the holder to assist a fully qualified Level 2 Coach. On completion of the Level 1 Certificate in Coaching Basketball, candidates should be able to:

- Demonstrate the ability to safely organise and supervise basketball activities, including group coaching and using pre-planned coaching session cards
- Promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials in the overall development of basketball

- Demonstrate an understanding of the following:
 - Generic coaching skills
 - Basketball-specific coaching skills
 - Coach and player development
 - Health and safety
 - Working with parents
 - Basic rules/laws of basketball
 - An ability to identify and adapt activities and sessions for a variety of different age groups
 - An awareness of further basketball personal development opportunities in basketball

Date & Time: Attendance over 2 days:
4, 25 May 2013
9am–5pm

Venue: Meadowmill Sports Centre

Cost: £170

Prerequisite: Must be 16 years or over



Getting Started in Basketball Coaching

Date & Time: 8 September 2012
10am–4pm

Venue: Knox Academy
Haddington

Cost: £35

Prerequisite: Must be 16 years or over

Boccia

SDS Boccia Leaders

Date & Time: 27 August 2012
6–9pm

Venue: Earlston High School
Scottish Borders

Cost: £30

Prerequisite: Must be 18 years or over



Football

SFA Level 1 Children – Early Touches

This 6 hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players.

Date & Time: 13 January 2013
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £35

Prerequisite: Must be 16 years or over



SFA Level 1 Youth – Development Activities

This 6 hour course is open to anyone working with players in the 12-18 age range.

Date & Time: 29 June 2013
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £35

Prerequisite: Must be 16 years or over

Football continued

SFA Level 2 Children – Coaching Young Footballers

This 12 hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions. It focuses on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities within the primary school age group.

Date & Time: Attendance over 2 days:
1, 8 September 2012
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £35

Prerequisite: Must have Level 1



SFA Level 2 Youth – Coaching Youth Footballers

This 12 hour course is designed to provide youth coaches with ideas on the key issues involved in the development of youth players. It takes account of individual skill development in a variety of game related situations. Prospective coaches will be given feedback on teaching practice sessions.

Date & Time: Attendance over 2 days:
3, 10 March 2013
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £45

Prerequisite: Must have Level 1

SFA Level 3 Children/Youth – Coaching in the Game

In both Children's and Youth Awards structures, the 12 hour *Coaching in the Game* Certificate Course looks at the knowledge and understanding required to help young players appreciate concepts such as width, depth and support within the small sided game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to young players.

Date & Time: Attendance over 2 days:
13, 20 October 2012
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £50

Prerequisite: Must have Level 2

Golf

Golf PGA Level 1 – Coaching Qualification

Date & Time: Attendance over 2 days:
Various between
January and May 2013
9am–5pm

Venue: Various nationally

Cost: £170 (funding available)

Prerequisite: Must be 16 years or over

Gymnastics

Gymnastics Pre-school UKCC Level 1

Date & Time: Attendance over 3 days:
25 August,
1, 8 September 2012
9am–5pm

Venue: Aubigny Sports Centre
Haddington

Cost: £350

Prerequisite: Must be 16 years or over



Learn to Coach Gymnastics

Date & Time: Attendance over 2 days:
3, 5 November 2012
10am–4pm (3 Nov)
6.30–8.30pm (5 Nov)

Venue: Musselburgh
Sports Centre

Cost: £100

Prerequisite: Must be 14 years or over

Learn to Coach Trampolining

Date & Time: Attendance over 2 days:
tbc

Venue: Musselburgh
Sports Centre

Cost: £100

Prerequisite: Must be 14 years or over



TeamGym UKCC Level 1

Date & Time: Attendance over 3 days:
30 September,
20, 21 October 2012
9am–5pm

Venue: Meadowmill Sports Centre

Cost: £350

Prerequisite: Must be 16 years or over



Hockey

Hockey Leaders

Date & Time: 7 October 2012
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £32

Prerequisite: Must be 14 years or over

Date & Time: 24 February 2013
10am–4pm

Venue: Meadowmill Sports Centre

Cost: £32

Prerequisite: Must be 14 years or over

Rugby

Adult Coach Rugby Ready Practical Course (all clubs)

