

# Coaching and Volunteering Support Package (COVID-19)

## Introduction

sportscotland has developed a suite of COVID-19 specific learning and development opportunities to support our partners and their professional and volunteer workforce in the return to sport following COVID-19.

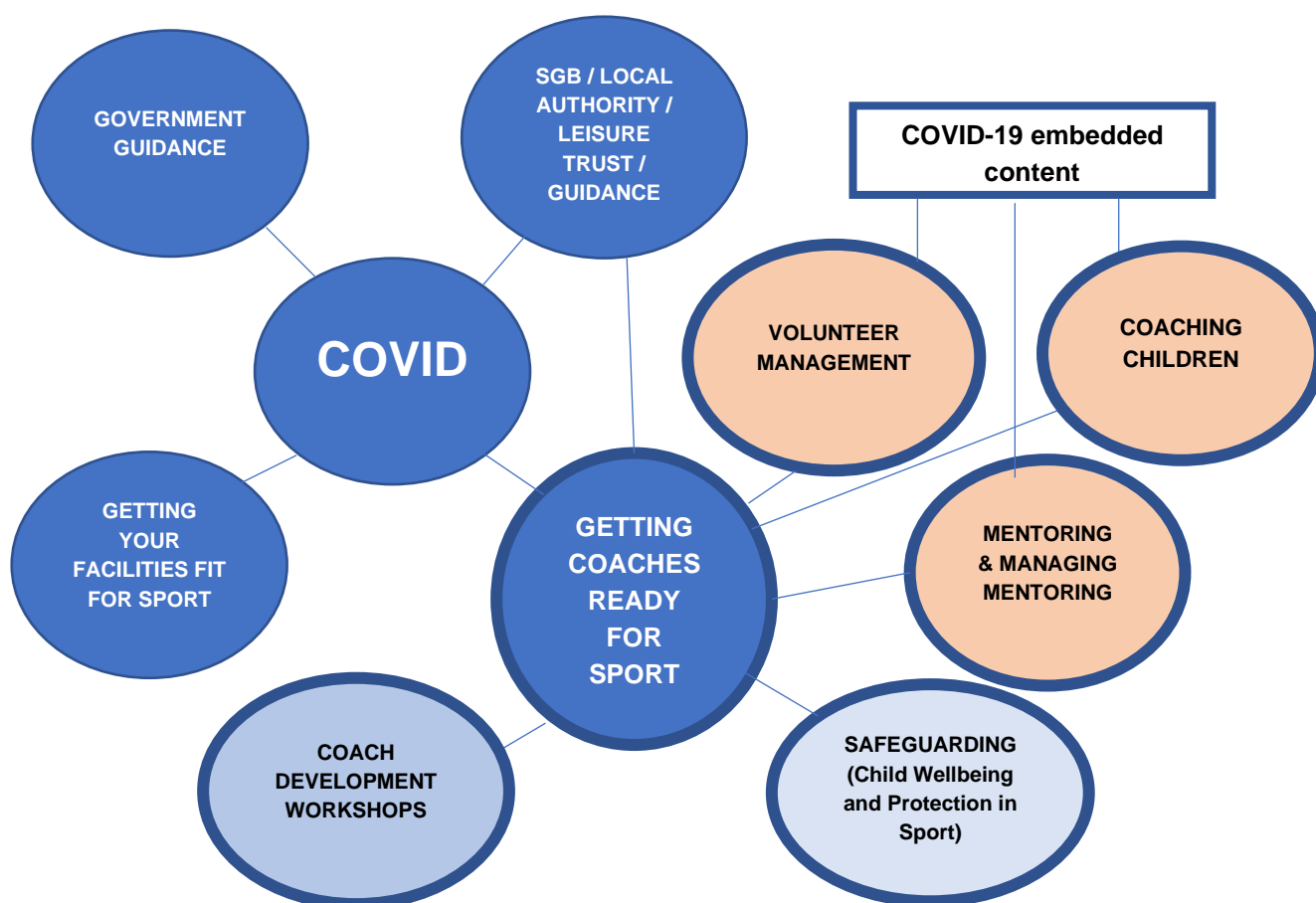
We have listened to our partners and purposefully developed and re-designed flexible learning opportunities that considers and responds to the impact of COVID-19 on coaches and volunteers in Scotland.

