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Introduction

Coaching, officiating and administration – there are numerous opportunities for young people to volunteer in sport. This booklet summarises what’s on offer from the national governing bodies (NGBs) of sport funded through the PE and Sport Strategy for Young People (PESSYP).

What's in it for you?
This information is aimed at those responsible for co-ordinating leadership and volunteering within school sport partnerships (SSPs) and county sports partnerships (CSPs).

It will help you support young people involved in leadership and volunteering (including Step into Sport) and in particular be of use to individuals overseeing SSP leadership academies.

In addition, the details of the courses and awards will be of value to those working to develop and engage young people in sport beyond the Step into Sport programme.

Volunteering
This booklet focuses on the range of opportunities for young leaders and volunteers that each NGB offers, such as young volunteer camps, youth panels or committees, volunteering at sporting events, mentored club placements, leadership academies and higher and further education opportunities.

The hope is that through this resource young people will be made more aware of the vast array of sports volunteering experiences that exist locally, regionally and nationally, so that they can then be steered and encouraged onto the pathway which is right for them – leading into either more volunteering and/or a career in sport.

The runningsports programme is dedicated to supporting sports volunteers by offering a range of practical resources. For more information visit runningsports.org.
The NGB awards
The awards are designed to support the development of young people in a variety of volunteering roles and help develop them as coaches, officials, event volunteers, team managers, administrators or IT and media volunteers in sport. They are designed to be the first step on the ladder for a young person who has an interest in volunteering within sport.

Many NGBs encourage young people to attain their formal officiating and/or coaching awards and qualifications. For further details of these, please contact the relevant NGB or visit the sports coach UK website at sportscoachuk.org.

How do these courses relate to the Sports Leaders UK courses?
As the experts in developing and administering sports leadership courses within the UK, many of the NGBs have developed their courses in close consultation with Sports Leaders UK (SL UK).

Most NGB awards detailed are stand-alone awards meaning that whilst they complement the SL UK awards, it is not a requirement that the young person has undertaken one of the SL UK awards. Where it is stated that the course is a bolt-on to an SL UK course, it means that the NGB award builds upon and follows directly on from the relevant SL UK course providing the student with the skills and knowledge specific to that sport.

The learning from the SL UK course is accredited to the bolt-on course meaning that the young person must first obtain the relevant SL UK award. SL UK supports and advises any NGB involved in Leadership and Volunteering on how to position their awards in relation to sports leaders qualifications or on the process involved in having awards nationally accredited.

Visit the SL UK website at bst.org.uk for more information.
Step into Sport

The Step into Sport programme is a key element of Leadership and Volunteering, part of the PE and Sport Strategy for Young People (PESSYP). It targets 11 – 19 year olds by providing a simple framework of co-ordinated local opportunities enabling young people to get involved and stay involved in Leadership and Volunteering in sport.

Step into Sport’s objective is to develop leadership through sport and leadership in sport. It aims to drive:
- Personal change in young people by supporting the development of inter-personal skills, self-confidence and a sense of responsibility
- Structural change through our work with key agencies to offer broader opportunities for young people to make a formal and valued contribution to the delivery of sport.
### Step into Sport Pathway

**Pathways into careers and lifelong volunteering as a: coach, official, event volunteer, team manager, sports admin, IT and media**

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Leadership and Volunteering, and the 5 Hour Offer

Taking part in sport and PE has significant benefits for young people.

It can improve educational standards, help young people become more active and healthy, raise confidence and self-esteem levels, and develop team-working and wider social and personal skills.

This is why through the PE and Sport Strategy for Young People (PESSYP), the Government is aiming to offer all young people aged 5-16, five hours of PE and sport each week (with three hours for 16-19s). Sport England (community/club sport), and the Youth Sport Trust (PE and school sport) advise the Government on the development of the strategy, and manage its delivery through a national network of 450 SSPs and 49 CSPs, with the close involvement of local authorities, NGBs, community and club providers and PCTs.

Leadership and Volunteering is a key part of the 5 Hour Offer. It contributes in two ways:
- It provides a workforce of young leaders and volunteers who can create opportunities for other young people to take part in sport
- If the role is fundamentally active – for example refereeing or some forms of coaching – then it can count towards the five hours itself.

Leadership and Volunteering includes and promotes roles for young people with disabilities. The development of 450 multi-skills clubs within the SSPs creates important opportunities for disabled young people as leaders and volunteers.
Likewise, the Playground to Podium framework recognises that to identify, create and sustain a network of talented young athletes with disabilities, a parallel network of confident and committed young volunteers equipped with the skills to work in a variety of roles including coaching, officiating, team management, event volunteering and sports administration, is required.

The English Federation of Disability Sport and the Youth Sport Trust have developed a useful resource called *Leading the Way – Developing Young Disabled People Through Sports Leadership and Volunteering*.

This can be downloaded from the EFDS website here, [http://tinyurl.com/yk7tb9e](http://tinyurl.com/yk7tb9e)
There are numerous ways that CSPs and SSPs have created – and benefited from – new opportunities for young leaders and volunteers in their patch. We have brought together just a few of the many examples of good practice.

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**Lambeth Leadership Academy working with Sports Leaders UK**

In Lambeth, it all began with an audit. Nick Smith, assistant partnership development manager of Lambeth SSP, assessed how well Sports Leaders UK courses were being delivered throughout his area and identified where improvements could be made.

First, school staff members were trained to deliver Sports Leaders UK courses in every PE department and they also shadowed school sports coordinators to learn how to deliver exciting and dynamic courses.

Sport-specific leadership courses, including badminton and tennis, have been delivered to support clubs and competition organisation and strong relationships have been built with the NGBs who have supported the training and development of their members.

The results have been hugely successful. There are now 14 secondary schools delivering the Sports Leaders Level 1 Award and seven delivering the Level 2 Award. Fifty out of sixty schools now deliver the Young Leaders Award. Nick then worked with PE department heads to select the 40 most promising sports leaders and invite them to attend a Leadership Academy.

All this activity has created sustainable results for Lambeth. A number of after-school clubs are running with young leaders’ support and there is a range of active young leader sports councils now meeting regularly in the borough. They have assisted at festivals and competitions, as well as after-school and weekend events and activities. Many are more than capable of organising their own events.

There has been an immediate impact and raised profile of PE and school sports along with a healthy lifestyle focus across all 80 schools in the borough.

One young leader has been employed by Fulham football club and after this initial pilot scheme another five young people have been identified as ready to enlist for other organisations.
Following an intense induction programme each successful applicant is attached to a number of primary schools where they:
– Deliver pre-school, lunchtime and after school clubs
– Lead weekly fundamental movement skill sessions
– Organise and support both intra and inter school competitions
– Support the partnership’s active lifestyles programme
– Assist with PE lessons.

The pupils benefit from increased opportunities to take part in sport and the students themselves benefit from continued professional development throughout the year.

Past post holders have moved on to higher education sports related courses, teacher training courses and positions as permanent school sports assistants.

For some, the experience gained has enabled them to take up part-time sports jobs such as community sports coaches or school sports assistants, gaining a valuable source of income during their studies.
Bringing programmes together – Sport Unlimited meets Leadership and Volunteering

Sport Unlimited creates additional high quality volunteering placements for young people in a wider range of community settings.

Fifteen students from Notre Dame Catholic VI Form College in Leeds have been donning their lifejackets and hitting the water for a paddle over the last few months.

The pupils aged 16-18 have been attending kayaking sessions, funded by Sport Unlimited at the White Rose Club.

Helping Claire instruct the group was 17 year old Step into Sport student, Nathaniel who volunteered as part of the Leadership Academy. Nathaniel was also preparing for his Level 1 coaching course and thought this would be a good opportunity for him to polish up his coaching skills.

Developing competition networks in Biddulph

In Biddulph, young leaders have been deployed by the SSP to help run intra schools competitions, linking with feeder primaries and festivals and also supporting gifted and talented camps and district competitions.

The young leaders have been a valuable support in running events and they have gained a lot of experience from doing it.

Matchmaking in Cumbria

Cumbria Sport runs ‘speed dating’ evenings to match interested young people, recruited through sixth form school assemblies, with clubs and organisations looking for leaders and volunteers.

Working closely with local SSPs, both groups attend separate training sessions before being helped to find their perfect match. The resulting placements are then supported by CSP staff, school sports co-ordinators, partnership development managers and local NGB officers.
In the spring term, England Basketball held a competition in Trafford for students aged 16-18 that had taken part in their Sport Unlimited sessions during the previous term.

The competition comprised four teams from across Greater Manchester: Hopwood Hall College, Tameside College, Ashton Sixth Form and Trafford College.

The county basketball officer identified a need for an extra official at the event and, via Greater Manchester Sports Partnership, Jessica Walton was recruited from the Trafford Leadership Academy. Through the leadership programme in Trafford, Jessica is a level one qualified basketball referee.

Jessica did a fantastic job on the day, officiating in four matches. The lead officer for the academy has now also taken over a role as Sport Unlimited lead in Trafford, and is hoping to use this type of cross-strand approach more often in the future.

The competition was a great experience for Jessica, and provided extra capacity to the Sport Unlimited programme. It is a great example of how Leadership and Volunteering can provide great support to other Five Hour Offer work.
Amateur boxing

Amateur boxing or Olympic Style Boxing is practiced at club and collegiate level, at the Olympic and Commonwealth games, and in many other venues sponsored by amateur boxing associations. Amateur boxing bouts are short in duration and boxers wear head protection, so this type of competition comprises point-scoring (based on number of clean punches landed) rather than physical power.

Perhaps the biggest surprise is that not everybody is a competitive boxer, only about 1 in 6 club members actually box competitively, many participate in the sport preferring to use the challenging training programme for personal fitness.

Traditionally boxing clubs catered for young males in urban and deprived communities, but now many clubs open their doors to a wider community. With the growth in women’s boxing participation and inclusion in the Olympic Games programme many clubs provide for women and girls.

Delivering recreational and non-contact boxing training programmes linked to clubs is a real opportunity for young volunteers to work across a wide section of the community.

The Amateur Boxing Association of England is the national governing body responsible for boxing in this country.

What's in it for you?
Volunteering in boxing is a great opportunity for young people to develop leadership skills and make a difference for their local community.

Young volunteers can do the Boxing Leaders Course. They will then be able to deliver practical non-contact boxing lessons to other young people supervised by a club coach.

This will enhance your personal confidence; in other words it will develop your communication and leadership skills which in turn will strengthen your CV. You will also become a valued and useful member of your club, school or community.
Volunteering opportunities

Qualified tutors and leaders
Boxing Leaders can work in boxing clubs and outreach programmes into schools and communities. Volunteers can also help clubs with administration, ICT and officiating such as becoming a timekeeper or computer operator.

Officiating
The ABAE is developing a series of officiating awards suitable for young volunteers to include:
- Computer scoring management
- Timekeeping
- Event organisation

These awards will be available from September 2010 following extensive trials.

Visit the ABAE website at abae.co.uk and find out more about boxing awards at boxingawards.co.uk

ABAE Boxing Leaders Course
Designed for people to teach and deliver the Contender AM Box programme promoted by the Police Community Clubs of Great Britain. The course is also a precursor to the Level 1 Assistant Coaching Course.

Once you have received the award, you must then do a minimum of 10 hours volunteer work under the direction of a boxing club coach.

Age
The minimum age is 15 years.

Time
Six hours.

Cost
£55.

Age
14 years or over.

Venue
 Normally local venues.

For further information contact the National Police Clubs Office:
01237 471615 or 0759060001 policecc@aol.com
Swimming is the largest participation sport in England – it is not only a healthy activity, but an essential life-skill. For young people who have a passion for the sport but don’t want to be in the pool every day there are many paid and voluntary opportunities; such as local club coach, event organiser, swimming development officer, or possibly a role within the other aquatic disciplines such as diving and water polo. The ASA is the national governing body for swimming in England.

