

BARTON & DISTRICT



Athletics Club

Founded 1951

BADAC06 – Qualifications & Training for BADAC Volunteers

Becoming a Volunteer at Barton & District AC

Barton & District Athletics Club is always looking for volunteers to help train our Junior and Youth Section as well as Run Leaders for the Adult Section. Below is information on the qualifications and training the Club offers volunteers. Where possible qualifications are United Kingdom Athletics (UKA) or England Athletics (EA) recognised qualifications and recorded against each individual's UKA/EA membership.

A - Junior and Youth Section – 8 years to 17 years

Junior and Youth athletics is at the very heart of BADAC and we take great pride in each athlete's achievements regardless of their ability. As a Coaching Team and Club our main objectives are to ensure that each Junior/Youth has fun, builds confidence and has full coaching support as they develop year on year. As a Coaching Team we consider it important that each Junior/Youth athlete develop a knowledge of athletics and they are encouraged to take part in a number of different athletic disciplines across track/field, road running and cross country.

Volunteers help to train our Junior/Youth Section. BADAC take children from 8 years old and they are split by age group into two sections.

- **Juniors – 8 to 10 Years** - The younger children take part in fun games with a view to developing the skills for track and field athletics, i.e. running, jumping and throwing. Younger children should be encouraged to try as broader range of sports as possible. Athletics is often neglected at primary school so this gives children the chance to see if they enjoy these new activities.
- **Youths – 11 to 17 Years** - The older children are put through their paces with more event specific training such as javelin, discus and running events.

Junior/Youth Volunteering - Volunteering to work with the children will entail working alongside qualified Coaches to help deliver training sessions. The emphasis is on enjoyment and adults are there to encourage and support children. BADAC are an inclusive Club so children of all abilities are welcomed and encouraged to participate.

- **Volunteers** (helpers) will need to complete [England Athletics Self-Declaration And Disclosure Form \(V1 March 2022\)](#) for safeguarding purposes. Volunteers assist with qualified Coaches and Coaching Assistants at the Tuesday and Thursday Club sessions.

- Volunteers wishing to become more involved in the coaching side of the Club can take a British Athletics course to become a **Coaching Assistant**. The Coaching Assistant qualification provides prospective coaches with an introduction to coaching athletics via a range of run, jump and throwing skills and activities. It focuses on the introduction the fundamental movement skills that underpins athletics activities. The course duration is two days and will usually be run over one weekend. There is no assessment element. A Coaching Assistant licence will be awarded to successful attendees on completion (and after a DBS check), who have engaged in the tasks and activities throughout the course and demonstrated engagement following any discussions with course staff. BADAC will fund attendance at the course.
- Any volunteer may request to go on the **Coaching Assistant** course, however, there are some pre-criteria for selection.
 - Must have been with the Club for a minimum of 2 years.
 - Must be over 16 years but no upper age limit.
 - Must attend Club Nights (Thursday) regularly (3 out of 4 weeks).
 - Must attend on time (by 6.15pm)
 - Must be enthusiastic and willing to train and coach others.
 - Decision of Lead Coach (Mark Ding) will be final on the recruitment of Coaching Assistants/Coaches.

If volunteers agree to attend the **Coaching Assistant** course there are some requirements that BADAC will have when they become a Coaching Assistant.

1. Upon completing the Coaching Assistant course the member will be given the opportunity to lead a group. Initially this will be with the guidance of another qualified Coach who will help and mentor them as required.
2. Upon qualification Coaching Assistants need to be available for at least 2 years to help BADAC training sessions.

Note: Mark Ding is BADAC's Lead Coach. He has the final authority over all decisions with regards to the Coaching structure.

- For those wishing to go further there is a pathway to becoming a **fully qualified Coach**. Volunteers can choose to become a more General Athletics Coach which encompasses track and field or you could choose to become a more Event Specific Coach such as becoming a Running Coach.
- The Club has a number of UKA Level 2 Coaches, Level 1 Coaches and Assistant Club Coaches.

Whether volunteers are beginning their journey as a volunteer, coach, or an existing coach, there are athletics and running qualifications to suit everyone. Whichever qualification they choose, they will find a friendly and inclusive environment at BADAC where they can learn and progress.

Child Welfare: All the Volunteers are supervised by a Level 2 or above Coach who is Disclosure & Barring Service (DBS) {formerly CRB} checked.

See **BADAC05 – BADAC Welfare Officers / BADAC05B - Club Welfare Officers Poster** for further information on Safeguarding and Child Welfare.

B - Run Leaders – Leaders in Running Fitness – for the Adult Section

BADAC funds the training of all Run Leaders on the England Athletics (EA) Accredited **Leader in Running Fitness (LiRF) Course**. This is a one day course. After the course Run Leaders are required to complete an EA DBS (criminal background / safeguarding checks) and once passed they will then receive the relevant Coaching Licence. All BADAC Run Leaders **must have** this accreditation before they can lead a road running group. Where possible 2 Run Leaders are assigned to each ability group.

Any adult Road Running member may request to go on the LiRF Course, however, there are some pre-criteria for selection.

- Must have been with the Club for a minimum of 2 years.
- Must be over 18 years but no upper age limit.
- Must attend Club Nights (Thursday) regularly (3 out of 4 weeks).
- Must attend on time (by 6.15pm)
- Must be enthusiastic and willing to train and coach others.
- If sufficient Run Leaders for all abilities are currently available, the volunteer will be advised that this is the case and invited to re-apply again in the future.
- Decision of Senior Run Leader (Mark Nettleton) will be final on the recruitment of Run Leaders.

If members agree to attend the LiRF Course there are some requirements that BADAC will have when they become a Run Leader.

1. Upon completing the LiRF Course the member will be given the opportunity to lead a group. Initially this will be with the guidance of another qualified Run Leader who will help and mentor them as required.
2. Their group MAY NOT be the same group that they were currently running in. For example, they may be required to run with extreme beginners or runners that are considerably slower than their current pace.
3. BADAC expect Run Leaders to lead a group twice a month.
4. Upon qualification Run Leaders need to be available for at least 2 years to help as a Run Leader.

Note: Mark Nettleton is BADAC's Senior Run Leader. He has the final authority over all decisions with regards to Run Leaders/Running Groups structure.

C – Stepping Down or Resigning from Club Responsibilities

BADAC understands that Volunteers and Helpers priorities change overtime. However, if BADAC have paid for any Coaching or Run Leaders Qualification, within 2 years of the person step down or resigning from the Club, then recompense is required to safe guard the Club's investments. This will be:

- 100% to be repaid if leaving within the first 6 months;
- 75% to be repaid if leaving within 6 to 12 months;
- 50% to be repaid if leaving within 12 to 18 months.

D – List of Volunteers for Barton & District AC

See ***BADAC06A - BADAC Volunteer List by Roles*** for list of current Coaches, Officials, Run Leaders and Committee Members.