Information is updated regularly in line with Scottish Government guidance, to meet the needs of our partners and to reflect the impact of COVID-19. At present, all delivery is online via a virtual classroom environment.

For further information, or if you would like to arrange a workshop, please contact a member of the team on: [Coaching&Volunteering@sportscotland.org.uk](mailto:Coaching&Volunteering@sportscotland.org.uk)

## The workshops

Our support package is aligned to the [Effective Coaching Map](#) (knowing yourself, knowing others and knowing coaching) – see below:



Information on each of these COVID-19 specific learning and development opportunities are below:

Topic	Audience	Content	Delivery Method
Getting Coaches Ready for Sport	Club coaches, local authority/leisure trust programme coaches, volunteer deliverers, leaders, PTs, Instructors, SGB and LA staff, or anyone who may have a role in supporting coaches.	<p><b>This bitesize interactive workshop is designed to bring to life the Getting Coaches Ready for Sport 4 stage checklist. It has been designed to support coaches, deliverers, volunteers, instructors and personal trainers as they prepare to return to sport.</b></p> <p>Workshop outcomes:</p> <ul style="list-style-type: none"> <li>• <b>Plan</b> – understand the key considerations to ensure you are prepared for the safe return of the delivery of sport, for you and your participants</li> <li>• <b>Prepare</b> – understand the actions you will take to ensure the safe return to sport <b>prior to delivery</b>, for you and your participants</li> <li>• <b>Protect</b> – understand the actions you will take to protect your safety and the safety of your participants <b>during</b> delivery</li> <li>• <b>Review</b> – Consider how you will review, reflect and update your sessions regularly</li> </ul> <p>This workshop is facilitated to encourage group discussion and peer learning. Content is continuously updated in line with changes to Scottish Government guidance on COVID-19.</p>	<p>1 x 90 minute virtual workshop</p> <p>To book, contact <a href="mailto:Coaching&amp;Volunteering@sportscotland.org.uk">Coaching&amp;Volunteering@sportscotland.org.uk</a></p>
COVID Officer e-learning module	COVID Officers, Return to sport coordinators (also valuable for the wider sporting workforce including professional staff, coaches, officials, volunteers, parents and participants).	<p><b>To help club and community organisations return to sport safely, we have developed a COVID Officer e-learning module. This is to support Scottish Governing Body (SGB) guidance which requires clubs to appoint a named COVID Officer.</b></p> <p>This role has been created to oversee public health and safety measures across clubs, ensuring that each club is operating in a safe manner and adheres to Scottish Government and relevant SGB guidelines.</p> <p>The training has been developed by <b>sportscotland</b> in partnership with Scottish Rugby and it will provide COVID Officers with key information and guidance to help them prepare for their new role.</p>	<p>E-Learning module</p> <p><a href="https://sportscotland.org.uk/covid19-officer-training/">https://sportscotland.org.uk/covid19-officer-training/</a></p> <p><a href="#">COVID Officer role descriptor</a></p>
Coronavirus (COVID-19) Awareness Information for Players,	Players, participants and parents/carers.	<p><b>To help club and community organisations return to sport safely, we have worked with the SFA to develop online awareness information for players, participants and parents/carers.</b></p> <p>Over the last number of months we have all had to live with the impact of COVID-19. Although vaccinations have now been developed, robust infection control will continue to be crucial in helping us all to do everything we can to prevent the spreading of the virus.</p>	<p>E learning module</p> <p><a href="https://sportscotland.info/covidawareness/#/">https://sportscotland.info/covidawareness/#/</a></p>