ASA Youth Forum Volunteer Suzi Bowen helped to organise an officials mentoring programme for young volunteers

“It is so rewarding, as a young volunteer myself, to be able to help other volunteers have fun and develop through swimming.”

What’s in it for you?
Volunteering in aquatics is exciting and flexible. You can give as little or as much of your time as you choose, use it to make new friends or as an opportunity to gain new qualifications. It can also lead to paid work such as a lifeguard or assistant teacher.

Volunteer opportunities
We organise a range of regional and national competitions and events every year and are always looking for motivated and talented people to help us with different roles.

Aquatic clubs rely on new volunteers to fill many teacher and coach roles and there is also a wide range of admin roles you can do – such as fundraising, web design and club captains. Ask your local club if there are any committee roles young people can be trained to do.

The ASA Youth Forum has been established by a group of young leaders who want to work with the ASA on specific projects such as mentoring schemes for officials and training programmes for club captains.

The Young Aquatic Organiser Award is useful training if you are interested in helping to run a club. If you’d like to teach, then the ASA Level 1 and 2 certificates are for you.

Becoming a technical official
If you are interested in becoming an official, then there is a series of steps and courses you need to take.

Timekeeper course
The ASA Timekeeper course is an introduction to becoming an official and is ideal for young leaders helping at school competitions.
The recommended number of students per course is 12. Course prices are approximately £25 per course and course tutors can be arranged through the ASA.

The first one hour session introduces the timekeeper role and rules governing the taking and recording of official times. A practical poolside session (about one hour) follows where candidates put the theory into practice by taking and recording swimmers’ times. You must be 4 years old by the time you qualify.

**Judge level 1**
The course covers the role of timekeeper, chief timekeeper, inspector of turns and chief inspector of turns.

It takes six hours of group work and 10 hours of poolside work and self-study to complete the course. You must be 15 when you qualify.

**Judge level 2 (s)**
Poolside sessions cover the practical aspects of finish judge and judge of stroke. It involves six hours group time and 10 hours poolside work and self study. You must be 15 when you qualify.

**Referee**
The referee has ultimate responsibility for the running of a competition. The training takes place over approximately 12 months. You must be 18 years old on qualification.

**The Young Aquatic Organiser Award**
This award will help you acquire the skills you need to help out in a club or develop your event organisation skills.

The course covers budgets, marketing, event planning and delivery and club administration. It comprises a five-hour theory session, a two-hour poolside practical and a three-hour voluntary club placement.

**Age**
14-19 years.

**Who can run the course?**
Schools can arrange for their own teachers, who have swimming experience, to be trained as presenters or they can contact ASA course leaders to organise a course.

**Cost**
£8.75 per student, there may be additional tutor costs agreed locally.

**ASA Level 1**
This qualifies you to teach or coach aquatic activities.

It allows you to actively support a more senior qualified teacher or coach in the delivery of a pre-prepared session.

**Age**
At least 16 years on completion.

**ASA Level 2**
Once you have completed level 2, you can plan, deliver and evaluate a series of training or coaching sessions within a self-prepared scheme of work.

**Age**
At least 17 years on completion.
Archery

Archery is a fast growing Olympic and Paralympic sport that takes place all over the country in clubs, schools, activity centres, holiday parks and youth organisations.

Archery GB is the national body for archery in the UK and is currently expanding its development capacity. New courses or programmes for young people are coming soon.

What’s in it for you?
Getting involved in archery offers many opportunities for people of any ability. With clubs all around the county the sport offers a sociable and new challenge.

Volunteering opportunities
There are many different ways in which you can volunteer for Archery GB.

Club support
Volunteering at an archery club can be very rewarding.

There is a wide range of roles that you can get involved in when you are aware of how your club runs; chairperson, secretary, treasurer, website administrator. There are many other roles that you may find are specific to your local club or that have yet to be developed.

Find out if the club could benefit from your skills.

Competition organiser
Sport is all about the opportunity to compete. Having someone to organise fixtures, festivals and tournaments is vital.


**Coach**
Archery GB offers a range of coaching qualifications. Level one is the entry coaching level for archery.

To undertake the Archery GB Level One Coach Award you must be 15 years and over. The qualification enables you to prepare, deliver and evaluate archery sessions. Once qualified to the various standards, our coaches volunteer at all levels and work with a range of groups including schools and clubs.

**Judges**
Archery tournaments require judges and if you are an archer, you can qualify to become a judge if you are 17 years and over.

Like coaching, there is a number of levels you can work towards.

The first level is candidate judge and here you will be coupled with a qualified judge to support you. If you work through all the requirements of the levels, you could go on to judge at World Cup events.

To find out more about how you can get involved in archery and for more information please visit our website archerygb.org or contact enquiries@archerygb.org

**Archery Leaders Award**
The course is an archery specific course which needs no prior archery experience.

It will ensure you learn about safe use of archery equipment and will enable you to instruct a small group of beginners to shoot safely. You will have full support from the course tutors throughout the course.

**Time**
Four days.

**Cost**
This will depend on the location of the course. For a course based on 12 people, it will cost approximately £200.

**Age**
17 and over.

**Venue**
The course is generally organised at schools, colleges and activity centres, but can also be organised for other organisations, eg guides and scouts.
As a leading Olympic and Paralympic sport, athletics provides fun and enjoyment for many thousands of people of all ages. As the sport continues to gain in popularity and attract new participants, the range of opportunities for young people to get involved has never been greater. The national governing body for athletics is England Athletics.

What's in it for you?
Young people get involved in athletics for a variety of reasons. As a volunteer, you can help young athletes reach their potential, play a key part in the development of your local athletics club, or help organise and officiate at events. Volunteering will also give you the opportunity to make new friends, gain great new experiences, and see a different side of the sport.

Volunteering opportunities
There are many ways in which you can volunteer in athletics. Some of the opportunities are detailed here.

Coaching
With the increase in junior athletics in schools and clubs, more and more coaches are required to help the next generation of young athletes. With a range of coaching qualifications and mentoring available from experienced coaches, this is a great way to contribute.

Officiating
There would be no formal competition, without the network of technical officials. As an official, you can take responsibility for timekeeping, measuring and starting the full range of athletics events. We now have a dedicated young officials officer to help you get the maximum enjoyment from event officiating.
Administration
Athletics clubs operate with an army of enthusiastic and talented volunteers, who work together to provide a fun and enjoyable environment for athletes to train and compete. If you have a particular passion, such as web design, journalism or fundraising, then why not volunteer your services to your local club?

Events
One of the cornerstones of athletics is competition. Athletes strive for it, and by volunteering at events, you can play a small role in this key part of the sport. Roles include stewarding, kit carrying, results management, media liaison and athlete coordination.

Young leaders camp
As part of our volunteer development programme, we are working closely with Gymnastics England and England Netball to provide a residential Leaders Camp for 150 young volunteers. Attendees at the camp will participate in a range of practical and theoretical sessions, which are designed to develop their leadership skills in a generic and sport specific setting.

For more information on the YLC please email volunteer@uka.org.uk

As part of our commitment to provide the very best courses and workshops, we are currently working on the courses that we offer for young people.

These workshops look to equip participants with a range of skills required to organise and lead athletics in a variety of settings.

Working closely with our partner organisations, Sportshall Athletics, and Quad Kids, we plan to have these courses available to launch in 2010.

For more information, please contact England Athletics
As the sixth largest participation sport in England, badminton is a sport for everyone. Whether you're looking for high-skilled and fast gameplay, or a social 'knock up' with your mates, badminton suits all ages and abilities.

BADMINTON England is the national governing body for badminton. We are responsible for the development of the game in England, creating opportunities for young people to play, volunteer and coach in the sport. We are also responsible for the management and training of elite players.

“My course tutor nominated me as a Young Official Superstar and this gave me the opportunity to officiate at Center Parcs for the National Schools Championships in Nottingham. It was a fantastic experience as I got to see how a big tournament is organised and I got to use my skills to score matches in a competitive environment.”

Sophie

What’s in it for you?
The two badminton awards provide young people with a depth of skills and knowledge across a wide range of activities allowing movement into a varied choice of voluntary roles.

You will gain new leadership skills and enhanced communication skills, allowing you to not only build your CV, but also support your peers to get involved in a great sport. A volunteer log will be provided for you to record your hours – with incentives thrown in to help your development.

Volunteering opportunities

Leading
As a junior helper you will be directed towards co-leading coaching sessions either within your school or local club (under the supervision of a qualified teacher or coach). You will be able to organise school festivals or intra competition and will be able to officiate games and activities, such as SSP rounds of the Center Parcs National Schools Championships.

Officiating
As a young official you will be directed towards badminton competition, starting with local events such as SSP and county rounds of the Center Parcs National Schools Championships, plus local club matches. You will then progress, and may be selected to officiate at high profile events such as the UK School Games. Young officials have the option to move on and take further officiating awards in umpiring, refereeing, line judging and tournament organising.
Coaching
The Badminton Junior Helpers Award provides the first step into coaching for young people. The next qualification available to 16 year olds is the UKCC Level 1. Young coaches can help BADMINTON England qualified coaches deliver to junior beginner/junior club players, senior beginner/social/club players in the lower levels of local leagues, plus help to plan sessions, set-up equipment and perform safety checks.

The L1 coach can also facilitate No Strings Badminton sessions, plus support school or college badminton activity.

Club administration
There are many roles available within Community Badminton Networks and local clubs for young people to get involved with. These range from youth representation on a club committee or regional Badminton Youth Forum, to designing websites or assisting a club coach.

For more information please visit our website: badmintonengland.co.uk or contact: development@badmintonengland.co.uk

Badminton Young Officials Award
This course will equip you with the necessary skills and qualification that allow you to officiate at badminton events. It covers scoring, umpiring, rules and regulations, service and line judging, match control and line judging.

Time
Four hours: two theory, two practical.

Cost
Non-affiliated school/college: £9/candidate
Affiliated school/college: £8.10/candidate
Premier school/college: £7.20/candidate, plus tutor fee of approximately £18/hour.

Age
14-19 years.

Venue
Lecture room and minimum two courts or an equivalent size area eg school hall.

Badminton Junior Helpers Award
This series of workshops will introduce you to the early stages of leadership in a fun yet informative way.

It covers teamwork, leadership, organisation, event planning and management and managing a session activity.

The BJHA can be delivered by teachers or by BADMINTON England specified tutors. This course can also be delivered to support both the SL UK Level 1 Award in Sports Leadership and the bolt on module for the SL UK Level 2 Award in Community Sports Leadership.

Time
Six hours.

Cost
Cost of teacher/tutor resource is £50. Cost of candidate resource is £7. Cost of Familiarisation Course is £45 (including teacher/tutor resource).

Age
13 years and over.

Venue
Lecture room and minimum two courts or an equivalent size area eg school hall.
Basketball is a team sport played all over the globe.

The popularity of the sport in England continues to grow and opportunities to participate as a player or a volunteer are plentiful. England Basketball is the national governing body for the sport in this country.

What’s in it for you?
Getting involved in basketball offers many opportunities for people of any ability.

For players, the sport is fun, fast, sociable and active. For non-players there are numerous opportunities to take part in a variety of roles to help support the sport.

Volunteering opportunities
Basketball in England is largely a volunteer-led sport, so opportunities for volunteers exist throughout the structure.

Management opportunities
England Basketball’s board is a volunteer group – formed by election. There are regional management committees in each region who are also volunteers. Even the coaches and staff of our national teams are volunteers.

Leagues and clubs
Our network of leagues and clubs cover the whole country and each will welcome the input of a willing volunteer. Major events for the senior and junior national leagues also require a volunteer workforce – ranging from organisation to court management to statisticians.
**Coach**
Extensive opportunities to volunteer within clubs will be available once qualified.

Our network of community clubs covers the whole country. Our coaches volunteer at all levels and work with a range of groups including schools, clubs and England squads.

**Officials**
Once qualified our volunteer officials have opportunities at all levels including local league matches, schools competitions and one-off events.

