



An Irish Sports Council Initiative

**DONEGAL SPORTS PARTNERSHIP
EDUCATION AND TRAINING
PROGRAMMES 2015**

Promoting an Active Donegal

www.activedonegal.com



Donegal Sports Partnership (DSP) recognises the impact of sport and physical activity on the lives of many people from the recreational walker to the elite international athlete. Individuals be that the junior sports coach or the national manager all set goals or face individual challenges. Education and Training supports can be a positive influence on our continued participation in our respective sports and encourage learning improving our coaching skills and knowledge base.

There is a saying in sports coaching that *'you never stop learning'* and we hope that through participation in the courses outlined in this booklet it may assist with building your capacity to deliver sport in your community.

One of our goals for 2015 is to build volunteer capacity through the provision of a wider range of education and training opportunities and establish positive relationships with the network of education centres throughout the county in order to make programmes more accessible.

Information will be available through our social media outlets - Twitter, [Facebook](#) and website www.activedonegal.com which will provide you with information regarding details of our programmes. We will also be working with local media in promoting the various initiatives. Our office in Letterkenny will provide friendly support and information and can be contacted via the email info@activedonegal.com or telephone 074-9116078/79.

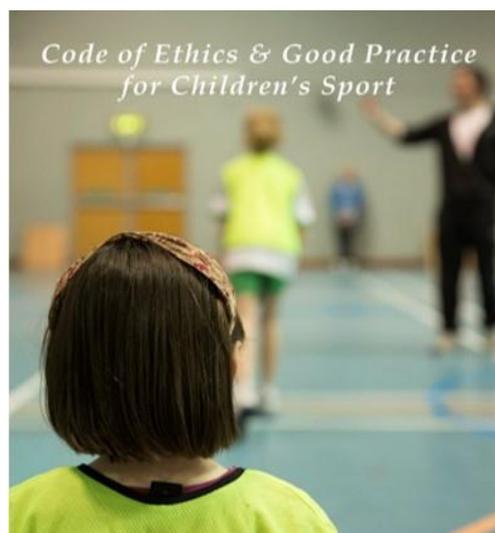
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CODE OF ETHICS & GOOD PRACTISE FOR CHILDREN'S SPORT

Donegal Sports Partnership and the Irish Sports Council recognises that a central goal for all those involved in sport for young people is to provide a safe, positive and nurturing environment where children can develop and enhance their physical and social skills. Promoting a child centered environment should go hand in hand with identifying and eliminating practices that impact negatively on a young person's safe and enjoyable participation in sport. The welfare and the protection of young people is the concern of all adults at all times, irrespective of their role within the organisation.



In order to achieve this, the Irish Sports Council (ISC) through the Donegal Sports Partnership is providing a number of new training modules for leaders, volunteers and parents within sports club through the local sports partnerships and governing bodies of sport. An ISC Certificate of Attendance is awarded for each workshop completed.



The Irish Sports Council has recently changed the structure of [Child Welfare & Protection \(Code of Ethics\)](#) workshops for Clubs. The details of the three stages of training are outlined here as follows:

SAFE GUARDING 1 – BASIC AWARENESS IN CHILD PROTECTION

All Volunteers, Coaches, Children's Officers and Designated Liaison Persons (DLP) involved in any capacity with children in sport must first complete the 3-hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

Safe Guarding 1 Basic Awareness Training	
Duration	3-hours
Numbers	12min / 18 max
Cost	€15 (Individual) €200 (Group/Club)
Age Limit	18 years or over

SAFEGUARDING 2 - CLUB CHILDREN'S OFFICER (C.C.O)

A person appointed as the Club Children's Officer in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete this new Club Children's Officer 3-hour workshop. This course will help the *Club Children's Officer* to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of their training.



SAFEGUARDING 3 – DESIGNATED LIAISON PERSON (DLP)

Safeguarding 3 – Designated Liaison Person (DLP) reporting to Statutory Authorities is a new workshop currently under development by the Irish Sports Council and is due for release in late spring / early summer.