Date & Time: 20 August 2012
7–9pm

Venue: Meadowmill Sports Centre

Cost: Free

Prerequisite: Must be 16 years or over



Mini/Youth Rugby Ready Practical

Date & Time: 27 August 2012
7–9pm

Venue: North Berwick RC
Haddington RC
Musselburgh RC

Cost: Free

Prerequisite: Must be 16 years or over



Date & Time: 3 September 2012
7–9pm

Venue: Dunbar RC
Preston Lodge RC
Ross High RC

Cost: Free

Prerequisite: Must be 16 years or over

Rugby UKCC Level 1

Date & Time: Attendance over 3 days:
24, 28, 31 October 2012
6.30–9.30pm (24 Oct)
9am–5pm (28 Oct)
6.30–9.30pm (31 Oct)

Venue: Musselburgh RC

Cost: £50

Prerequisite: Must be 16 years or over



SRU Refereeing Level 1

Date & Time: 2 September 2012
9am–3pm

Venue: Meadowmill Sports Centre

Cost: Free

Prerequisite: Must be 16 years or over

Course Title	Date	Time	Cost	Location
Adult Coach Rugby Ready Practical Course (all clubs)	20 August 2012	7–9pm	Free	Meadowmill Sports Centre
Gymnastics Pre-school UKCC Level 1	25 August, 1, 8 September 2012	9am–5pm	£350	Aubigny Sports Centre Haddington
SDS Boccia Leaders	27 August 2012	6–9pm	£30	Earlston High School Scottish Borders
Mini/Youth Rugby Ready Practical	27 August 2012	7–9pm	Free	North Berwick RC, Haddington RC Musselburgh RC
SFA Level 2 Children – Coaching Young Footballers	1, 8 September 2012	10am–4pm	£35	Meadowmill Sports Centre
SRU Refereeing Level 1	2 September 2012	9am–3pm	Free	Meadowmill Sports Centre
Mini/Youth Rugby Ready Practical	3 September 2012	7–9pm	Free	Dunbar RC, Preston Lodge RC Ross High RC
Getting Started in Basketball Coaching	8 September 2012	10am–4pm	Free	Knox Academy, Haddington
UK Athletics Coaching Assistant	29, 30 September 2012	9am–5pm	£150	tbc
TeamGym UKCC Level 1	30 September, 20, 21 October 2012	9am–5pm	£350	Meadowmill Sports Centre
Hockey Leaders	7 October 2012	10am–4pm	£32	Meadowmill Sports Centre
SFA Level 3 Children/Youth – Coaching in the Game	13, 20 October 2012	10am–4pm	£50	Meadowmill Sports Centre

Course Title	Date	Time	Cost	Location
UK Athletics Leaders	21 October 2012	9am–5pm	£90	tbc
Rugby UKCC Level 1	24, 28, 31 October 2012	6.30–9.30pm (24 Oct) 9am–5pm (28 Oct) 6.30–9.30pm (31 Oct)	£50	Musselburgh RC
Learn to Coach Gymnastics	3, 5 November 2012	10am–4pm (3 Nov) 6.30–8.30pm (5 Nov)	£100	Musselburgh Sports Centre
SFA Level 1 Children – Early Touches	13 January 2013	10am–4pm	£35	Meadowmill Sports Centre
UK Athletics Coach	19, 20 January, 31 March 2013, plus assessment	9am–5pm	£350	tbc
Golf PGA Level 1 – Coaching Qualification	Various between January and May 2013	9am–5pm	£170	Various nationally
UK Athletics Coaching Assistant	16, 17 February 2013	9am–5pm	£150	tbc
Hockey Leaders	24 February 2013	10am–4pm	£32	Meadowmill Sports Centre
SFA Level 2 Youth – Coaching Youth Footballers	3, 10 March 2013	10am–4pm	£45	Meadowmill Sports Centre
UK Athletics Coaching in Running Fitness	13, 14 April, June 2013 (date in June tbc)	9am–5pm	tbc	Craigswood, Livingston
UKCC Basketball Level 1	4, 25 May 2013	9am–5pm	£170	Meadowmill Sports Centre
SFA Level 1 Youth – Development Activities	29 June 2013	10am–4pm	£35	Meadowmill Sports Centre

Course Title	Date	Time	Cost	Location
Badminton UKCC Level 1	tbc	tbc	£260	tbc
<i>BADMINTON</i> Scotland: Badminton Basics	tbc	tbc	£60	tbc
Learn to Coach Trampolining	tbc	tbc	£100	Musselburgh Sports Centre





Child Protection Level 1

Discover how to protect yourself, the young people you are coaching and your employer. Increase your awareness about child protection. This course will help you recognise the signs of abuse and poor practice and subsequently deal sensitively and effectively with any issues that might arise.