For more information please visit our website [englandbasketball.co.uk](http://englandbasketball.co.uk) or contact info@englandbasketball.co.uk

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**Basketball Leaders Award**
You will learn basketball-specific skills, rules and game set up. This will enable you to introduce the game to others.

The course covers elements of coaching, officiating and general leadership.

Its aim is for you to be able to organise safe and purposeful basketball activities, help develop the skills of others, and to officiate with confidence.

**Cost**
£10 per candidate (tutor and venue not included – these will vary from course to course).

**Age**
No definite minimum or maximum age.

**Venue**
The course requires classroom time and court time, so a venue that can provide both is ideal.

**Time**
Eight hours.
Baseball and softball are two very similar sports that are played widely in schools and have many clubs in the UK. The GB teams are supported by the baseball and softball academies which run through the year.

BaseballSoftballUK (BSUK) is the development agency for baseball and softball in the United Kingdom.

Whether you are a beginner, a relative novice or an experienced player, you’ll find information here that will help you get involved in the game.

What’s in it for you?
After completing the Young Leaders Award, you will be able act as a role model to inspire and support young people. You will be trained by professional and experienced coaches.

You will acquire transferable skills and experience in organisation and leadership that will serve you in the future, as well as develop and improve life skills and gain confidence and self esteem.

You may then continue to a Level 1 NGB course.

Volunteering opportunities
There are many different ways in which you can volunteer and get involve with BaseballSoftballUK.

Leagues and clubs
BaseballSoftballUK works hard to develop club and leagues around the country. As a Young Leader you will be very welcome at your local club.
**Coach**
Once qualified our coaches volunteer at all levels and work with a range of groups including schools, clubs and GB teams.

**Umpire**
Once qualified our volunteer umpires support at all levels including local league matches, schools competitions, festivals and GB regional and national academies.

**Youth Panel**
BaseballSoftballUK has a Youth Panel consisting of people aged 16 to 25 covering various roles which include: young coach, umpire, events, communications, child protection, baseball academy, softball academy, fundraising and website volunteer. Young people are encouraged to join the panel in any capacity and be part of one of the fastest growing sports in the UK.

**For more information please visit our website baseballsoftballuk.com or contact info@bsukmail.com**

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**Young Leaders Award**
A four-hour course targeted at young volunteers wishing to be involved in baseball, softball or tee-ball.

As a young leader you will be able to run and officiate games and learn the fundamental skills: throwing and catching, hitting including using the tee, fielding, defensive alignment and tactics and base running.

**Time**
Four hours.

**Cost**
£10 (a group of 15 to 25 candidates is ideal).

**Age**
14 and over.

**Venue**
A big hall or field. It can be delivered for schools, colleges or other organisations by qualified Level 2 coaches.
Pronounced ‘botcha’, boccia is an easy to learn and play game for everyone. It can be a gentle recreational activity or a fiercely competitive Paralympic sport (for those that meet the international classification criteria).

The game is similar to bowls or petanque. Simply propel a set of coloured balls and position them closer to the white jack ball than your opponent.

A ball can be propelled by rolling, throwing or kicking. If a player is unable to throw or kick the ball then they can use a ramp.

Boccia is particularly suitable for players with a disability as it is a non-contact, target-driven sport where physical strength is not the key. Accuracy and strategy are more important.

“It feels great, with all the bad press that teenagers get at the moment to stand up and show everyone that a teenager, that only a year ago hardly knew a thing about boccia, is refereeing at regional and national level, it’s immense.”

Sian

What’s in it for you?
There are more opportunities to get involved with boccia than ever before. Many schools offer boccia and the number of clubs is increasing. There are also lots of competitive opportunities through schools and leagues. This creates a demand not just for players, but for coaches and officials too.

Volunteering opportunities
Boccia leagues and clubs are being set up across the country. Volunteering at a boccia club can be very rewarding. As well as coaching and refereeing, you could also help with the organisation of league matches.
Coach/young leaders
Once qualified our coaches volunteer at all levels and work with a range of groups including schools, clubs and the England squad. Completing a Boccia Leaders Award could help you get started. You could assist a coach at a club, help plan sessions and set up equipment, amongst other roles.

Referee
Once qualified our volunteer referees support at all levels including local league matches, school competitions, festivals and Boccia England competitions. There is also the opportunity to progress to an international level.

For more information please visit our website bocciaengland.org.uk or contact info@bocciaengland.org.uk

Boccia Young Officials Award
You will learn the skills and knowledge required to be an effective boccia official.

The course covers the roles and responsibilities of an official, the rules of the game and how to apply them.

Time
Four hours + minimum of two hours officiating experience.

Cost
£350 + VAT + tutor travel expenses (cost covers up to 20 delegates).

Age
14-19 years.

Venue
Usually schools, colleges, or hosted by county sports partnerships.

Boccia Leaders Award
This course will teach you the game of boccia. It covers the basic rules of the game, the needs of players, basic skill practices and how to structure a session.

Time
Four hours + minimum of two hours leadership experience.

Cost
£350 + VAT + tutor travel expenses (cost covers up to 20 delegates).

Age
14 years or over.

Venue
Usually schools, colleges, or hosted by county sports partnerships.
Canoeing

Canoeing is a sport rich in potential for young and old – the adventurous and the more cautious.

The sport offers a wide range of disciplines, some based on competition and others based on touring or adventure.

From the Olympic disciplines of sprint and slalom, or the thrilling polo and freestyle, to the recreational trips down rivers or on the sea, there really is something for everyone.

“It has allowed me to become a confident and enthusiastic coach... it’s a great way to develop personal and coaching skills.”

Anna Louise Glendenning
Volunteer and coach

What’s in it for you?
As well as gaining nationally recognised qualifications, Canoe England recognises all new volunteers through its Paddlesport Rewards Scheme. By logging your hours, you will receive recognition at 10, 25 and 50 hours.

Volunteering in the sport is an impressive addition to your CV as well as an excellent conversation starter. You may well be our next Young Volunteer of the Year at our Canoe England Volunteer and Recognition Awards.

Volunteering opportunities
Volunteers are the lifeblood of the sport and canoeing cannot sustain the development of young people, clubs, coaching and competitions without this willing workforce.

There are many different ways in which you can volunteer for Canoe England.

Clubs and centres
Canoe England encourages more young people to sit on club or centre committees to have their say on the future of the sport. Other roles in clubs include chairperson, secretary, website/newsletter officer, supporting with administration, fundraising, and assisting with equipment set up and maintenance.
Officials/referees
A variety of disciplines offer training and opportunities to become involved in events. Roles include start/finish timing, gate judge, official or referee.

Coaching
The Cadet Leader Award provides the first steps to coaching. Young volunteers can enter the coaching scheme at level 1 from the age of 16. Young coaches can work alongside qualified coaches assisting in sessions based on the bank or on the water.

A Disability Awareness Course is also available for coaches, and young people can also develop their own personal canoeing skills through Paddlepower and Star Awards.

General
Safety cover at events is another area where confident young paddlers can get involved. Relevant qualifications will be required.

Youth Action Network
Canoe England has a panel of young people, the Youth Action Network (YAN), who are consulted to provide a younger perspective on new projects or developments. There may also be opportunities to get involved in regional or discipline committees.

For more information visit canoe-england.org.uk/volunteers or email volunteers@canoe-england.org.uk

Young Leaders Award
The course aims to encourage and introduce young people into leadership roles within Paddlesport through a training programme based at a club, centre or similar organisation.

The award is modular based and there is no entry skill level. It is anticipated you will work towards the 2 Star or Paddlepower Discover during the award.

Time
In own time.

Cost
£6. On registering for the award, you will receive a logbook which should be verified before returning to Canoe England. You will then receive a certificate of award.

Age
13 and over.

Venue
Training will be carried out by a qualified coach at your local club, centre or local organisation (eg guides/scouts).
Cricket

**Cricket is a team game in every sense, demanding both individual and collective responsibility.**

Cricket can draw together people from all abilities, cultures and backgrounds. This exciting and enjoyable team game can promote the development of lifelong participation, technical skills, leadership, team work and strategic awareness. The England and Wales Cricket Board (ECB) is responsible for cricket throughout England and Wales.

**What’s in it for you?**

The ECB offers a range of awards and opportunities for young leaders to start your volunteering pathway into cricket. These include:

- The Cricket Young Leaders Award
- The Young Umpires Award
- The Young Scorers Award
- ECB vCricket Awards.

All of these will give you the knowledge, skills and confidence to volunteer within your local cricket club. All awards are certificated upon completing a set number of voluntary hours.

**Volunteering opportunities**

Volunteering is very rewarding and has great benefits for both the club and individual. Volunteers are vital to the health and development of grassroots cricket. Without them, the future of this beautiful game at all levels would be in jeopardy.

The best thing about cricket is that it has something to offer every young leader, whether you already love the game or are new to it. You could get involved in any of these roles at a local club such as scoring, umpiring, ground maintenance, coaching, fundraising, or website design.
Pathway
After completing any of the courses or awards it is recommended that the Young Leaders get actively involved in a local cricket club. This will help you to further develop the skills and knowledge that you have acquired and give you the opportunity to be mentored and supported by existing volunteers within the club.

Depending on the pathway you want to take there are further courses and opportunities available to you. If you want to coach, the ECB has a structure of UKCC coaching qualifications available through the Coaches Association, as does the ECB Association of Cricket Officials.

For more information visit ecb.co.uk/development or contact vcricket@ecb.co.uk

ECB Cricket Young Leaders Award
This award has been designed to help you prepare and assist in the delivery and review of cricket coaching sessions. As well as inspiring young leaders and raising their profile within cricket, the award aims to develop leadership skills, provide additional support for Kwik Cricket tournaments, and identify potential pathways into the sport for young people.

Time
Six hours: this may be delivered as 1x6, 2x3, 3x2 hour sessions.

Cost
£15 registration fee per candidate plus a tutor fee to be agreed by local counties. A sports hall or school facility should be provided free of charge by a school, club or local authority.

Age
14-18 years.

Venue
The course may be delivered within a school, college or club environment.

Delivery
ECB qualified tutor.
Whether riding for recreation or racing in competition, cycling is not just one sport, it is six in one.

You can take the jumps of a BMX course, bump shoulders with other riders in cycle speedway, avoid obstacles in cyclo-cross, hit off-road tracks in mountain biking, test your endurance on the road and experience a velodrome track.

British Cycling is the internationally recognised body for cycling in the UK. The organisation covers all six cycling disciplines and is responsible for the involvement and development of young people all the way through to managing the elite aspects of the sport.

What’s in it for you?

The Cycling Award for Young Volunteers (CAYV) provides you with a broad range of skills across an exciting and varied choice of activities. It will give you enhanced leadership and communication skills as well as tangible experience that can be used to build your CV and add depth to your education and employment applications.

A Volunteer Passport will be given to record volunteer hours – 12 hours for a bronze award, 24 for silver and 36 for a gold award. Free membership of British Cycling is available and perhaps even recognition at the annual British Cycling Awards celebrations for outstanding volunteers.

Volunteering opportunities

Running a club

There is a whole host of roles – chairperson, secretary, treasurer, club contact, website administrator – that you can become involved in once you become familiar with the workings of your club. There may also be roles that are specific to your club only.

Youth Representative of a Go-Ride club

Go-Ride clubs are those who wish to develop the abilities of young riders within their club. Represent the interest of young members within your club, facilitate youth meetings or attend Regional Youth Forums. Pass on relevant information to young people and welcome new young members and volunteers.
**Coaching**
An assistant to a British Cycling qualified coach you can help plan sessions, set up equipment, perform safety checks and record rider performance data. You could assist with coaching in a club, your school sessions or even in a holiday coaching programme.

The CAYV can provide the first steps to coaching. A young volunteer can undertake the Level 1 Certificate in Coaching Cycling from the age of 16 before potentially progressing to a Level 2 and Level 2 discipline-specific awards.