Every club/organisation should appoint a designated person to be responsible for dealing with any concerns about the protection of children. The *Designated Liaison Person* is responsible for reporting allegations or suspicions of child abuse to [TUSLA Child and Family Agency or Social Services \(NI\)](#) and/or An Garda Síochana / PSNI. It's recommended that the Club appoint a senior Club member to this role and they may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as *Designated Liaison Person* once the club/organisation is clear about the responsibilities of each role. The Clubs / Organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

Club Children's Officer & Designated Liaison Person

Duration	3-hours
Numbers	12 min. / 18 max.
Cost	€15 (Individual)
Age Limit	18 years or over

A person appointed to the *Designated Liaison Person* position in a club must have completed the Basic Awareness Workshop in Child Welfare & Protection and should complete the *NEW Designated Liaison Person 3 hour workshop*. (Contact the DSP Office for further details)

COMMUNITY SPORTS & PHYSICAL ACTIVITY WORKSHOPS

EXPLORING AISTEAR'S WELLBEING THEME THROUGH BUNTÚS PROGRAMME REFRESHER WORKSHOPS



This 3-hour workshop delivered by the [Donegal County Childcare Committee](#) together with the Donegal Sports Partnership (DSP) will explore how to support Aim 2 of the learning goals within Aistear's Well-being theme which focuses on physical health, skills, awareness and development.

The workshop is ideal for early educators:

- Who have access to a Buntús Start bag of resources but some staff have not completed the Buntús training with the DSP;
- Have completed the Buntús Start training programme with the DSP but would like to refresher training;
- Who do not have a Buntús Start pack but would like to participate in a Buntús Start based workshop and buy their own resources.



Naíonáin le Chéile is a new programme developed by Donegal County Childcare to support early childhood educators working with children 0-5 years around the areas of diversity, individuality and identity.

The programme uses practical and meaningful activities to promote a sense of belonging to County Donegal, through the mediums of art and drama **Naíonáin le Chéile: Early Childhood, Identity and Belonging Programme**.

DCCC Buntús Start Refreshers	
Duration	3-hours
Contact	Contact DCCC 074 91 23442 info@donegalchildcare.com
Cost	€20pp €50 for a group of 3

(Contact the Donegal County Childcare Committee Office for further details on this programme)

FITWALK PROGRAMMES

The overall aim of the **FitWalk Programme** is to promote physical fitness through walking. Recent surveys suggest that *'physical fitness'* is a key motivator for walkers. Unfortunately, many walkers gain very little in terms of physical fitness. The FitWalk programme focuses on walking technique and walking intensity to ensure that you optimise heart/lung function and reach the optimum level for fat burning benefits.



Attendance at a FitWalk Clinic will teach you how to squeeze every ounce of fitness from your walks, in particular, the clinic will:

- Identify how to optimise *aerobic fitness* and *fat burning* benefits of a walk
- Show you how to use gadgets such as Heart Rate Monitors to best effect
- Explain how you can improve flexibility as part of a walking session
- Teach you the key techniques of *StrideWalking*, *PowerWalking* & *NordicWalking*.

The FitWalk Clinics are facilitated by qualified tutors and there is a mixture of theory and practical sessions (so ensure you wear suitable clothing).

FleetFeet Programme: Learn about the components of physical fitness, key benefits of walking, use of step counters and heart monitors. Learn the techniques of *StrideWalking* and *PowerWalking*.

FittleSticks Programme: This indoor/outdoor programme gives the participant an understanding of the components of physical fitness. Benefits of using Nordic Poles for exercise routines enhance joint mobility, muscular strength and aerobic fitness.