Date & Time: 24 October 2012
6–9pm

Venue: Loch Centre, Tranent

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over

Date & Time: 22 November 2012
6–9pm

Venue: North Berwick
Sports Centre

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over

Date & Time: 19 February 2013
6–9pm

Venue: Meadowmill Sports Centre

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over

Date & Time: 27 March 2013
6–9pm

Venue: Dunbar Grammar School

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over



In Safe Hands – Child Protection Officer Training

This 3 hour workshop supports clubs to put child protection policies in to practice. It is most suitable for those acting as the club child protection officer but is also relevant for those responsible for managing or organising the club.

Date & Time: 25 April 2013
6–9pm

Venue: Aubigny Sports Centre
Haddington

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over

Date & Time: 28 May 2013
6–9pm

Venue: Musselburgh
Sports Centre

Cost: Free to East Lothian
coaches and volunteers

Prerequisite: Must be 18 years or over

Date & Time: 12 March 2013
6–9pm

Venue: Meadowmill Sports Centre
Cost: £20 (subject to change)

Prerequisite: Must be 18 years or over

Date & Time: 12 June 2013
6–9pm

Venue: Meadowmill Sports Centre
Cost: £20 (subject to change)

Prerequisite: Must be 18 years or over

Sports First Aid

A certified qualification, tailored to meet the needs of sports coaches and volunteers. This course will allow participants to assess and prioritise a first aid incident, deal with unconscious casualties, recognise and deal with a range of common injuries until the arrival of medical care, maintain records and use and maintain first aid kits.

Date & Time: tbc

Venue: tbc

Cost: £30 (subject to change)

Prerequisite: Must be 16 years or over

Date & Time: tbc

Venue: tbc

Cost: £30 (subject to change)

Prerequisite: Must be 16 years or over

Course Title	Date	Time	Cost	Location
Child Protection Level 1	24 October 2012	6–9pm	Free to East Lothian coaches & volunteers	Loch Centre, Tranent
Sports First Aid	tbc	tbc	£30 (subject to change)	tbc
Child Protection Level 1	22 November 2012	6–9pm	Free to East Lothian coaches & volunteers	North Berwick Sports Centre
Child Protection Level 1	19 February 2013	6–9pm	Free to East Lothian coaches & volunteers	Meadowmill Sports Centre
Sports First Aid	tbc	tbc	£30 (subject to change)	tbc
In Safe Hands – Child Protection Officer Training	12 March 2013	6–9pm	£20 (subject to change)	Meadowmill Sports Centre
Child Protection Level 1	27 March 2013	6–9pm	Free to East Lothian coaches & volunteers	Dunbar Grammar School
Child Protection Level 1	25 April 2013	6–9pm	Free to East Lothian coaches & volunteers	Aubigny Sports Centre Haddington
Child Protection Level 1	28 May 2013	6–9pm	Free to East Lothian coaches & volunteers	Musselburgh Sports Centre
In Safe Hands – Child Protection Officer Training	12 June 2013	6–9pm	£20 (subject to change)	Meadowmill sports Centre

East Lothian Council – Sports Award Scheme

East Lothian Council recognises the valuable contribution to the development of sport and recreation made by coaches and officials, and support is available to those working in a voluntary capacity to enable these individuals to continue to improve their qualifications and to widen their experience for the benefit of local sportspeople.

This grant scheme is open to all clubs in East Lothian that are affiliated to the appropriate governing body of sport. Grants will be made retrospectively and applications should be submitted on completion of the course for which assistance is being requested. Grants are based on 50% of course fees, accommodation costs and travelling expenses up to a maximum of £175.



For more information and/or an application pack please contact:

The Principal Officer, Recreation & Physical Activity

Telephone 01620 827403 or email healthyliving@eastlothian.gov.uk

All courses are free of charge unless stated otherwise.

If you would like to book onto any of these courses either speak to your Active Schools Coordinator or fill in the form and send it to:

Fit to Coach
Meadowmill Sports Centre
Tranent
East Lothian
EH33 1LZ

T: 01620 820123

E: hmoffat@eastlothian.gov.uk

Please do not send any money with this form.

Name: _____

Address: _____

_____ Postcode: _____

Telephone No: _____ Mobile: _____

Email address: _____

I would like to book:

COURSE NAME	DATE
_____	_____
_____	_____
_____	_____
_____	_____

Financial support is available through ILA Scotland or East Lothian Sports Award Scheme. If you are interested in applying for funding please tick this box

How will this training benefit you?

**FIT TO
COACH**
2012-13

www.activeeastlothian.co.uk