**Officiating at events**
Race organiser, steward, marshal, commissaire, starter, judge. Competitions require so many officials. These volunteers are like links in a chain, each role depends on the others and each is equally important.

Go-Ride Racing is a new and exciting range of competitions aimed at providing inclusive, entry-level competition for young riders. Events are typically open to riders aged between eight and 16.

A natural progression after officiating at Go-Ride Racing events would be to volunteer at ranking competitions throughout the year.

**Cycling Award for Young Volunteers**
You will undertake a workshop which lasts approximately six hours.

This could be delivered in one day or in two or three sessions at school or during evenings at a cycling club.

The workshop gives a broad introduction to cycling, its various disciplines and the three volunteering options:
- Coaching
- Officiating
- Running a club

Following the workshop you will be required to take a minimum of six two hour opportunities to volunteer supported by a local club, covering the three volunteering options.

**Time**
A six-hour workshop followed by a minimum of twelve hours volunteering with a local club.

**Cost**
TBC.

**Age**
14-18 years.

**Venue**
Regional venues.

For more information contact development@britishcycling.org.uk
or visit the website at new.britishcycling.org.uk
There are 16 member bodies of the British Equestrian Federation (BEF) and a wide number of ways you can get involved with horses.

Showjumping, eventing and dressage have brought many medal successes for Team GB but there are other less known sports such as carriage driving, vaulting (gymnastics on horseback), endurance riding, horseball, polocrosse, western riding (reining) and mounted games that enjoy high levels of success both locally and internationally.

All these sports start with the opportunities that exist at grass roots levels with British Horse Society, Association of British Riding Schools and Pony Club centres and branches, many offering disabled provision.

Every equestrian activity is entirely dependant on volunteer support, not least the largest volunteer based organisation which deploys more than 18,000 volunteers annually, the Riding for the Disabled Association (RDA).

“I didn’t know what to expect when I began, as I am not a particularly ‘horsey’ person, however everyone was really kind, and I have had a lot of fun and a very good experience.”

Sophie

What’s in it for you?
Equestrian sports are not always easy to get involved with, unless you know someone who rides. Offering to volunteer will give you the opportunity to meet new people, develop confidence around horses, and learn new leadership and team skills.

Riding schools and centres and weekly groups
If you fancy getting your hands dirty, there are opportunities to help out at local riding schools. But these centres also need assistance with their admin and IT, and weekly groups will need people to take on their club roles such as treasurer, PR, secretary, first aid and child protection officer, web master and to offer help with fundraising.

Riding for the Disabled is particularly interested in attracting young people to all their volunteer roles, including assisting their disabled children and older clients with their riding sessions.
Coaches
The British Equestrian Federation has just won Sports Coach UK’s NGB of the Year award in recognition for the work that has been done in terms of UKCC, and some of our member bodies have only volunteer coaches. All our organisations have opportunities for young people to train as assistant and lead coaches.

Event volunteers and officials
There are opportunities to train in volunteer and officiating roles for the many events held around the country, such as fence judging, writing for judges, collecting ring stewarding, scoring, time keeping, announcing, car and lorry parking, or, if you fancy it, keeping everyone fed and watered.

For more information visit bef.co.uk/volunteering

Some organisations have their own officiating and volunteer courses and the BEF is looking to bring all these schemes into a federation wide Young Leaders and Volunteering scheme. We are also in the process of recruiting 16 – 25 year olds for the development of a Youth Action Group.
Fencing is the sport of sword fighting and is one of the only sports to have featured at every modern Olympic Games.

There are three different disciplines in fencing, the foil, the épée and the sabre.

Each discipline has its roots in more traditional forms of swordplay. The foil was originally used as a training method for fighting in warfare; the épée a duelling weapon, and the sabre a training weapon for cavalry fighting.

Aside from the actual swords being very different, the historical origins of each discipline are reflected in their individual rules, conventions and target areas.

What's in it for you?
Fencing is a very enjoyable sport that requires both mental awareness and physical fitness. It’s never too late to try fencing; a series of domestic and international tournaments cater for age groups spanning from under nine to over seventy.

The sport’s growing popularity means there is a wide range of volunteering opportunities in coaching, officiating and club or competition administration.

Coaching
More fencers, means more coaches. It is possible to work either as a full-time professional coach or as a part-time volunteer coach. Hours tend to be flexible, allowing you to fit your coaching around other commitments.

Each of the three weapons has its qualification, divided into four levels. For the lowest level (Level 1), no previous knowledge of fencing is required.

Officiating
The Piste Assistant Award is a fantastic introduction to fencing officiating. The award is designed to be easily accessible to those with no previous fencing experience, and teaches the basics of how a fencing competition works, including how to fill out a poule sheet and how to score and time a fencing fight.

Anyone with a decent knowledge and experience of fencing and fencing competitions should be capable of qualifying as a piste assistant tutor.
Refereeing
Like coaching, the refereeing awards are weapon-specific and are split into four levels, Level 4 being the lowest and Level 1 the highest. Candidates are required to take a written and practical exam. Once qualified as a Level 1 referee, it is possible to apply to be placed on the candidate list to qualify as an FIE (Federation Internationale d’Escrime) referee, which allows you to referee at international tournaments.

Armoury
Because fencing uses complex scoring equipment and apparatus, the role of the armourer is exceptionally important as there is often a lot of kit that needs maintaining, checking and fixing. Armourers are also responsible for the layout of the hall at a fencing competition.

There are also four tiers to the armoury qualification:
- Apprentice armourer
- Journeyman armourer
- Armourer
- Master armourer

No previous knowledge of fencing is necessary in order to qualify in armoury.

Competition administration
The competition administrator is the person who is responsible for running a fencing competition. The award teaches how to use the software used to run a fencing competition.

Fencing Activity Leader Award
British Fencing offer leadership awards for both young and adult leaders, helping individuals to facilitate fencing sessions in a wide variety of situations including schools and holiday camps.

Piste Assistant
This award is for you if you are not involved in fencing and want to develop your officiating career. Piste assistants have worked at major international competitions in the UK.

Introductory Refereeing Awards
This award is for you if you are already involved in fencing activity and are interested in learning more about how a competition operates and want to referee at local competitions.

For more information on fencing and how to get involved visit britishfencing.com or email headoffice@britishfencing.com
To support 40,000 players and recruit more, The Football Association must continue to recruit young leaders and volunteers.

What’s in it for you?
The FA’s Leadership and Volunteering Programme offers a range of coordinated opportunities to increase the potential for young people to participate in leadership and volunteering activities.

Volunteering opportunities

Assisting in coaching
- Placement with a Charter Standard Club
- Observing best practice in organising safe activities
- Preparing and delivering warm up/cool down
- Delivering football skills sessions
- Preparing and delivering a whole session

Running the game
- Key aspects of running a football club/league
- Organising a festival
- Producing articles for local press
- Producing a marketing pack
**Refereeing**
- Preparation and duty of care
- Communication
- Mentoring through National Referee Development Programme (Sept 2010)
- Match control

**Other opportunities**
- The National Leadership and Volunteering Camp, nominated by your county FA
- Changing Lives Programme – Africa (Four Young Leaders per year)
- Support to gain further qualifications
  - Basic Refereeing Course
  - Leadership through Football (September 2010)
  - Level 1 Coaching Football
  - And many more…

**Contact your county football association**
thefa.com/getintofootball/
countyfa/countrycontacts

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**Junior Football Organisers Course**
The FA Junior Football Organisers Course is a standalone governing body qualification that helps teachers to provide training to young people aged 14-19 years.

The course will give you the specific knowledge and skills to work with players aged 6-11 years and focuses on safe, fun and progressive football practices and mini-soccer games.

**Time**
Six and a half hours.

**Cost**
£10.50 (cost of pack).

**Age**
14-19.

**Venue**
To be delivered on school sites.
Competitive sport wouldn’t exist without match officials. Without their often unobtrusive presence, matches, games, races and tournaments simply couldn’t happen.

In return, sport can give officials access to the sort of opportunities normally reserved for the sporting elite.

Young volleyball official, Stuart, for example, found himself acting as line judge at two matches, including a Team GB match, at the World Volleyball Championships in Sheffield.

“I suddenly realised, when I was walking onto the court for the pre-match protocol and standing on court while the Great Britain national anthem was being played before the GB women’s game, that I was doing something to an international standard,” he says. “I felt so proud to be stood there and realised all the hours I’d spent volunteering in sport had paid off big time.”

For Sian, being selected as a Boccia Young Officials Superstar, meant she was able to act first as a timekeeper and then as a referee at the Boccia National Championships.

“It was so exciting,” she says. “You can feel the atmosphere and to be part of it was great and I met some of the most wonderful people, including silver medallist Nigel Murray. I couldn’t have asked for a better weekend.” Sian now has sites firmly set on bigger and larger boccia events. “To be part of the London 2012 Paralympics would be amazing,” she says.

Even if your work as an official doesn’t take you to the national or international stage, there are still many rewards and benefits from getting involved. You can meet new people, gain qualifications and experiences that will enhance your CV, and develop a new interest or passion that could stay with you for life.

Diane Calder says becoming a boccia official and helping at competitions has been an invaluable and rewarding experience for her pupil Edward.

“It boosted his confidence and gave him an opportunity to show some independence and responsibility when overseeing others,” she says. “He has supported younger pupils in the main school in a tournament following his training and attended the south-east regional competition as an official. Any such experience can only be advantageous, particularly for students with a learning difficulty as the opportunities are not so readily available.”
So how do you become a young official? Well it varies from sport to sport and this booklet outlines some of the different roles and courses each national governing body has on offer. Some courses can be done during or after school but there may also be the opportunity to attend residential courses.

Last year, Tomas took the Badminton Young Officials award. The course brought a few hundred young officials together for two days. The first day was all about team-building, the second consisted of written work.

“\textit{It gave me the opportunity to officiate at the UK School Games last year and I had the opportunity to meet other young people from all over the UK.}” Tomas says. “\textit{I have just come back from the Center Parcs National Schools Championships, where I was lucky enough to stay at Center Parcs Sherwood Forest for free. And I was collected from the station in a Badminton England car, which made me feel very important.}”

There are numerous options open to anyone interested in becoming a young official. Stuart’s advice is to shop around and explore sports other than your favourite.

“I did officiating courses in badminton, boxing, boccia, football and volleyball whilst doing my Step into Sport and Community Volunteer awards. Volleyball was the one I enjoyed the most and it is the one that has led to great things for me.”

Above all, Stuart says: “Make the most of the opportunities given to you whilst you’re young, and if you are lucky enough to get on a course, make sure you make a good impression and make contacts. I’ve made good friends with people who have coached, taught and mentored me and I have a lot to thank them for.”
Golf

Golf is a very special sport that’s played by over four million people across the British Isles. No doubt you know all about exciting players like Ian Poulter, Paul Casey, Laura Davies and Rebecca Hudson, but did you know that lots of celebrities and stars from other sports play the game as well?

The latest School Sport Survey (2009) showed that the number of schools delivering golf has trebled in 5 years, making golf one of the fastest growing sports in schools.

What’s in it for you?
Golf creates chances for people of any age or ability to get involved in a lifelong sport.

The game offers you the opportunity to keep fit, make new friends and develop skills which will build your CV and offer many opportunities for a career within the game.

There are lots of opportunities for travel going to major international events as a volunteer. By attending one of the following courses you will be on your way to a golf volunteer.

Volunteering opportunities
The development of golf relies on the hard work, commitment and dedication of its volunteers and professionals. The EGU/EWGA national survey estimates there are around 80,000 volunteering roles within England. There are many different ways in which you can volunteer for English Golf.
Training pathway
A training pathway for young volunteers has been devised by the Golf Foundation to provide aspiring young coaches and helpers with a recognised ladder into working with young people through golf within schools and clubs.