FitWalk Programmes	
Duration	1hr per Week (5 Weeks)
Numbers	12min / 20 max
Cost	€20pp or €250 per group
Venue	Contact DSP Office

COMMUNITY WALKING LEADERS TRAINING (LEVEL 1)

Coordinated nationally by [the Irish Heart Foundation](#) and supported locally by [Donegal Sports Partnership](#) and the [HSE](#) the [Community Walking Leader Training](#) is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace. The course comprises of a weekend of training, a follow-up 4 week walking programme to try out your new walking leader's skills.

Course content:

- Current physical activity guidelines for adults and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Planning walking sessions and programmes
- How to start your own walking group
- Practical Walking Sessions



Community Walking Leaders Training	
Duration	Sat (9am-5pm) & Sun (9am-2pm)
Numbers/Max	12 min. / 18 max.
Cost	€50 (Individual)
Age Limit	18 years or over



COMMUNITY WALKING LEADERS TRAINING (LEVEL 2)

Walking Leader Training Level 2 is aimed at those who have completed Community Walking Leader Training Level 1 and are registered Irish Heart Foundation Community Walking Leaders. The training enables you to lead a safe, enjoyable trek of no more than 2-hours, in daylight, on a number of specified, easy to moderate [Coillte Trails](#) and [Fáilte Ireland Loops](#). The course comprises of a weekend of training and a follow-up 4-walk leader task to try out your new skills.

Course content:

- Overview of [Waymarked Walking Routes](#), [Coillte Trails](#) and [Fáilte Ireland Loops](#)
- Assessing the suitability of the various routes for your group
- Planning and preparing for a trek
- Route risk assessment
- Group management tactics
- Walking gear
- Practical walks on [Fáilte Ireland Loop](#) and [Coillte Trails](#)



'STEP ON IT' PROGRAMME

Walking can be a very effective method of improving your overall fitness and can be a gateway to introducing physical activity to the daily routine.

The 'Step on It' is a vibrant and practical outdoor walking programme which focuses on areas such as;

- Walking techniques
- Flexibility
- Goal setting and planning
- Health and safety
- Nutrition and hydration
- Route selection

This programme is delivered by professional tutors over an eight week period in community settings indoor and outdoor.

'Step on It' Programme	
Duration	1hr per Week (8 Weeks)
Numbers	12min / 20 max
Cost	€20pp
Age Limit	18 years or over

The graphic features the 'STEP ON IT Walking Programme' logo at the top, with a red banner announcing 'LAUNCHING IN YOUR AREA JANUARY 2015'. Below the logo is a close-up image of a person's feet in blue and white sneakers walking on a paved path. A green banner reads 'COME & TRY SESSION'. The main content area is blue with five circular icons: 'IMPROVE YOUR FUNCTIONAL FITNESS' (blue), 'FULLY QUALIFIED FITWALK IRELAND TUTOR' (green), 'VARIED ROUTES' (red), 'WEEKLY CHALLENGES' (yellow), and 'SUITABLE FOR ALL FITNESS LEVELS AND ABILITIES' (light green). At the bottom, there are logos for Donegal Sports Partnership and Health Service Executive, along with contact information for local community centres or Donegal Sports Partnership Offices on 074-91 16078.

FUNDAMENTAL SPORTS & PHYSICAL EDUCATION PROGRAMME

The Fundamental Sports & Physical Education Programme has been designed to support primary school teachers in introducing young people to sport and physical activity. Donegal Sports Partnership in conjunction with the Teacher Education Centre, Donegal Town generally approves the annual CPD week long programme.

The programme includes:

- Modules on Gymnastics, Outdoor Adventure Activities, Buntús Refresher and Inclusive Games with demonstrations on specific disability sports, such as, Boccia and New Age Kurling
- Introductory programmes in Badminton, Tag Rugby and Touch Rugby.
- These programmes are delivered by National Governing Bodies of Sport (NGB's) Development Officers and qualified Tutors.

It focuses on the fundamentals of the various sports and will also include a module on the disability awareness relevant to physical activity and sport. Sessions on how to organise and deliver an inclusive sports programme in a limited setting.

