

Section 3: Volunteering

Volunteer Maybe?

If you have a few hours to spare each week / month, then why not use some of your spare time to volunteer at Hillingdon AC?

Many of our club events rely on non-competing members to volunteer. This could be to help:

- Marshal at club held races & events
- with club administration
- officiate at exciting indoor and outdoor athletics competition
- develop ideas for club recruitment and promotion
- develop ideas for club sponsorship
- contribute to the future development of the club
- join one of the club committees

You do not need to be trained or qualified to fulfil most of the voluntary roles (except officiating roles) and instructions and any equipment you may need will be provided.

If you are taking a Community Sports Leaders, Step into Sport or Duke of Edinburgh Award, why not complete your voluntary service at an athletics club?

For further details on how you can volunteer for Hillingdon AC, email info@hillingdonac.co.uk, or contact UK Athletics on 0870 998 6800 or log onto www.ukathletics.net.

To volunteer to help marshal at club held races and events then please contact Maria Hernandez-Humm on m.humm@sky.com. Requests for volunteers are also posted on social media and sent via email to club members.



Become an Official!

If you are aged 14 years and over, these are the courses for you! Regular club officials are entitled to free membership!

Level 1 Assistant Technical Official - By completing this course you could qualify as a UK Athletics Assistant Official.

At the end of the award, you will become familiar with key officiating roles and will be able to assist a qualified official in a number of different roles. You could help out at indoor and outdoor competitions, including your Area Youth Games.

Children in Athletics (CiA) - Completion of a CiA course would mean that you are qualified to lead children from 8-13 years old in various athletic activities using fun indoor athletic equipment

If you are aged 16 or over, you may also be interested in the following courses:

Level 1 Coaching Course - This course acts as an introduction to athletics coaching. Whether it is to coach at an introductory level or to work your way up to coaching performance athletes, the Level 1 coaching course is the stepping-stone for you. Completion of a LI & CiA course will qualify you to coach children aged 8 - 15.

Details of coaching courses, dates and booking form can be found on the UKA website.

<http://www.englandathletics.org/courses.aspx?siteSectionId=33&postCode=Postcode&distance=5®ion=&keyword=&courseType=0001300000030013>

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UK Athletics Coach Qualifications

What does each qualification mean?

Level 1 – Assistant Coach (Qualified to assist Level 2 coaches and above).

Children in Athletics (CIA) – Qualified to lead athletics activities for children using appropriate soft athletics equipment. Age range 8 - 15.

Children in Athletics with Level 1 – Qualified to coach athletic activity for young athletes

Fitness in Running and Walking (FRW) – Qualified to lead safe, recreational fitness sessions.

Level 2 – Qualified to coach athletes in the group of events identified on the UKA pass i.e. SPEED, ENDURANCE, JUMPS or THROWS.

Level 3 – Qualified to coach in the event group(s) in which they have received Performance / Development training, in one or more individual events or one or more groups of events.

Level 4 – Qualified to coach in the event group(s) in which they have received a superior degree of specialist Performance / Development training, in an individual event or group of events. All coaches of Level 2 and above are insured to deliver athletics conditioning work involving running and the use of athletics equipment. UK Athletics recommend that coaches work within the group of events in which they have specialised.

For more information about the above qualifications or to register onto a course, please visit www.ukathletics.net, click on 'get involved' and then coaching.

A responsible athletics coach will follow the UK Athletics code of conduct that includes:

- respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- place the welfare and safety of the athlete above the development of performance
- develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect
- do not exert undue influence to obtain personal benefit or reward
- encourage and guide athletes to accept and take responsibility for their own behaviour and performance and give them as much autonomy as possible
- avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem
- do not spend time alone with a young athlete unless clearly in view of others
- ensure that parents / carers know about and have given prior approval in advance if taking a young athlete away from the usual training venue
- respect the right of young athletes to an independent life outside athletics
- adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete
- at the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what performers are entitled to expect from you
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances
- report any accidental injury, distress or misunderstanding or misinterpretation (using a standard accident report form)
- consistently display high standards of behaviour and appearance.