National
Young volunteers and leaders will have the opportunity to get involved in major projects such as the National Youth Panel, major golfing events, and regional development projects such as Golf Roots and County Golf Partnerships.

For more information contact info@golfvolunteers.org or visit the website golfvolunteers.org

Tri-Golf Activators course
This course will familiarise you with Tri-Golf equipment, the game cards and associated resources. It will help you make the most of the scheme and deliver activities in a structured and co-ordinated programme, linked to the delivery of the preliminary level of the Junior Golf Passport.

Time
Two hours.

Cost
£75 (up to 20 candidates).

Age
14 and over.

Venue
The course is generally organised at schools and colleges, but can also be organised elsewhere.

Junior Golf Leaders Award
This six-hour workshop will help you learn how to introduce golf to young people. It looks at organising, motivating, and communicating with groups of young children. You will learn how to introduce basic golfing practices to children as well as delivery strategies, health and safety and planning.

Time
Six hours.

Cost
£250 (up to 20 candidates).

Age
14 and over.

Venue
Usually schools and colleges.
Gymnastics

Gymnastics is an exciting, enjoyable and fun sport that can be enjoyed recreationally and competitively.

There is a wide range of gymnastics disciplines, and they all help young people develop the movement skills and confidence they need to take part in sport throughout their life. The sport is organised, managed and promoted by British Gymnastics and Gymnastics England.

What’s in it for you?
You can get involved in gymnastics in a number of roles – as a volunteer coach, judge, official or via a leadership academy.

However you get involved, volunteering will help you to:
– Meet new people and make new friends
– Gain valuable experience and skills
– Try out new activities, and keep fit
– Develop leadership skills

Volunteering opportunities
Gymnastics relies on the dedication, hard work and commitment of its volunteers.

Becoming a coach
You can become a coach by attending one of our coaching courses, which run throughout the year in each of our regions. Becoming a coach is a great way to improve your all-round skills, knowledge and confidence

Sporting events
Gymnastics competitions, festivals and championships offer great volunteering opportunities, from regional and county competitions, to English, British, European and World Championships.

Our young leaders camp also offers opportunities for team leaders and mentors to develop their skills further.
Community club volunteering
Through school-club links and bespoke projects, this is a great way to get involved in gymnastics.

Gymnastics Leadership Academies
Designed for and run by young leaders, these academies bring together groups of young volunteers (aged 16-25 years) to develop skills in six key areas:
- Coaching
- Judging
- Events
- Publicity/promotion
- Health safety and welfare
- Administration/management

These academies offer training, support and the chance to volunteer at national, regional and local events.

Leadership/volunteer camps and conferences
From national camps to local initiatives, there is a wide range of options open to you, including regional and national club conferences.

For more information please visit gymnasticsengland.org or contact your gymnastics regional development officer (contact details available on the website).

Helper’s Award
Learn how to help organise and run gymnastics and trampoline clubs, mixing theory, practical and a mentored logbook.

Benefits
Understand the breadth of roles for helpers, awareness of equipment health and safety, event organisation and knowledge of the reward schemes.

Time
Six hours.

Cost
£12.50 per resource pack.

Age
14 and above.

Venue
Gymnastics club, school hall, sports centre.

Event Officiating Award
Learn how to assist with officiating local, regional and national events. You will also complete a mentored logbook.

Benefits
Knowledge of the range of volunteer, official/event roles.

Time
Three hours.

Cost
£10 per resource pack.

Age
14 and above.

Venue
Gymnastics club, school hall, sports centre.
Hockey

Hockey is a huge team sport – played by men, women, girls and boys from across the world.

There’s outdoor hockey (11-a-side), indoor hockey (six-a-side), mini hockey (an adapted seven-a-side game for young people) and quicksticks (a fabulous new four-a-side game for primary school players).

What’s in it for you?
Getting involved in hockey couldn’t be easier. There are opportunities for people of all abilities and all ages. You can play for fun or you can take part in competitive leagues at weekends and mid-week.

You can coach, umpire, officiate, administer or organise. Hockey has a long list of roles for volunteers at all levels.

Courses offered by hockey
Hockey in England is governed by the England Hockey Board (EHB) and we offer a wide-ranging variety of courses – some specifically for young people and others for all.

Courses run regularly nationwide and information can be easily sourced on the EHB website.

Volunteering opportunities
The development and success of hockey is dependent upon two crucial elements. One is a successful and well managed national governing body (EHB) and the other is the ‘workforce’.

Hockey’s workforce comprises thousands of dedicated, highly motivated and extremely valued volunteers.

The volunteers operate in communities and clubs nationwide and they deliver development, events and essentially success.
Coaching
Hockey has approximately 10,000 coaches nationwide. The hockey coaching pathway offers accredited coaches wide-ranging opportunities at all levels within the sport.

Coaches volunteer and work with a range of groups through to performance including schools, clubs, counties, regions and the England national squads.

Umpiring
There are roughly 1000 volunteer umpires. They support the sport at all levels including community, county, regional and national leagues indoor and outdoor as well as schools, colleges and university competitions and festivals and England international matches.

The EHB and Young Volunteers
The EHB prides itself on the success of its young people. We have a National Youth Panel and five Regional Youth Panels operating nationwide. The national and regional panels advise on range of topics.

For more information please visit our website englandhockey.co.uk or contact info@englandhockey.co.uk

EHB Leadership Course
The EHB Leadership Award will give you the confidence to introduce and develop different areas of the game to players. As a group and as individuals you will be taught about safety, good practice, systems and structures.

It may be delivered as a standalone course called the Hockey Leadership Award, as independent modules, or alongside the SL UK Level 2 award in community sports leadership.

Time
10 hours.

Cost
£30 per student.

Age
12 and over.

Venue
Various, including school or college curriculum or extra-curricular study, via a school sport partnership, a county sports partnership, a local education authority, or your hockey club.

Foundation Umpire Award
This award provides a fundamental understanding of hockey umpiring skills and the rules of the game. It is the start of a pathway that can take you from grassroots to the international stage.

Time
Three hours.

Cost
£10 per student.

Age
12 and over.

Venue
Various, including school or college curriculum or extra-curricular study, via a SSP, a CSP, a local education authority, or your hockey club.
Judo

Judo is not just an Olympic sport, it's an art form practised in almost every country of the world. It bears no resemblance whatsoever to many of the martial arts it is so often associated with.

Contest judo is derived from moves that were traditionally used in Japan to severely injure opponents on the battlefield. These bare-handed techniques have been refined and contest rules applied to make them safe. Punching and kicking, for example, are not allowed.

The object of the contest is to throw the opponent largely onto their back with considerable force and speed – this scores “Ippon” and ends the contest. Judo is organised managed and promoted by the British Judo Association (BJA).

What's in it for you?
Refereeing, officiating or coaching judo improves your confidence and keeps you interested in playing the sport.

It’s quick and simple to get involved and all streams are administered by the Young Volunteers Coordinator.

Youth coaching scheme
Working with their club coaches through a series of tasks and activities. Coaches must attend a training event held regionally by technical officers in order to deliver this award.

There are three levels within this scheme, bronze, silver and gold. The minimum age is 12 years and minimum grade of 7th mon (orange belt).

For the final assessment the young coach will be observed by a BJA technical officer. The scheme is designed to lead into the BJA Level 1 coaching award, endorsed by the UKCC.

Youth officiating scheme
There are three levels within this scheme, bronze, silver and gold.

The bronze level covers event volunteering and the weigh-in environment. At bronze level, you can assist at the weigh-in at tournaments. This is an ideal introduction to judo tournaments for those without a judo background.
At silver level you receive the timekeeper/scorer award. The role is to record the actual time of the judo contest and to record any scores or penalties given by the referee. At all times you will be assisting fully qualified senior officials.

The gold award mirrors the contest recorder award. The role is to record the results of the contests and to prepare the competitors for each of their contests on the mat.

**Youth refereeing scheme**
This scheme is an introduction to refereeing. At all three levels, bronze silver and gold young volunteers are able to referee, always under direct supervision of senior referees and only at lower levels of junior competition. Training takes place at courses run on a regional basis. Minimum age is 10 years and minimum grade is 7th mon (orange belt). Gold level referees are eligible for selection to referee at the National Schools’ Championships.

**Youth panel**
Set up in February 2010, open to young people from every background and no experience is required. Support and training will be given where necessary.

**For more information visit our website britishjudo.org.uk or contact volunteering@britishjudo.org.uk**

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**Judo awards for young volunteers**
Judo offers three awards for volunteers under 19 years of age: coaching, officiating and refereeing.

Youth coaching is delivered in clubs by the young players’ coach, following a series of tasks and activities, final assessment carried out by a BJA Technical Officer.

Youth refereeing is delivered regionally by refereeing examiners.

Officiating can be delivered in any environment and can be delivered by teachers or personal development managers in the school environment or coaches in clubs.

**Time**
Six hours (depending on award).

**Cost**
£10 per candidate for first level of all three awards.

**Age**
Min 10 years for refereeing
Min 12 years for coaching & officiating.

**Venue**
Generally participation environment, school, dojo etc.
Lacrosse is an exciting, fast, free-flowing game, which can be adapted for play on a variety of different areas and surfaces.

Any number of players of both sexes, any age and mixed ability can participate.

Lacrosse is currently experiencing an increase in participation through the many schools, clubs and leagues based around the country offering more opportunities for people to get involved. The sport is promoted and run by the English Lacrosse Association.

What’s in it for you?
Getting involved in lacrosse offers many opportunities for people of any ability.

As a member of a team not only does lacrosse help you keep fit, it is fun and sociable and many of the leagues and clubs organise social events, for example, team building and annual award evenings.

Our Young Leaders Award will enable you to help us develop our sport and grow the number of people taking part in this exciting game.

And we will recognise and reward your commitment with certification for volunteering that will enhance your CV or university application form. These include:
10 Hours – Bronze Award
25 Hours – Silver Award
50 Hours – Gold Award
National Young Volunteer of the Year
Volunteering opportunities
The development of lacrosse relies on the hard work, commitment and dedication of its volunteers. There are many different ways in which you can volunteer for English Lacrosse.

Leagues and clubs
Volunteering at a lacrosse league or club is very rewarding. As well as coaching and umpiring opportunities our volunteers who don’t have to be players can help with the organisation of matches, club membership information, marketing and IT.

Coach
Once qualified, our coaches volunteer at all levels and work with a range of groups including schools, clubs and England squads.

Official
Volunteer officials support lacrosse at all levels including local league matches, schools competitions, festivals and English Lacrosse international matches. English Lacrosse is part of The Youth Sport Trust’s Young Officials programme, which can be accessed as an additional course, following on from the introduction in Step into Sport.

For more information please visit our website englishlacrosse.co.uk
contact info@englishlacrosse.co.uk

Lacrosse Young Leaders Award

The course is a lacrosse specific course which builds on the skills already gained during the Sports Leaders UK awards. The course will enable you to lead lacrosse sessions in the presence of a suitably qualified coach or teacher.

During the course you will cover warm up techniques, officiating in a match for children in key stage 2 and assist in the planning and organising of a lacrosse festival.

Time
Six hours.

Cost
£15 per person.

Age
14 and over.

Venue
The course is generally organised at schools and colleges, but can also be organised for other organisations eg guides, youth groups, young farmers.
Netball

Netball is recognised as the leading women’s team sport thanks to our teams’ performances on the court.

Our game is thriving in a network of local communities that provide enjoyment and easy access to lifelong netball opportunities.

England Netball, the sport’s national governing body, has constantly recognised the importance of starting early, providing the chance for young children to be active and constantly offering more opportunities for people to get involved.

What’s in it for you?

England Netball relies on volunteers to help us in all areas. They make a huge contribution to the game.

Volunteering is a rewarding experience, not only benefiting the club or organisation, but also the individual – developing skills for use at college, university or in the workplace.