Fundamental Sports & PE Education	
Numbers	12min / 20 max
Cost	Contact the DSP

DISABILITY INCLUSION TRAINING



This is an **introductory level course** designed to give participants ideas and inspiration for adapting their sport, physical activity and physical education sessions to make them more accessible and inclusive for children and adults with disabilities. This course has been designed for a range of audiences including national sports organisations, coaches, sports development officers, volunteers, lecturers, students, principals, teachers, SNA, administrative staff, leisure personnel,

parents or anyone who has an interest in making sport accessible for all!

Following the course, participants will:

- Know and understand the different disability types, disability etiquette and the pathways to participation for people with disabilities
- Develop confidence and competence to adapt and modify skills, activities and games to make them more accessible and inclusive for people with disabilities
- Participate in a range of adapted activities that promote inclusion

On completion of this course all participants will receive:

- Disability Inclusion Training Certificate of Completion
- A Resource Pack including an informative support manual along with resource cards

Course Cost & How to Book:

- €45 per person online booking required for individual booking
- For bookings contact apa@ittralee.ie or 066-7145647



INJURY PREVENTION & MANAGEMENT

Participating in sport and physical activity requires an understanding of the basic principles around injury prevention and management. This workshop highlights the importance of addressing any of the body's weaknesses or imbalances which can restrict and reduce participation time and increase the risk of long term injuries.



Injury Prevention & Management	
Duration	2-hours
Numbers	12min / 20 max
Cost	€10pp (<i>payment secures booking</i>) <i>Club/Group rates available</i>
Venue	Contact DSP Office

This workshop can be tailored to suit specific sports or events (Contact the DSP Office for further details)

BASICS OF NUTRITION & HYDRATION FOR PERFORMANCE



Genetics aside, training and nutrition are modifiable controllable factors which can help an athlete achieve optimal recovery, performance and overall good health. In saying that, nutrition unfortunately is not always recognised as a key component which can influence athletic performance.

This introductory workshop explores some common issues athletes encounter offering basic guidelines and simple solutions which may help to ensure adequate fuel is provided for sport, they achieve optimal performance and maximise recovery but more importantly maintain ideal health status.

Topics covered include:

- Basics of nutrition for sport
- Practical fuelling guidelines
- Hydration
- Optimising Recovery

Nutrition & Hydration for Performance	
Duration	2-hours
Numbers	12min / 20 max
Cost	€10pp (<i>payment secures booking</i>) <i>Club/Group rates available</i>
Venue	Contact DSP Office

This workshop can be tailored to suit specific sports or events.
Contact the DSP Office for further details.

RUN FOR FUN LEADERS TRAINING



Are you interested in improving or developing your running leadership skills to help you support you're running or jogging group? Are you interested in gaining more knowledge on areas such as, sports leadership, planning running sessions, coaching communication, motivation, goal setting, training principles, recovery and nutrition?

Donegal Sports Partnership with Athletics Ireland provide a 'Run for Fun' Leaders Programme for people who are either currently involved in leading endurance running groups or interested in getting the skills to start their own recreational running group. Supported by Athletics Ireland, Performance Nutrition as well as other experts in the field of running the training is generally delivered over a 4 week x 3 hour format in various locations across Donegal.

The training will incorporate the principles of the [Athletics Ireland Fit4Life programme](#) as well as additional support workshops on nutrition, injury prevention, strength and conditioning. Entry on to the programme will be conditional with full attendance a minimum requirement.

Run For Fun Leaders Workshop	
Duration	1hr per week (4 Weeks)
Numbers	12min / 25 max
Cost	€30pp (Payment secures booking)
Venue	Contact the DSP

Advanced booking is essential as places are limited. Contact the DSP for further details.