<p>Participants and Parents/Carers</p>		<p>Knowledge about infection control with regard to participating in sports is an effective method against the spread of infection and quite simply crucial if we are to continue enjoying sports throughout the country.</p> <p>Module outcomes:</p> <ul style="list-style-type: none"> <li>• Better understand the part that all participants, players and parents/carers can do before, during and after sport and physical activity to protect themselves and limit the spread of COVID-19.</li> <li>• Have information on COVID-19, how it spreads, the symptoms and what to do if you suspect symptoms.</li> <li>• Understand the key steps you should consider when participating or attending sports activity to adhere to Scottish Government and Scottish Governing Body (SGB) guidelines.</li> <li>• Have access to a range of <b>sportscotland</b>, SGB, Scottish Government and NHS Scotland resources for further reading</li> </ul>	
<p>Volunteer Management</p>	<p>Club Leaders, Hub Leaders, Head Coaches, SGB and Local Authority/Leisure Trust staff, or anyone who may have a role in the recruitment, development and retention of volunteers in sport.</p>	<p><b>This workshop focusses on how to recruit, develop and retain volunteers following the COVID-19 pandemic.</b></p> <p>It is designed to explore the following three themes:</p> <ol style="list-style-type: none"> <li>1. Know your volunteers</li> <li>2. Know the environment (organisation/programme/NGB)</li> <li>3. Know volunteering</li> </ol> <p>Workshop Outcomes:</p> <ul style="list-style-type: none"> <li>• <b>Recruiting</b> – be able to identify methods of good practice</li> <li>• <b>Supporting and Developing</b> - recognise the importance of support and development and explore tools to do this</li> <li>• <b>Recognition and reward</b> - recognise the importance of recognition and reward and explore tools to do this.</li> <li>• <b>Retention</b> - understand that the sports workforce can be retained by implementing all the above</li> </ul> <p>The workshop is tailored to meet the needs of the audience and facilitated to encourage group discussion and peer learning.</p>	<p>2 x 90-minute virtual workshops</p> <p>To book, contact <a href="mailto:Coaching&amp;Volunteering@sportscotland.org.uk">Coaching&amp;Volunteering@sportscotland.org.uk</a></p>

<p>Coaching Children Intro (<b>formerly the Intro to Multi Skills</b>). Please note, course organisers may want to carefully consider their target audience to ensure participants haven't recently completed the Intro to Multi Skills or full Multi Skills Award.</p>	<p>New coaches, volunteers, parents, young leaders, students, teachers.</p>	<p>This workshop is an updated and renamed version of the Intro to Multi Skills. It has been designed to support people working with children aged between 5-12. <b>It focuses on the challenges coaches and volunteer deliverers may face when working with children following the COVID-19 pandemic and provides practical solutions to overcome them.</b></p> <p>Learners will gain an understanding of:</p> <ol style="list-style-type: none"> <li>1. The key principles that influence all-round development of the basic movement skills and physical literacy.</li> <li>2. A holistic approach to child development and the development of the whole child through sport.</li> <li>3. How to develop basic multi-skills.</li> </ol> <p>Workshop outcomes:</p> <ul style="list-style-type: none"> <li>• Take a person-centred approach to positively impact the health and wellbeing of children through sport and physical activity.</li> <li>• Support children to develop positive behaviours through play, physical activity and sport so they can thrive.</li> <li>• Offer children the best start through positive, purposeful experiences so they become competent and confident movers.</li> <li>• Encourage lifelong participation/sport for life.</li> </ul> <p>The workshop is tailored to meet the needs of the audience and facilitated to encourage group discussion and peer learning.</p>	<p>2 x 90 minute virtual workshops</p> <p>To book, contact <a href="mailto:Coaching&amp;Volunteering@sportscotland.org.uk">Coaching&amp;Volunteering@sportscotland.org.uk</a></p>
<p>Introduction to Mentoring</p>	<p>Young Leaders, Coaches, Club Leaders, Hub Leaders, Head Coaches, SGB and Local Authority/Leisure Trust Professional Staff.</p>	<p>Developing the mentoring skills of professional staff, coaches and volunteers operating in schools, clubs and communities is more important now than ever before due to the impact COVID-19. We invite you to learn about and practice the core skills of effective mentoring.</p> <p>This programme consists of 3 elements (e-learning, self-reflection journal and workshop), each designed to help you explore three key themes:</p> <ol style="list-style-type: none"> <li>1. Understand yourself</li> <li>2. Understand the client (mentee)</li> <li>3. Understand the client's context</li> </ol> <p>In the interactive workshop we explore:</p> <ul style="list-style-type: none"> <li>• What mentors do</li> </ul>	<p>2 x 90-minute virtual workshops</p> <p>To book, contact <a href="mailto:Coaching&amp;Volunteering@sportscotland.org.uk">Coaching&amp;Volunteering@sportscotland.org.uk</a></p>

