



Ards and
North Down
Borough Council

SPORTS EDUCATION COURSES

2019 - 2020



Training Courses for
Sports Clubs, Coaches
and Volunteers

Date	Code	Course	Time	Venue	Price (Affiliated/Non Affiliated)
Wed 18 Sept 19	SAFE1	Safeguarding Children and Young people	6:30pm-9:30pm	Londonderry Park	£15 / £20
Wed 25 Sept 19	FUND	Sports Development Funding Workshop	6:30pm-8:00pm	Londonderry Park	Free / Free
Mon 30 Sept 19	GOV	Good Club Governance	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£5 / £10
Mon 7 Oct 19	TALK1	SafeTalk - Mental Health Awareness training for Sports Leaders	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	Free / Free
Mon 14 Oct 19	CLUB	Clubmark Awareness	6:30pm-8:00pm	Londonderry Park	Free / Free
Mon 4 and 11 Nov 19	FASQ	First Aid in Sport Qualification	6:30pm-10:00pm	Londonderry Park	£25 / £30
Tue 5 Nov 19	DES1	Designated Officers	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Tue 19 Nov 19	SAFE2	Safeguarding Children and Young people	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Mon 25 Nov 19	NUT	Sports Nutrition for Performance	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Mon 20 Jan 20	SAFE3	Safeguarding Children & Young people	6:30pm-9:30pm	Londonderry Park	£15 / £20
Wed 29 Jan 20	TALK2	SafeTalk - Mental Health Awareness training for Sports Leaders	6:30pm-9:30pm	Londonderry Park	Free / Free
Wed 12 Feb 20	SPORT	SPORTS Talk Workshop	6:30pm-9:00pm	Londonderry Park	Free / Free
Tue 25 Feb 20	FUNCT	Functional Conditioning for Sport	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Wed 4 Mar 20	DES2	Designated Officers	6:30pm-9:30pm	Londonderry Park	£15 / £20

Please note: Affiliated prices only apply to members of clubs who are currently affiliated to the Ards and North Down Sports Forum
For further information and to book on any of these courses please contact: The Sports Development team on 0300 013 3333 - Ext 40326
or email sportsdevelopment@ardsandnorthdown.gov.uk

APPLICATION FORM

First Name: _____ Surname: _____

Sports Club: _____ Age: _____

Address: _____

Telephone: _____

Email: _____

Course Code(s): _____

If signing up for the designated officers course, please specify the date that you attended a Safeguarding Children Course:

How did you hear about the courses?

Any special circumstances eg learning disability, etc.?

Ards and North Down Borough Council collects the data on this form for the purpose of registration. The data collected may also be used for the purpose of notification of future events and courses run by or in conjunction with the council. If you wish your data to be used for this purpose, please tick ☐

Ards and North Down Borough Council may take photographs during this course to promote sport within the Borough. The images may be used in newspapers, brochures and other publicity material. If you give your permission to be photographed, please tick ☐

I note the right to withdraw consent to be contacted regarding the above and the use of my image at any time and that I can do so by contacting the Council by e-mail: dataprotection@ardsandnorthdown.gov.uk or by phone at 0300 013 3333

Total amount enclosed: £ _____
(Cheques payable to Ards and North Down Borough Council)

Signed: _____ Date: _____

Please note: fees are non-refundable unless the course is cancelled. Places are available on a first come first served basis and can only be confirmed on receipt of payment.

Please return this form, with payment to:
**Sports Development, Londonderry Park,
Portaferry Road, Newtownards, BT23 8SG**

For Office Use Only

Date _____ Rec. No. _____ Amount _____ Cash Ch CC Conf. _____



Safeguarding Children & Young people Facilitated by Sport NI

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the code of Ethics and Good Practice for Children's Sport.

For coaches, athletes and volunteers

Sports Development Funding Workshop ANDBC Sports Development Team

Ards and North Down Borough Council recognises the need for Investment into our Sports Clubs and Facilities, in order to improve the quality of provision and sporting experiences for people living within the Borough. This workshop is a great opportunity to raise questions and be informed on what funding is available to Clubs within the Borough.

For all Clubs

Good Club Governance Sport NI

Good Governance is crucial to ensure a vibrant, well-run club uses its resources effectively for the benefit of members and the local community, allowing participants to enjoy sport. Good Governance supports growth and development while managing the risks.

A well-run organisation is attractive to new members, funders and sponsors. This seminar covers the importance of Governance, Club and committee structures, Leadership and effective Board Members and Governance Framework.

For coaches, athletes and volunteers with established credibility and authority within the club

Clubmark Awareness Sport NI

Clubmark NI is a club development and accreditation programme for sports clubs. The programme aims to improve your clubs performance by helping it meet minimum operating standards in the areas of:- Effective Management, Quality Coaching and Competition, Safety in Sport.

For all clubs

SPORTS – Mental Health Awareness training for Sports Leaders

SPORTS

The aim of the SPORTS training is to provide clubs with knowledge and awareness of mental health difficulties, offer training opportunities and provide vital service links to encourage early intervention and support. The training will also promote the benefits of participation in sport and physical activities to aid the journey towards recovery.

For all clubs

First Aid in Sport Qualification St John's Ambulance

The course will equip individuals with the knowledge, skills & confidence to assist and deal with sport injuries/accidents. Course will include both Eipipen and AED training. Participants will receive a first aid manual, personal hygiene kit and St John's Associate Insurance valid for the duration of the certificate (3yrs).

For coaches, athletes and volunteers

Designated Safeguarding Children's Officers

Sport NI

This course provides Designated Safeguarding Officer's further understanding to assist in their role of safeguarding children in sport.

For coaches, athletes and volunteers with established credibility and authority within the club

Sports Nutrition for Performance UUJ Dietitian

This unique workshop in Sports Nutrition is designed to offer you the effective approach to working with your athletes to enhance their sports performance through improved and targeted approaches to nutrition. Understanding the rudiments of Sports Nutrition is essential for PT's/Coaches and sporting individuals in order that they can achieve optimum nutrition for their clients and themselves. Topics include: Macro/Micronutrients, Hydration & Energy Systems.

For coaches, athletes, parents and volunteers

Functional Conditioning for Sport Workshop

Mike McGurn – International S&C Coach

The workshop will introduce participants to Mike's expertise in incorporating Functional Conditioning for both Athletes and Sports Teams from the grass roots to elite level. The workshop will be both theory and practical based. The practical session will be delivered in the Strength and Conditioning suite at the Bangor Aurora. Mike will introduce participants to training techniques, drills, equipment and cues that could add in Sports Performance.

Mike is a world class strength & conditioning coach having worked across a variety of sports at the elite level for 15+ years. Including Ireland International Rugby Union Team, Top GAA & Soccer and World Champion Boxers.

For all Sports Clubs, Coaches, Athletes, Parents, P.E. Teachers, Personal Trainers.