SPORTS FIRST AID COURSE

The **Sports First Aid course** has been designed to improve the quality of first aid available in the sport and exercise environment. Increase awareness of the importance of sports first aid among leader's, coaches, teachers and all volunteers involved in sport and exercise. Make sport safer for everyone and help to ensure that any injuries are dealt with appropriately when they first occur and until arrival of health care professional. Training is provided by qualified staff from Donegal Occupational First Aid Services and is delivered on a local and central basis as demand requires. Course materials will be provided and a Basic Certificate will be issued on completion of the training.



Course Content: The course covers basic first aid with an emphasis on sporting injuries including:

- Primary Survey (Examination of patient AcBC)
- Hemorrhaging & Treatment
- Nose Bleeding, Concussion and Compressions
- Choking, Asthma and Heart Attacks
- Fractures, Sprains and Strains
- Introduction to CPR & Defib. procedures
- Use of Defibrillators

Full Occupation First Aid Workshops are also available on request. A comprehensive 3-day (20-hours) certification course which covers all the essential aspects of the Occupational First Aid. Contact the DSP Office for further details on these courses.

HOW SAFE IS YOUR SPORTS, COMMUNITY OR CHARITY EVENT?

Delivered in partnership with the [Donegal Road Safety Working Group](#), [An Garda Síochána](#), [Athletics Ireland](#) and [Donegal Water Safety](#), this workshop has been designed to assist and guide groups and individuals in best practice guidelines around the area of sports events. The programme is designed purely as a guide in practical planning around events which take place on public roads and in public places and waterways. The information contained is designed to improve planning of such events however it is by no means conclusive and should be considered as a guide.

The workshop includes information on; Planning Groups, Communications, Permits & Insurance and Volunteering & Marshalls – Roles & Responsibilities



How Safe is your Sports, Community or Charity Event?	
Duration	2-hours
Numbers	15min / 25max
Cost	€10pp / €100 per group (payment secures booking)
Venue:	Contact DSP Office

SPORTS LEADERS UK – LEADERSHIP AWARD PROGRAMMES

Donegal Sports Partnership is an accredited Approved Assessment Centre for the delivery of a range of [Sports Leaders UK Awards & Qualifications](#) that are recognised nationally & internationally.

Awards

- Playmaker Award - (Duration: 6 hours / Age: 9+)
- Young Leader Award - (Duration: 6-10 hours / Age: 11+)
- Day Certificate in Sports Leadership (Duration: 7hrs / Age: 16+)
- Women, Get Set, Go – (Duration: 15 hours / Age: 14+)