		<ul style="list-style-type: none"> <li>• Mentoring approaches</li> <li>• Importance of developing an understanding of your mentee and their environment</li> <li>• Mentoring tools</li> <li>• Our personal strengths and areas for development as mentors</li> <li>• Peer support</li> </ul>	
Managing Mentoring Programmes	Young Leaders, Coaches, Club Leaders, Hub Leaders, Head Coaches, SGB and Local Authority/Leisure Trust Professional Staff.	<p>How could you structure a mentoring programme to best support your workforce as they return to delivering sport and physical activity following COVID-19? Developing a programme which utilises mentors to support your workforce could have a significant effect on how well supported your workforce feels and aid the retention of coaches and volunteers within programmes and clubs.</p> <p>Managing Mentoring Programmes has been developed to support you to design and implement a mentoring programme. This programme consists of 3 key elements (e-learning, self-reflection journal and workshop), each designed to help you explore three key themes:</p> <ol style="list-style-type: none"> <li>1. Knowing mentoring</li> <li>2. Knowing your organisation</li> <li>3. Knowing your approach</li> </ol> <p>During the workshop we will explore programme design, with a specific focus on:</p> <ul style="list-style-type: none"> <li>• Purpose and Impact</li> <li>• What the programme looks like in practice</li> <li>• Mentor/mentee recruitment</li> <li>• Matching</li> <li>• Peer support</li> </ul> <p>You will leave the workshop with a draft plan for your mentoring programme.</p>	<p>2 x 90-minute virtual workshops</p> <p>To book, contact <a href="mailto:Coaching&amp;Volunteering@sportscotland.org.uk">Coaching&amp;Volunteering@sportscotland.org.uk</a></p>

**We also offer the following workshops and more details can be found on our website; please see links below:**

**Sport Educator Training** - [Sport educator training \(sportscotland.org.uk\)](https://sportscotland.org.uk)

Please note, there are a limited number of places available each year for nominated individuals to access sportscotland's Sport Education Professional Development Award.

#### **Coaching CPD**

- **Physical Literacy** - [Physical literacy \(sportscotland.org.uk\)](https://sportscotland.org.uk)
- **Growth & Maturation** - [Growth and maturation - Coaching CPD - sportscotland](https://sportscotland.org.uk)
- **Coordination & Control** - [Coordination and control \(sportscotland.org.uk\)](https://sportscotland.org.uk)
- **Coach Connect** - [Coach Connect programme \(sportscotland.org.uk\)](https://sportscotland.org.uk)
- **Talent Development** - [Understanding Talent - Coach CPD - sportscotland](https://sportscotland.org.uk)
- **Psychology of Sport** - [Psychology of sport online CPD - sportscotland](https://sportscotland.org.uk)
- **Positive Coaching Scotland** - [Positive Coaching Scotland \(PCS\) \(sportscotland.org.uk\)](https://sportscotland.org.uk)
- **Safeguarding in Sport** - [Safeguarding in sport \(sportscotland.org.uk\)](https://sportscotland.org.uk)

We have a new virtual learning environment that offers a shared space for learning and development within Scotland's sporting system.

The Brightspace platform has been procured by **sportscotland** for leaders and coaches at all levels, athletes and experts in performance sport and members of Scottish Governing Bodies of sport (SGBs).

Individuals can learn online on a flexible and accessible basis, enrolling on courses and accessing materials in their own time or taking part in real-time sessions.

Please see link to our course catalogue - [Home \(sportscotland.org.uk\)](https://sportscotland.org.uk)