



# Youth Coaches Peer Support Programme

MORE PEOPLE  
MORE ACTIVE  
MORE OFTEN



# Introduction

Thank you for your interest in the Youth Coaching Peer Support Programme. The aim of the Youth Coaches Peer Support Programme is to support and further develop you as a youth coach through training and programme delivery in order to increase your knowledge and skill sets in safeguarding and welfare.

This will provide you with the tools to support you in responding to difficult conversations or concerns you may have about one of your younger members and have the knowledge and confidence to share this information with the appropriate individuals in your club. The programme also aims to increase your club and its younger member's understanding of what it means to be safe in sport and create a more inclusive, supportive and responsive environment.

## The Aims

- Increase the skills and knowledge of young volunteers within sports clubs across Lincolnshire.
- Develop and empower the Youth Coaches role as an integral part of the club as peer support for their younger members.
- Develop a new generation that understands and appreciates the importance of safeguarding and welfare in sport across Lincolnshire.
- Expand the club's culture that safeguarding and inclusion is everyone's responsibility and not just that of the welfare officer.

# The Programme



## Stage 1



**1**

**Initial Safeguarding Training**

Access to the UK Coaching Safeguarding and Protecting Children for Young Coaches

Enrol onto the UK Coaching – Safeguarding and Protecting Children for Young Coaches course (**fully funded by Active Lincolnshire. Usual cost £44.00**). This course is designed by experts in child welfare, with your safety as a young coach in mind. It includes everything you need to know about safeguarding and child protection, making it an essential part of your coaching journey.

As a young leader or assistant coach, you'll learn how to spot and report any concerns, and who to talk to if you need help. Safeguarding your own welfare is just as important, so we'll also guide you on where to find support. By taking this course, you'll gain the confidence and knowledge to protect both yourself and the children you coach.



## Stage 2

2



**Introduce the  
Be Safe - Have  
Fun Campaign  
to your club**

**Be Safe  
Have Fun**

Introduce the The Be Safe - Have Fun Campaign to your club. The Campaign aims to raise awareness and encourage young people to remain safe in their sport whilst having fun.

Through the dissemination of these awareness-raising materials, we wish to improve general understanding of the topic as well as to mobilise everyone to bring about the necessary changes in attitudes and behaviour.

Within the Be Safe - Have Fun campaign there is a collection of child friendly and accessible posters which are age specific ranging from 5 years up to 18 years. These can be provided to your club to display and use as part of raising awareness and building a positive safe culture within your club.



## Stage 3

3



**Run a Stay Safe  
in Sport Session  
for your young  
members**

Using a pre-written session you will share the importance of staying safe in sport to your young members

**Educate**

As a youth coach and peer, you have a valuable position within your club in order to share and influence its younger members.

Peer learning allows children and young people to learn from each other, which means that everyone is a teacher and everyone is a learner.

You will run a Stay Safe in Sport session for your young members in order to ensure they know what it means to be safe in sport, being aware of and reducing risks and having peer support available.

The 30 minute session will be pre-written so you only have to organise and run the session itself. The Sports Welfare Manager will be on hand to support where necessary.



# Feedback

4



## Feedback

Gather feedback from members and club to understand the impact your delivery has had

Feedback

In order to ensure what you have learnt and shared within your club has had an impact, we will support you to get your young members, coaches and parents to complete a feedback survey.

This will allow you as a Youth Coach to see the positive impact you have had as well as gather any feedback on areas you can improve.

Not only this, but your feedback will be great to use for future applications such as volunteering, college, university or employment.



# The Benefits

## To the Club

Strengthen the club's safeguarding procedures and reduce risk.

Further develop a positive safeguarding and welfare culture throughout the club where safeguarding is everyone's responsibility.

Further incorporate the club's youth coaches within the club offering more responsibility and ownership from young volunteers.

## To the Youth Coach

Obtain accredited qualifications and new skills for CV and college/university/job applications.

Safeguard themselves in their coaching role by having foundation safeguarding knowledge.

Further develop their coaching and leadership skills.

If you would like further information or would like our Sports Welfare Manager to visit your club and introduce the programme? Please contact Richard for an informal call or visit.



[Richard.Belle@ActiveLincolnshire.com](mailto:Richard.Belle@ActiveLincolnshire.com)

## FAQs



### **How old do the youth coaches need to be to enrol onto the programme?**

We recommend an age group between 13-17 years old due to the nature of the content and the recommended age for the UK Coaching course.



### **How long does the programme take?**

The programme can be run alongside you, your club's and youth coaches' schedule, however we recommend the programme take no longer than 2 months to work through to ensure momentum and the most effective impact.



### **How often do the UK Coaching courses run?**

UK Coaching usually run 3-4 courses a month, so there is opportunities for the youths to book onto one that works for them.



### **How much does the programme cost?**

There is absolutely no cost to you and your club to run the programme. Due to Sport England funding Active Lincolnshire are able to fund the cost of the UK Coaching course for those who enrol and for all the relevant resources as part of the programme's delivery.



### **Can we run the programme more than once?**

Yes, absolutely! We recommend no more than 5 youth coaches per programme, so if you feel that it would benefit all of your youth coaches and have more than 5 to enrol, we can run two separate rounds of the programme.



### **What consent do we need to obtain?**

During enrolment the youth coaches and their parents will be required to complete a digital consent form. We also recommend that during the delivery session run by the youth coaches, parents of younger members have the option to opt out of the session.