



Club support update

Coronavirus – Update 3, April 2020

We hope this update finds you and your families well. In our third update we are highlighting several examples of good practice from athletics clubs across Scotland and have summarised various useful resources for clubs, coaches, volunteers, and athletes. Again, we have supplied links where possible to cut down on the text in this document. Feel free to share this update with all your members, parents, coaches, and officials.

We recognise that there are many more great examples within many clubs – please keep sharing your ideas and we will share as many as we can via updates and social media.

Please remember it is important to continue following the latest guidance from **scottishathletics** and the Scottish Government.

Club Development

Club Development - For clubs this is potentially a good opportunity to review your club development practices, policies and procedures. Our website support section is available [here](#). In particular, we remind you of our four-tiered [National Club Framework](#) and [ClubServe](#). The online ClubServe platform contains club reviews, club development resources and templates, and a series of training modules on a variety of subjects.

Financial planning and resilience – We have provided two club development updates with relevant information on club business and finance – [update one](#) and [update two](#).

Business Gateway have developed a hub of information which includes resources, free webinars and pre-recorded tutorials - [details here](#)

Club Development Examples during lockdown

We are seeing many great examples of how clubs are continuing to engage with their membership and operate normal club business during lockdown. Below we have highlighted a few examples:

- **Garscube Harriers** have continued with their [Board Meetings](#) and have organised a virtual [quiz night](#) for members.





- **Aberdeen AAC** have recently profiled the postcode of their current membership to identify where members come from and how representative the club is of its local community. They have also used [twitter](#) regularly to interact and keep in touch with members.
- **Inverness Harriers AAC** committee have been contacting members and officials that live alone to have a conversation and offer support.
- **Red Star AC** have created regular catch ups on training plans, virtual challenges and future plans [details here](#).

Social Media and Digital Communication with Young People - New and updated guidance and recommendations for coaches, clubs and athletes has been issued by Scottish Athletics [details here](#).

License Renewal - Reminder that Coaches and Officials can [renew licences](#) during this period.

Club safeguarding survey

The Standards for Child Wellbeing and Protection in Sport were developed in Scotland to help sports clubs and organisations keep children and young people safe in sport.

Currently the standards apply only to Sport Governing Bodies, and whilst **scottishathletics** are fully compliant with them, we recognise the benefits of the standards and the associated criteria for improving practice at club level.

We are now considering how best to support clubs to implement the standards and to help us with this we have developed an [online survey](#) to see what clubs are currently doing in respect of child wellbeing & protection.

Details have been sent to Welfare Officers with Club survey link here:

<https://forms.gle/epsS3vVvMZgizfhq5> You can contact our welfare team for advice about completing the survey on: welfare@scottishathletics.org.uk.

Coaches

Athletics Hub - Coaches and leaders can now access a coaching resource library through the **Athletics Hub** platform with [full details here](#)

Athletics 365 - **scottishathletics** have announced that all licensed Coaching Assistants, Coach in Running Fitness and Athletics Coaches (pre-September 2018) will be given access to the **Athletics 365XL** resource **FREE** for 12 months. This will support coaches with a training resource tool which can be adapted into virtual coaching sessions with [full details here](#)



scottishathletics are delivering our **Coaching Conversations** video series with extended interviews with Laura Muir and Beth Dobbin. These are also ideal for athletes and parents [Details here](#)

Athletes

jogscotland have produced a new programme – Learn to Run or Walk for Fitness - [details here](#)

scottishathletics have a new [athletics@home](#) section on our website with various activities.

British Athletics have produced a series of inspirational athletics at home updates featuring International Athletes with several Scottish athlete's making an appearance:

[Part One](#)

[Part Two](#)

[Part Three](#)

World Athletics have launched Athletics@ Home with four themes: Kids, Active, Rewind and Unwind - [details here](#)

Athletics Weekly have a special coronavirus section on their website with various [features and articles](#)

Sportshall Athletics - have a new home pentathlon that can be accessed [here](#)

sportengland have provided a comprehensive guide of indoor and outdoor generic activities via their [Stay in Work Out](#) Campaign

Club Examples of Athlete Engagement during lockdown

We are seeing many great examples of clubs liaising with their members. Below we have highlighted a few examples:

- **Team East Lothian AC** have been utilising [Instagram](#) with TEL TV.
- **Pitreavie AAC** continue to deliver twice weekly live sessions via [facebook live](#)
These are made available every Tuesday and Thursday evenings.
- **Inverclyde AC** have been engaging athletes via facebook and [twitter](#) with online coaching sessions utilising Athletics 365 and fun challenges.
- **Bellahouston Road Runners** are promoting [lockdown workouts](#) via Zoom three times every week to their members.





Events

Scottish Athletics have produced guidance and key steps for organisers of a virtual event. Details available at this [Link](#)

We will also continue to promote virtual competition opportunities. The latest one *go the distance* for your club in a 15-Minute Challenge is open to Under 13 athletes and above - [Details here](#)

Nutrition, Wellbeing and Mental Health

Our partners at the **sportscotland** Institute of Sport have produced excellent resources providing advice on nutrition and wellbeing - [Link](#) and SAMH have launched a mental health hub with useful tips and resources - [Link](#)

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