



Chairperson: Mrs. G. Prideaux

Secretary: Mrs. H. Hockenhull

Treasurer: Mrs. P. Needham

Asst. Sec: Mr. A. Hockenhull

Trafford Sports Council are in the process of organising various courses and events for 2010. If you are interested in receiving details on courses please send return the following information request form to : Mrs. G. Prideaux, 121 Canterbury Road, Davyhulme, Manchester M41 0PT or by email to gillian.prideaux@ntlworld.com Trafford Sports council also organises courses which can beheld at Clubs premises. Contact Gill Prideaux for further details.

INFORMATION REQUEST FORM

Sport: _____

Club Name: _____

Club Contact: _____

Contact Address _____

Contact Tel No: _____ -

Email _____

I would be interested in the following:

Becoming a member of Trafford Sports Council, please add me to your mailing list (no charge) Yes/No

Safeguarding and Protecting children Yes/No

Reflecting on Practice (Safeguarding Children 2) Yes/No

Criminal Record Bureau – Workshop Yes/No

Full day Health and Safety Executive First Aid course Yes/No

Grant Aid Course Yes/No

Equity Course Yes/No

Working with Disabled Sportspeople Yes/No

Club for all Yes/No

Coaching Children Yes/No

Coaching and the law Yes/No

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Good Practice Courses

One of the objectives of the Trafford Sports Council is to assist the Coaches in Trafford to up-grade their skills as a coach and to become members of the Trafford Coaches Association . These Coaching skills benefit not only the coaches but their club as well in helping to attain the Trafford Club Mark. In order to achieve this a series of TSpC subsidised courses are run every year. Courses run from 6.30pm to 9.30pm on a Wednesday at South Trafford College, Manchester Road, Altrincham and cost between £10 and £25 per course. Information on these courses is circulated to clubs on the TSpC mailing list it is also circulated by Trafford Sports Development to all Clubs via the web site, E.mail and mail shot.

Safeguarding and Protecting Children

The Safeguarding and Protecting Children course is designed for everyone who works with children. Through sport children can develop confidence and self-esteem as well as proficiency in their chosen activity. Both Coaches and helpers have a responsibility to see to it that these children are able to enjoy and progress within a safe environment where they feel secure and able to make informed choices in order to reach their full potential. This course will introduce the concept of *Good Coaching Practice*. Enabling Coaches and helpers to identify aspects of good practice that they already adopt in their work and introduce other issues which have not occurred to them before, issues which may need to be addressed when coaching children in the future.

The course is run in a relaxed atmosphere by a fully qualified and experienced member of Sports coach UK in conjunction with the NSPCC.

Reflecting on Practice

This workshop is a follow-up to Safeguarding and Protecting Children. Qualified coaches, helpers and organisers should attend a Safeguarding training every 3 years. Instead of refreshing by attending the same workshop again; attendees can consolidate their learning from the first workshop and get up to date. This workshop has been developed in response to an identified need for a greater understanding in the Safeguarding sector.

Equity in your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. A Coach has an important role to play in ensuring this happens. This workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants. The course will help the coach by explaining what equity means and why it is important, to identify barriers to participation and the use of appropriate language and terminology. How to identify and challenge inequitable behaviour and interpret the legal framework that affects coaching. Identify how a Coach can become more equitable and establish where to go for further information.

Coaching Disabled People in Sport

This two hour course will help you to develop your own coaching knowledge and skills to coach disabled players through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your player's needs. It will explain when integration and segregation might be most appropriate. How to identify appropriate safety and medical considerations. Show where to review and extend your knowledge of how to adapt your coaching to the specific needs of disabled performers. Design and monitor a programme for a disabled player taking part in their sport and where to direct players to appropriate structures for competition and further coaching.

Club for All

This course 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.

- A wider membership base – meaning more players, coaches, officials and increased revenue
- Improved eligibility for Lottery funding.
- The involvement and support of the local community.

At the end of this workshop you will be able to:

- Assess how open your club is to members at the moment
- Decide what else you could do to make your club more accessible to more people.

This workshop is part of the essential criteria for gaining Trafford mark Accreditation.

First Aid Course

Accidents can happen anywhere, anytime – a First Aid course will enable you to deal with situations, minor or serious, that could arise both within the Club or outside sport-time. It will give you the ability to help a casualty or to preserve life and limit the effects of the accident whilst waiting for professional help to arrive. The cost of the course includes a reference book and a certificate.

This one day course is a First Aid management course which complies with the health and safety regulations act 1981.

This course is aimed specifically at Sports personnel, its purpose is to learn how to:

1. Preserve life
2. Limit the effects of the condition
3. Promote recovery
4. Take action at an emergency by
 - a) Assessing the situation
 - b) Making the area safe
 - c) Assessing all casualties
 - d) Give emergency aid
 - e) Send for help

Grant Aid

Application for a grant, as many Sports Clubs have already discovered, can be a mine field. This workshop will provide information on all the sources and types of funding available, to identify a Club or individuals particular funding requirements



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 aspect of Coaching in a non-alarmist way providing a wealth of practical experience.

This workshop will help you, the Coach 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.

Marketing Workshop

This workshop offers practical information to clubs on how to get the best out of marketing. The session will be delivered by a marketing and information professional from the Greater Manchester Sports Partnership.

Follow up work will be carried out with each club attending.

Coaching Children in Sport

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

By the end of this workshop Coaches should 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

Course Bookings for Club

The Trafford Sports Council can arrange for courses to be held for Sports Clubs at either their premises or premises organised by Trafford Sports Council.

Club attendances need to be at least 20 to make the course financially viable as these courses are expensive.

Please contact Gill Prideaux on 0161 718 1849 anytime before 7pm or by email on Gillian.prideaux@ntlworld.com