It’s a fantastic way to make new friends, and nothing beats the feel-good factor of helping out and giving something back to your sport.
Volunteering opportunities

Pass on your Passion
Pass on your Passion is the brand new volunteer rewards programme from England Netball. Log your hours and get rewarded with free goodies. To register go to englandnetball.co.uk/youth.

Youth Advisory Group
Ensuring that young people have a voice and can actively participate in the development and delivery of youth programmes.

Young leaders camp
Bespoke courses and training for our talented young leaders.

The camp delivers an inspirational leadership opportunity for young people aged 16-19 years and to train those young leaders in a number of areas of the game, using them as long-term advocates and volunteers within netball clubs.

For more information please visit englandnetball.co.uk or contact info@englandnetball.co.uk

Young Netball Organiser
Take the first step onto the coaching, officiating or administration ladder. Learn how to organise quality, enjoyable purposeful sessions for 7-11 years.

Time/duration
A six-hour workshop that can be delivered in a 1 x 6 hour session or 2 x 3 hour sessions or during curriculum time.

Cost
Teacher/Tutor Pack including resources for 15 students are £130 with additional resource packs, £8.00 each.

Age
14-18 years.

Who can deliver?
Qualified teachers, England Netball Accredited Level 1 tutors & Level 2 coaches.

Young Umpire Award
Learn more about netball, develop generic umpiring skills, and become a young official.

Time/duration
Stage 1: a two-three hour Orientation Workshop.

Stage 2: a minimum six hour delivery by teachers within the school curriculum and club personnel who have attended the YUA Orientation Workshop and been assessed.

Cost
Tutor fee £57.50.

Age
13-18 years.

Who can deliver?
Specialist sports colleges/partnerships. A list of tutors/assessors is available from England Netball.
Orienteering

Orienteering is a challenge; it’s adventure racing; it’s fun – finding check points with a map and trying to be the fastest to complete the course.

It’s an individual not a team sport but you can compete with a friend and sometimes your placing can count towards a team score (eg for your school or club).

Do I have to be fit? Well it helps if you can run or jog a little but you don’t have to be a fast runner and getting the nav right is the main skill. Nav is using the map to go the right way.

You can do orienteering in school grounds, the local park, at a community open space or wood, at a local club event which can be in the town/city streets, a park or a wood/forest. It is not a hike with a compass and a map in a plastic bag round your neck.

Orienteering throughout England is organised and promoted by British Orienteering.

What’s in it for you?

It could be a new sport and is completely different from the usual school sports – no bats and balls involved.

The map reading is easy with special large scale maps which are easy to read and understand after a short introduction.

The fun is in the challenge to get to the right check points – being the fastest runner doesn’t always mean you’ll win if you don’t choose the right route. A walker who can read the map and make quick decisions can beat a runner.

Get involved as a leader in helping with putting on orienteering for your school or for a local primary school – or join in the activities at a local club, make new friends and learn new skills.
Volunteering opportunities
As a trained young leader you can work with friends under the supervision of a teacher or qualified coach to put on activities for younger students at your own school or college or in local primary schools.

If you join in with the local club activities you can take part in competitions and also help to organise them as well. To keep the sport relatively inexpensive it is run by volunteers and when you help you will usually get a reduced entry fee.

You may enjoy this and decide to take a coach or event official award or even start to learn how to make the special orienteering maps.

For more information please visit britishorienteering.org.uk or call 01629 734042

Young Leaders Award
You can complete this as a standalone training course or use it to top-up the skills you have gained on Sports Leaders UK Award training. It covers introductory orienteering games and competitions.

Time
Six hours in a variety of ways eg three hours training and three hours volunteering, six hours training in one day, two x half day or six separate one-hour sessions.

Cost
£40 for the tutor pack plus £1 per certificate for participants.

Age
14 and over.

Tutor
Any adult (eg teacher, scout/guide leader) who has attended the one day Teaching Orienteering Part 1 course can buy the tutor pack.
Talk to anybody about rounders and it brings a smile, recalling memories of a fun, appealing team sport that they played at school.

Rounders is currently experiencing an increase in participation through the many schools, clubs and leagues based around the country, offering more opportunities for people to get involved.

Rounders England is responsible for managing and developing the sport.

What’s in it for you?
Getting involved in rounders offers many opportunities for people of any ability. Being a member of a team helps you keep fit, is fun and sociable and many of the leagues and clubs organise social events such as team-building and annual award evenings. If you don’t play you can still get involved in club administration, coaching or umpiring.

Volunteering opportunities
The development of rounders relies on the hard work, commitment and dedication of its volunteers. There are many different ways in which you can volunteer for Rounders England.

Running a club
Volunteering at a rounders league or club is very rewarding, and you don’t have to be a player to volunteer. There are lots of roles needed to run a club including committee members, fundraiser, first aider, treasurer, match organiser; website administrator, welfare officer and publicity officer.

Coach
Once qualified our coaches have opportunities to work with schools, STAR centres, clubs, companies and ultimately the England squads. Some opportunities lead to paid employment.
**Umpire**

Once qualified our umpires support at all levels including local league matches, school competitions, corporate events, festivals and International matches. Some opportunities lead to paid employment.

**Rounders England**

At Rounders England there are opportunities for people to volunteer at a range of levels from helping at a single event to being part of a sub committee and ultimately being a director on the board. Sub-committees cover areas such as participation, young people, infrastructure, competition, performance and coaching. We also welcome specialist volunteers who can advise Rounders England on their areas of expertise.

For more information contact coaching@roundersengland.co.uk or visit our website at roundersengland.co.uk

**Rounders Young Leaders Award**

The course is a rounders specific course which builds on the skills already gained during the Sports Leaders UK Award. The course will enable you to lead rounders sessions in the presence of a suitably qualified coach or teacher. During the course you will cover warm up techniques, technical rounders skills, umpiring a match for children and assist in the planning and organising of a rounders festival.

**Time**

Six hours.

**Cost**

Please contact Rounders England for costs.

**Age**

14 and over.

**Venue**

A 4 badminton court sports hall and a classroom is required.
Rowing is an exciting activity and competitive sport for people of all abilities. Whether you want to learn more about indoor rowing, organise a competition or help get people onto the water our leadership awards are here to help. Many of the people who make rowing happen started volunteering at a young age. So if you want to be part of the leadership and volunteering team at your school/club or even support an Olympic level event get out there and go for it via our award programme.

British Rowing is the national organisation responsible for setting the standards for safer and effective coaching, leadership, competition opportunities for schools, clubs and other groups. Our volunteer team also organises over 300 local, regional and national events each year. The best of the best will be running the Olympic rowing regatta in 2012.

What’s in it for you?
As a British Rowing Junior Rowing Leader you will be capable of co-ordinating and supporting indoor rowing sessions or events with qualified coaches. You could be working with other young people, rowing coaches or British Rowing staff.

Leaders will learn more about rowing technique, how to use rowing ICT equipment (such as lap-tops, data-projectors and specialist software). To get the most from the course we recommend that you have taken part in an indoor rowing club for at least a school year.

Award 3 Junior Officials will learn more about how a time-trial (aka head of the river race) and club regatta are organised. You will look at water-safety, communication and rules of racing shadowing an experienced umpire or official. To take part you don’t need to be an expert rower but you should have taken part in a junior learn-to-row course and maybe taken part in a British Rowing affiliated competition.

Volunteering opportunities
Rowing is a sport that is led by volunteers of all ages and experience. After completing Award 1 you can help run an indoor rowing club. With Award 2 you can help run a competition at a school, inter-school, county or even national level.

Running a club
Hundreds of schools now have their own indoor club with many of these linked to a rowing club that offers water based activity. Why not find out if your school is linked to a club?
Coaching
Once you have completed your indoor rowing Awards 1 and 2 the next step is to run a club and competition and then consider taking a sports coach UK recognised coaching award from the British Rowing.

Officiating
If you complete your Award 3 Junior Officials you will need to volunteer at a water regatta. The next step could be to take an umpire’s qualification which would need many hours working with local officials. Alternatively you could help to run your local club’s competition.

For more information email info@britishrowing.org or visit britishrowing.org

Award 1 – Indoor Rowing Club Leader
Awards 1 and 2 focus on using indoor rowing which can be performed wherever machines are available. Today around 2000 schools offer this activity with many of them linked to a community club. Machines are also available in youth centres and fitness clubs.

The course includes an introduction to indoor rowing and refereeing, safety and risk assessment, how to assess peoples’ abilities and organising an indoor session.

Award 2 – Indoor Rowing Event Leader
To complete Award 2 you must plan, lead and officiate at an indoor rowing competition.

Award 3 – Junior Officials
This award is for you if you are already involved in water-based activity and want to learn about competitions. Some participants have worked at the World Rowing Championships.

Time
Award 1 and 2 combined: six hours
Award 3: six hours.

Cost
Award 1 and 2 combined: £15 per person
Award 3 (tbc).

Age
Award 1 and 2: 14-16 years
Award 3: 15-18 years.

Venue
Award 1 and 2: School, community centre or rowing club
Award 3: Rowing club.
Rugby league

Moving with modern times, rugby league is an increasingly diverse sport that can provide fun for all whether through touch, tag, masters and wheelchair rugby league or full thirteen a-side.

Rugby league is currently experiencing an increase in participation through the many schools, clubs and leagues based all around the country offering more opportunities then ever for people to get involved.

The national governing body for the sport is the Rugby Football League (RFL).

What’s in it for you?
Rugby league offers a great way to stay fit and healthy, to socialise with friends or to take part in various competitions. Whatever your reasons for participating, rugby league can be the sport for you.

Volunteering opportunities
Rugby league thrives because of its many volunteers, all of whom play a vital role in the sport’s development. Opportunities include volunteering at high profile events, becoming a committee member of a playing league right down to a wide variety of important club roles.

At the RFL we have many opportunities to volunteer whether undertaking a work-based placement or taking part in our high profile events such as the Champion Schools Finals Day, Magic Weekend or the Wembley Challenge Cup Final.

Within rugby league there are many playing leagues containing a vast network of community clubs. Each club has a wide variety of volunteer roles covering everything from committee membership and club management through to match day organisation.
Coaching
Once UKCC qualified through our award-winning coach education department, volunteer coaches can engage at all levels and work with a range of groups including schools, clubs and representative squads. Following the coaching pathway can lead to excellent career development and professional opportunities.

Officiating
Once qualified, match officials can support all levels from schools through to community clubs. There is also a well-structured career pathway all the way through to the professional game.

Please visit tryit.co.uk for further opportunities and therfl.co.uk for more information about the sport.

Rugby League Young Leaders Award
The course focuses on three main areas, notably officiating; volunteering and coaching. Delivered as independent modules, it will train you to be able to organise their own rugby league activities and provide the perfect stepping stone to further awards.

- **Time**: Eight hours.
- **Cost**: TBC.
- **Age**: 16 and over.
- **Venue**: Classroom delivery of theory and sports hall/pitch delivery of practical sessions.
Rugby union

Rugby union is a team game played by over 500,000 people in England. One of the reasons for the sport’s popularity is that regardless of size, shape, age or gender, rugby is a game for everyone built on a strong foundation of core values in teamwork, respect, enjoyment, discipline and sportsmanship.

While the 15-a-side, full contact version of the sport makes headlines, sevens, tag and beach rugby are all variants of the game that are thriving across England.

The Rugby Football Union (formed in 1871) is the national governing body for all rugby in England. It has over 1,900 member clubs, 100 member universities and over 3,000 member schools.

The RFU employs about 500 staff including 150 community rugby coaches who provide over 30,000 sessions a year for young people.

What’s in it for you?
A community rugby club’s inclusive environment makes it a welcoming place for young people, helping to build their confidence, develop their skills, enhance their CV, improve their health, broaden their social group, make a difference and simply have fun.

Young volunteers who make an outstanding contribution to the game can be nominated for recognition such as the Bronze (10 hours), Silver (25 hours) or Gold (50 hours) and awarded the Nike Young Volunteer Fleece.

