



Fit to Coach

Training courses for coaches and volunteers

A good coach can change a game

A great coach can change a life

John Wooden



RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING



MORE CHILDREN • MORE ACTIVE • MORE OFTEN



Welcome to Active Schools 'Fit to Coach'

A resource to motivate and inspire you, as you make a difference and create possibilities through your coaching – whatever your sport.

Please note:

- Due to Covid-19 all courses until August 2020 are ONLINE
- Given current government restrictions this is a good opportunity for you to complete the Child Wellbeing and Protection in Sport course, this is an essential Active Schools delivery requirement.

Child Wellbeing and Protection in Sport (CWPS)

<https://sportscotland.org.uk/training/>

- ✓ A relatively new course which has replaced the previous Safeguarding and Protecting Children workshop.
- ✓ Suitable for all coaches and volunteers working directly with children and young people.
- ✓ Many other courses available on the sportscotland website

Mental Health Awareness for Sport and Physical Activity

<https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>

- ✓ FREE until 31 August 2020 (usually £18).
- ✓ Gain the confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of your sessions.

Sportscotland App

[Downloaded from App Store or Google Play – search 'sportscotland'](#)

- ✓ Offers a range of resources for coaches, with videos and podcasts covering topics such as multi skills, physical literacy, psychology, and combined skills.
- ✓ You'll also receive notifications of CPD opportunities, news stories and other useful information.

The next Fit to Coach is released in **August 2020**
for courses in September '20 - June '21)



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