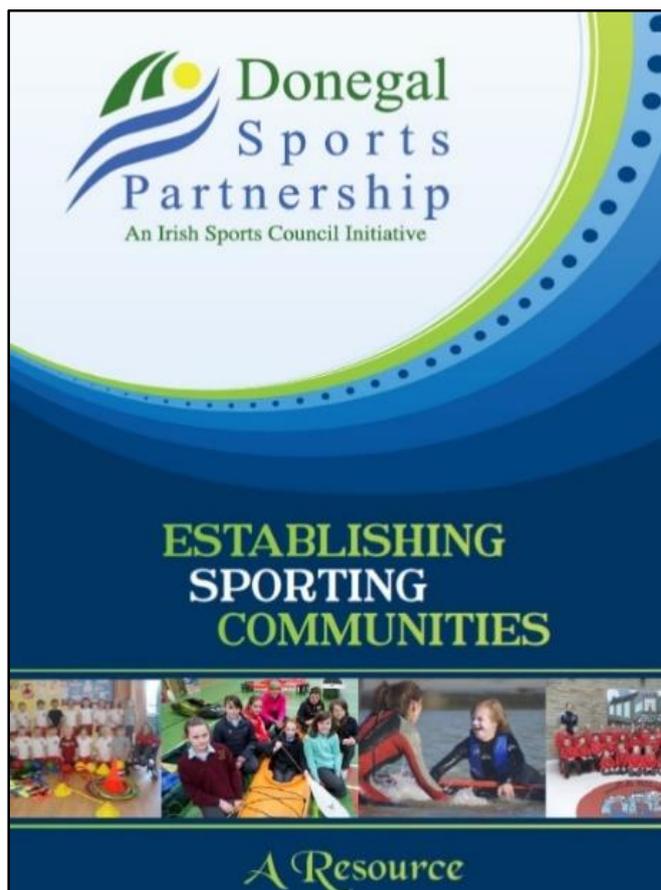


Qualifications

- Level 1 in Sports Leadership - (Duration: 33 hours / Age: 13+)
- Level 1 in Sports Volunteering - (Duration: 28 hours/ Age: 13+)
- Level 1 in Dance Leadership - (Duration: 33 hours/ Age: 13+)

Contact the DSP Office for further information on the Awards & Qualifications:

ESTABLISHING SPORTING COMMUNITIES – A RESOURCE



The sport-for-development ‘movement’ has been identified as an increasingly popular and diverse method of addressing international development objectives through sport. Sport is now widely recognised for its contribution toward improving post-conflict reconciliation and peacebuilding, health awareness, gender equality, poverty reduction and physical/mental health welfare. Donegal Sports Partnership is committed to the contributions that sport can make in supporting community development.

Sport can break down many barriers at grass roots levels, neutralising the many community based issues that currently exist. As a result, this toolkit aims to support clubs and communities to embrace this concept and provides a step-by-step guide on how to use sport to engage and develop communities.

This resource booklet is intended to be used in a practical way, and that clubs and community organisations can apply concepts and theories locally. For those organisations that are well established, they may find certain aspects of the toolkit more useful than others. For new organisations, this booklet should offer a step-by-step guide to good practise in sport and community sport development.

The concepts and theories are enhanced by practical examples of good practise from across Donegal and Northern Ireland.

This resource is available to download FREE from www.activedonegal.com and can be used as a resource to support sporting community development and planning in your club or organisation. A workshop on this resource can be arranged for communities, clubs and groups.

Contact the DSP Office for further details.

Establishing Sporting Communities A Resource	
Duration	2-hours
Numbers	15min / 25max
Cost	€10pp / €100 per group (payment secures booking)
Venue	Contact DSP Office

ESTABLISHING SPORTING COMMUNITIES – PLANNING TOOLKIT

This toolkit represents the culmination of the Community Relations Through Sport programme, delivered between 2011 and 2013 by the Donegal Sports Partnership and funded by the International Fund for Ireland.

The project utilised sport as a way to build community relations at a local level and engaged sports clubs and community organisations from across the North and South of Ireland.

This resource is designed as a practical guide for any sports clubs, community organisations, good relations practitioners, coaches or volunteers to provide advice and guidance relating to the use of sport as a tool to address community relations issues.

The resource provides the tools to deliver a series of five interactive and facilitated sessions on the following core themes:

- *Stereotyping and Prejudice*: Forming opinion on others
- *Cultural and Religious Diversity*: What does it mean to us?
- *Understanding your Community and Identity*
- *Flags and Emblems*: How they influence our society?

Included within this resource booklet are session plans which can be used as a one off session, or combined to form a 5 week community relations through sport initiative. The resource is designed primarily for young people but it is intended as a guide and can be amended and adapted to suit each target group.



Establishing Sporting Communities Planning Tool Kit	
Duration	5 sessions
Numbers	15min / 25max
Cost	€10pp / €100 per group (payment secures booking)
Venue	Contact DSP Office



Donegal Sports Partnership

River Front House,
Pearse Road,
Letterkenny,
Co. Donegal

- Tel: 074 91 16078 / 16079
- Fax: 074 91 16707
- Email: info@activedonegal.com
- Web: www.activedonegal.com • www.letswalkdonegal.com
- www.facebook.com/donegalsportspartnership
- Company Reg. No. 6378628M