Volunteering opportunities
Success doesn’t just rely on the players but on the thousands of volunteers who work hard behind the scenes.

Whether you’re a current player, someone who has hung up their boots or a person who has never picked up the oval ball, you could be a valued rugby volunteer.

Running a club
There are lots of roles needed to run a club: fundraising; maintaining and improving pitches and facilities; photography; providing first aid; handling money; video analysis; planning; creating the club website; safeguarding; running the club shop; catering; working with the media and much more.

Competition organiser
Sport is all about the opportunity to compete. Having someone to organise fixtures, festivals and tournaments is vital.
Coach
An effective rugby coach is able to cover the technical, tactical, physical and mental aspects demanded by our game.

Referee
The RFU Young Officials Award, a one-day course, 50% of which is practical activity, is aimed at young people aged 14-19. It equips aspiring referees with many of the skills required to effectively referee rugby union. Young people completing the course are expected to then undertake a minimum of 10 hours officiating. The course is delivered by either school teachers or RFU community rugby coaches (CRCs), all of whom have attended a Tutor Acquaint session. The course is administered by a young officials development officer (YODO), who is a young person working with the RFU on a volunteer basis.

vRugby
vRugby aims to create new opportunities for young people aged 16-25 to volunteer in rugby union. Teams of young volunteers take part in short-term bite-size projects that give them the opportunity to get involved at their local rugby clubs using one of four themes. These are exercise, healthy lifestyles, fundraising and club refurbishment.

The National Youth Council
Gather ideas and opinions from young rugby enthusiasts and provide their input to decision makers so their views help shape the future of the game.

For more information please visit our website rfu.com or contact volunteer@therfu.com

Rugby Leaders Foundation Course
This course will give you the resources and the motivation to deliver tag rugby in your community. You will be able to:
- Promote the core values of rugby union
- Adhere to a leader’s code of conduct
- Project manage
- Present with clarity
- Communicate effectively
- Plan/deliver safe and enjoyable tag rugby coaching sessions
- Use appropriate networks to develop a community rugby project
- Referee tag rugby
- Self-reflect
- Contribute to the project review.

Cost
£20 per person.

Age
This course is designed predominantly for delivery to and by 16-18 year olds.

Location
Courses typically happen at local schools, colleges, universities or rugby clubs.

Contact
To find your nearest course contact your local development officer. rfu.com/AboutTheRFU/ContactUs/RDOContactList.aspx
The RYA is the national body for all forms of recreational, competitive and professional boating.

It represents dinghy and yacht racing, motor and sail cruising, RIBs and sports boats, powerboat racing, windsurfing, inland cruising and personal watercraft.

Sailing and windsurfing have everything, from a cool and sociable relaxing leisure experience to high adrenalin, high-performance sport. Even if you live miles from the sea, you can experience the best of sailing on lakes, estuaries and rivers in your area.

Dinghies provide an exciting and cost effective way of getting afloat to experience the thrills of sailing. It is also the quickest and easiest way to learn to sail as dinghies are easy to rig, anyone can handle them and they are very responsive, providing limitless entertainment for everyone.

Windsurfing is often recognised as an extreme sport that provides limitless thrills and excitement in a range of disciplines. Whether your aspirations are to ride big waves, to compete in slalom or course racing, to sail freestyle, or just to sail for fun, there will be something for you.

The RYA sets and maintains a recognised standard for recreational boat training through a network of 2,340 RYA recognised training centres in over 43 countries. And on average 155,000 people per year complete RYA training courses.

What's in it for you?
The strength of the RYA’s world famous training programmes is dependent upon the quality of its instructors, coaches and trainers.

Becoming an RYA dinghy or windsurfing assistant instructor could be your first step towards a rewarding and challenging fun career or hobby.
Both qualifications are relevant to any individual interested in encouraging children and adults to learn to sail or windsurf.

**Volunteering opportunities**

**RYA Dinghy Assistant Instructor**
Once qualified you will be able to help qualified instructors teach beginners courses up to and including the standard of Level 2 basic skills in the National Sailing scheme and Stage 3 of the Youth Sailing Scheme. Working under the supervision of senior instructor you will help in the early stages of a group’s learning. You may also act as a helmsman, encouraging students to take over. When teaching single-handers, your role may often be that of helper, rigger, catcher and so on.

**RYA Windsurfing Assistant Instructor**
Once qualified you will be able to help qualified instructors teach beginners courses up to and including the standard of Start Windsurfing or Youth Sailing Scheme Stage 1. You may work with a student having problems with a particular skill and help to rig, carry and launch equipment.

**Young Sailing Volunteers**

**RYA Dinghy Assistant Instructor, RYA Windsurfing Assistant Instructor**

**Time**
Approximately 20 hour training course conducted by senior instructor.

**Cost**
Set by RYA Training Centre (may be no fee).

**Age**
Any: the candidate must hold one of the RYA National Sailing Scheme advanced module certificates. All assistants are encouraged to gain their RYA instructor qualifications form age 16.

**Venue**
Any RYA Training Centre running RYA dinghy courses may run a course, guidance can be found in the RYA Dinghy Coaching Handbook (G14). The AI award is only valid at that centre, and for five years.

For more information please refer to our website rya.org.uk
Squash and racketball

Squash is a hugely popular sport, with over 500,000 players in England. It is also incredibly successful at international level with England holding several titles on the world stage and and with six Englishmen and three Englishwomen in the top 15 of their respective world rankings.

There are clear player pathway opportunities for you to progress within the game wherever you live. More and more people are also now making their living from within the sport, from professional players, to coaches and event organisers.

England Squash & Racketball is responsible for the sport in this country.

Squash, and now racketball, are increasing in popularity. With over 5,000 courts to chose from in England, there are plenty of places to play and progress.

**What's in it for you?**
The Mini-Squash Leaders Award is the first step in helping you progress to become a coach. It’s a great CV builder and can really open up some opportunities within a fast-growing sport.

**Volunteering opportunities**
The development of squash and racketball, like so many sports relies on the hard work, commitment and dedication of its volunteers. There are many different ways in which you can volunteer for squash and racketball, from getting involved in national and international events to helping out at your local club.
**Leagues and clubs**
There are leagues and clubs to get involved with in every county within England; these form the basis of everything that happens within the sport at grass roots level. You can become a member of England Squash & Racketball by joining one of these registered clubs, or by just joining as an individual online. You can then be kept up to date on all that is going on.

**Coach**
Our coaching qualifications are recognised by UKCC and once qualified, our coaches volunteer at all levels and work with a range of groups including schools, clubs, regional and even national squads.

**Referee**
Once qualified our volunteer referees support at all levels including local league matches, schools competitions, festivals and England Squash & Racketball international events.

**Mini-Squash Leaders Award**
The course is squash-specific and looks at warm-ups and cool downs, safety, consistent delivery of mini-squash and how to organise simple generic rackets festivals and coaching activity. The course will enable you to lead mini-squash.

**Time**
Six hours.

**Cost**
£45 per candidate.

**Age**
14 and over.

**Venue**
The course is generally organised at schools and colleges, a squash court is not required.

**For more information please visit our website englandsquashandracketball.com and don’t forget you can also follow us on facebook and twitter.**
Almost everyone you speak to has played table tennis at some point in their lives whether it’s at school, youth club or even on the dining room table at home.

Recent surveys show that more and more people are playing table tennis so the need to increase our volunteer workforce is of vital importance to the future of our sport.

Table tennis truly is the sport for all – it is played indoors, you can play from 7 – 90 years old, it caters for all abilities and offers challenges and competitions for everyone from the social to the elite player.

The sport is promoted and managed in this country by the English Table Tennis Association (ETTA).

What’s in it for you?
Table tennis is both an individual and a team sport and an Olympic and Paralympic sport. ETTA offers many and varied opportunities to its members and volunteers. There is education and training available to everyone to support them, not only in their playing but also volunteering roles.

Every year we host an awards ceremony for our clubs, coaches and volunteers either in the form of a dinner or linked to one of our international events held in this country.

Volunteering opportunities
Volunteers are the backbone of table tennis in England, without them there would be no clubs, leagues or county associations, and no competition structure.

As clubs expand in size, increase their activities or move to multi-table facilities, the need to increase the number of volunteers and identify specific roles and responsibilities within a club or league becomes ever more important.

Coaches
ETTA has coaches working at all levels in the sport from grassroots development in their club or local school all the way to the national squads. There are courses and workshops designed to support, train and equip all of our coaches at every level.
Umpires and officials
Volunteers can qualify as local and county umpires but then can go on to become recognised international umpires travelling all over the world. In addition they can go on to qualify as tournament organisers and referees organising events from local to international levels.

Development officers
To help table tennis clubs and leagues expand to meet the needs of our members, ETTA has introduced a training programme for volunteer development officers.

Young officials
ETTA has a course aimed specifically at young people to become junior umpires and then move on to become young officials.

Once qualified these young people are encouraged to assist at ETTA events and the UK School Games.

For more information on any ETTA courses or workshops please visit our website at etta.co.uk or email: admin@etta.co.uk

Table Tennis Networker Award
This course is table tennis specific and will allow you to assist and lead some sessions in the presence of a suitably qualified coach or teacher.

You will learn how to run ETTA Skills Awards, umpire matches, run warm ups and cool downs, and also how to assist in organising and running local festivals.

Time
Six hours but this could be split into 2 x 3 hour sessions.

Cost
£15 per candidate and £90 tutor fees, plus travel at 26p per mile.

Age
15-18 at the discretion of the tutor.

Venue
The course can be held in any sports hall or gym measuring 20 x 10 metres.
Tennis

Tennis is a fantastic sport that can be played and enjoyed whether you are eight or 84.

It’s easy to access. All you need to get started is a racket, a ball and a friend to play with.

With the average cost of tennis club membership just 80p a week for juniors the sport is cheaper than you might think. And as there are over 23,000 tennis courts in the UK you are never far from a place to play.

The sport is organised and promoted in this country by the Lawn Tennis Association (LTA).

What’s in it for you?
Getting involved in tennis is great fun whatever your ability.

You can play socially with your friends or competitively at a level that is appropriate to you as an individual or as a member of a team.

Volunteering opportunities
There are plenty of ways you can get involved in tennis as a volunteer both on and off court.

At your place to play
Young volunteers can help out at their club by assisting with the club’s website, supporting the committee to provide improved tennis opportunities for other juniors or by writing the club newsletter.
Organising competitions
Improving the quality and quantity of competition is the number one priority for British tennis and will support us in finding the next Wimbledon champion. Why not organise a competition for younger juniors at your club or for your friends?

Line judge or umpire
Fancy being a line judge at Wimbledon? Why not get qualified as a line judge and work at some of the best tennis events in the world?

Referee
Once you have had the opportunity to assist in running competitions, why not get qualified as a referee?

Coaching
Once you get to 16 you can attend a Level 1 – Coaching Assistant course and work as a coach assistant at your school or place to play.

For more information please visit our website lta.org.uk or contact info@lta.org.uk

Tennis Leaders Award
Tennis Leaders is a tennis specific volunteering course that provides you with tennis knowledge and a range of skills that can be transferred to other areas of your life, such as planning, organisation and communication. It will also prepare you for the tennis specific opportunities available when you get to 16. The course content is split into four modules.

Modules
1 – Planning, organisation and communication
2 – Club media
3 – Playing partner/buddy hitting
4 – Competition assistant.

Time
Minimum (two modules) five hours with six hours volunteering.

Cost
Incurred locally dependant on venue, costs approximately £20.

Age
13-16 years old.
Triathlon

Triathlon is one of the fastest growing sports in the country. We are one of the most successful nations in triathlon yet many people still don’t know what the sport is.

It is simply swimming, cycling and running – one performed after the other over courses with the clock starting when the swim starts and stopping when you cross the line after the run.

Triathlon is governed in England by Triathlon England.

The growing popularity of triathlon is perhaps due to its flexibility. There is a wide range of distances – from sprint distance and super sprint distance events that are 400m swim upwards with 10-20 kms on the bike and around a 5k run, all the way through to the ironman event which provides an aspirational route for many participants.

Our aim is to allow everyone to achieve their individual triathlon goals and we do this by facilitating the growth and development of the fast growing sport.

What’s in it for you?
We have excellent opportunities for young volunteers in the UK from club and local event level through to our major events as part of the World Championship Series. Our Kids of Steel programme is designed for young volunteers and there are opportunities to officiate, administrate and of course coach. Coaching with triathlon is challenging and rewarding and the mix of three sports adds a fantastic dimension to any coaching experience.

Coaching
Our three level UKCC coaching system can train a complete novice in the sport to become a high functioning and high quality coach. The added dimension of three disciplines in this one sport make this very challenging and very rewarding with many opportunities to develop your coaching skills and knowledge in lots of different directions. With developing regional academies we also have great coaching opportunities for those with career aspirations.
Officiating
Our sport is rapidly developing and growing and needs a strong group of race officials to ensure fair play at every level. Working from children’s and novice events, through to larger open water and regional events our officials have gone on to work internationally at events across the globe. Experiences that we can provide in the UK involve competition at the highest level with world class triathlon a regular fixture in the UK.

Governing our sport
Triathlon is still a young sport but its governance is very important to its growth. We need committed, skilled and enthusiastic people to run our clubs and regions with many additional opportunities to get involved with the national direction.

Find out more at our website on britishtriathlon.org
Volleyball England is the brand representing the English Volleyball Association and is the recognised national governing body for volleyball, beach volleyball and sitting volleyball in England. We are responsible for the development, promotion and delivery of volleyball across England.

We have set ourselves ambitious targets for expanding our membership. This includes increases in affiliated clubs, qualified, registered and active coaches and referees, volunteers and of players of all standards and ages irrespective of gender and background.

What's in it for you

Becoming a volleyball volunteer will allow you to get involved with an exciting and flexible international sport that can take place in just about any environment. You will meet new people, acquire new skills, gain more experience, and have a good time. The time and energy contributed by volunteers assists and assures the future development of volleyball.

We have created the Let’s Play Volleyball National Youth Volleyball Programme to encourage young people to experience and enjoy volleyball as a player, competitor, leader, coach or referee. On the court, Let’s Play Volleyball is a game-based approach whereby small sides are used to take young players sequentially through the essential skills required to become a competent volleyball player, developing game understanding and sport-specific techniques in parallel.

A number of courses and resources are available to enable any school or club, teacher or coach to take young people through this development pathway which promotes lifelong participation in volleyball in the role most suited to your needs.

Volunteering opportunities

You can volunteer informally at your local club. Most clubs have a range of roles they need help with – both on and off the court.

If you take the Volleyball Young Leaders Award, you can get involved in a number of specific ways.
- Small events organisation
- Coaching sessions
- General leadership in relevant school or club based activities, particularly centred around volleyball participation.

This course is vocationally relevant to specific leadership units from:
- BTEC Edexcel First Certificate/Diploma in Sport: Unit 5-Planning and Leading Sports Activities
- OCR Level 2 National Certificate in Sport: Unit 3 — Effective Sports Leadership
- City & Guilds 6951 Level 1-2 Sport & Leisure.

If you complete the Young Referees Award, you can start officiating at the following:
- Intra-school competitions small-sided games of 2v2, 3v3 and 4v4 inside school lessons or after-school clubs
- Inter-school competitions small-sided games of 2v2, 3v3 and 4v4 in relation to the player pathway between schools.
- Lets Play Volleyball festivals Volleyball England organises one LPV festival in each region per year, these are mass-participation junior events, encouraging the holistic development of youth participation in volleyball across playing, leadership and officiating.

More information
Go to volleyballengland.org or email info@volleyballengland.org

The Volleyball England Young Leaders Award
This six-hour course will develop your leadership skills through coaching, refereeing and organising community volleyball. It can complement Sports Leaders UK Awards or stand alone.

Cost
Tutor pack: one-off cost of £50. Optional candidate prize pack £5 per candidate.

Age
14-19 years old.

Venues
Schools, clubs, leisure facilities.

Grade 4 refereeing course
The first level refereeing course introduces candidates to the 6v6 version of volleyball. It will teach you the theory and rules of volleyball as well as how to correctly complete a score sheet.
Water skiing

Water skiing is a fast, adrenaline-filled, fun sport that can be done recreationally or competitively on rivers, lakes, in estuaries or the sea.

There are seven competitive sports divisions – barefoot, cable, disabled, kneeboard, racing, tournament and wakeboard (boat and cable). Every division, apart from kneeboarding, has European and world championships every one or two years.

The British Water Ski & Wakeboard Association promotes water skiing as much as possible through clubs who can then control the activity and make sure it is carried out safely and with respect for other water users.

What's in it for you?

British Water Ski & Wakeboard is a membership organisation funded by its members for the benefit of its members.

We are the only body in the UK acting on behalf of the interests of water skiers – a non-profit making organisation with all of our income invested in developing and protecting water skiing across the UK from the grassroots level through to our top athletes.

Our members receive most services offered by British Water Ski & Wakeboard free of charge as a direct benefit of their subscription. Non-members requiring our assistance are invited to join us – your contribution makes a difference – as a member you will help make us stronger as the governing body representing our members’ interests and safeguarding the future of the sport.
Volunteering opportunities
British Water Ski & Wakeboard have many different opportunities within the sport in coaching, officiating and administration.

To find out more about how you can get involved with water-skiing please visit our website britishwaterski.org.uk or email us development@bwsf.co.uk

British Water Ski & Wakeboard Young Volunteer Award is currently under development. For more information please get in touch.
Wheelchair basketball

Wheelchair basketball is the largest Paralympic sport. Although it was developed as a rehabilitation and recreational activity for spinal cord injured patients in the late forties, it quickly developed into a competitive sport.

Today the National Wheelchair Basketball League consists of 65 teams playing in nine divisions and it is a blue ribbon Paralympian event. It also runs a comprehensive Junior’s League and a blossoming Women’s League to cater for all.

In this country it is managed and developed by the Great Britain Wheelchair Basketball Association.

Wheelchair basketball embraces a wide range of disabilities including paraplegics, spina bifida, amputees, brittle bones, cerebral palsy and multiple sclerosis.

Able-bodied players are eligible to play up to division one, making the sport truly inclusive and open to all.

It is a fast-paced, dynamic and exciting sport to play, watch and run and the sport’s governing body, Great Britain’s Wheelchair Basketball Association (GBWBA) is actively recruiting new players, officials and volunteers.

There are two wheelchair basketball qualifications specifically targeted at young people – the Wheelchair Basketball Leaders Award and the Wheelchair Basketball Young Officials Award.

These courses are usually held in schools and colleges but can be run for other organisations, such as local authorities. The cost per candidate is usually around £50.

Volunteering opportunities

Wheelchair basketball offers a range of volunteering opportunities and the chance to experience Paralympic sport.

Referee

Once qualified our volunteer officials can officiate in inclusive zone basketball (IZB) competitions and festivals.
Clubs
There are a number of different ways that you can volunteer for our basketball clubs. The roles vary from coach (if qualified) to team manager. Clubs are always looking for people who do not play the sport to become table officials.

National and international events
GBWBA runs a number of wheelchair basketball events every year and there are always opportunities for volunteers to help in running these events. GBWBA relies on the help of volunteers to make sure these events run smoothly.

Please visit our website gbwba.org.uk or call 01509 279 900

Wheelchair Basketball Leaders Award

Age
16 + years, and younger candidates doing sports leadership qualifications, or GCSE PE.

Time
Six hours.

Cost
Approx £50 per candidate.

Course description
Learn how to safely introduce the sport’s fundamental skills to young and novice players.

Skills covered
Chair movement, dribbling, passing, receiving and shooting, running a small-sided game, IZB rules and running IZB festivals.

Wheelchair Basketball Young Officials Award

Age
14-19 years.

Time
Five hours.

Cost
Approx £50 per candidate.

Course description
Become a wheelchair basketball official and qualify to run IZB games. Once you have completed the course you will then be directed towards the wheelchair basketball officiating pathway.

Skills covered
Refereeing, scoring, classification, statistics, rules of wheelchair basketball, IZB, and an official’s roles and responsibilities.
The skills and qualities you need to become a high-performance coach, official or administrator are similar to those needed by would-be elite athletes.

Dedication, desire and commitment, coupled with skills such as leadership, communications and coping mechanisms are essential.

Young leaders camps are designed to give young leaders the experience, training and support they need if they are to move up the leadership ladder.

Governing bodies of sport including Gymnastics England, England Netball, and UK Athletics join forces to train, inspire and develop their young leaders every summer. This multi-sport approach gives young people the chance to meet a wider range of people from different backgrounds and learn more about sports other than their own.

Hannah is one of 50 young leaders England Netball sent to the camp in 2009. She loved it so much she plans to return in 2010 as a team leader. She describes the experience as unique and memorable.
“It will not only develop your leadership skills and qualities, but you as a person,” she says. “You will have the chance to take part in many different, new and interesting activities and workshops alongside 150 of the England’s top young leaders and volunteers. Be prepared to tackle anything that gets thrown your way and to enjoy yourself to the full. You have the opportunity to learn from others, but also learn things about yourself that you never knew,” she says.

Sessions are held not only on coaching and umpiring in netball, but also about running a club, high five competitions, improvised games and much more.

“I have improved my knowledge and skills as a coach, umpire and friend. I learnt lots about other sports while I was there too, so much so that I now coach tag rugby as well as netball. During my time at the camp I realised what a difference and an inspiration I could be to other young people. For me, the camp was perfect to set me well on my way to becoming a more experienced coach and leader – now I couldn’t imagine my life without it.”

Last year the RFU was also involved and Dan from Luton RFC attended the same camp in recognition for his work with the rugby club’s under-11 side.
The Football Association runs its own camp for 100 of its own Young Leaders, who have been nominated by their county football associations. Last year, 18-year-old Douglas was one of them.

“It was a fantastic experience. I met a huge number of people with the same interests as me and learnt a wide range of new skills from highly experienced professionals.”

Four young leaders who attend the camp are then chosen to attend the annual Changing Lives Programme in Africa.

“It was life-changing,” says Joe who was chosen last year. “It gave me a greater insight into different cultures and also working in challenging situations. It developed me as a coach and a person.”

The Coaching Scholarship Programme is also on offer to Young Leaders who show a real commitment to developing as a coach. Each scholar is given an experienced FA coach as a mentor, and a bursary to support gaining further coaching qualifications.

“Being in the FA Leadership and Volunteering scholarship programme has helped provide me with a number of opportunities,” says coach scholar Sammy. “I now have a mentor I can talk to about my future within coaching, and she can guide me on the right path for my own coach development. I have spoken at a conference and being in the programme has also helped me get my job working in a centre of excellence. The programme provides me with a support network of people who I know I can rely on to aid my development.”

Improve your leadership abilities at a young leaders camp
Have your say through Youth Advisory Panels

Listening to the views of young people and involving them in decision making is vital if governing bodies want to recruit and retain their next generation of coaches, officials and leaders.

A growing number of governing bodies now run youth advisory panels or forums designed to give young leaders a say in how their sport is run. Gymnastics, for example, has young people advisory panels at a regional level. These panels not only help to shape and deliver youth programmes, they also give young people a voice on panels and committees governing the whole sport.

Sports running Youth Advisory Panels and Forums include:
- Aquatics
- Badminton
- Baseball/softball
- Canoeing
- Cycling
- Equestrian
- Golf
- Gymnastics
- Hockey
- Judo
- Netball
- Rugby union
This document can be provided in alternative languages or alternative formats such as large print, Braille, tape and on disk upon request.

Call the Sport England switchboard on 0845 8508 508 for more details.

Further information
To find out more about Sport England and to get the latest news and information about our various initiatives and programmes, please go to www.sportengland.org

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