



National Club Support Guide



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Introduction

Welcome to the National Club Guide...

As we seek to **improve the support available** to athletics clubs in Scotland this updated version for 2025/2026 reflects the key programmes vital for the overall development of the sport.

Once again, the simple vision still holds true; **we want to continue to increase the numbers of people participating in our sport and improve the performance of those with the talent and aptitude to do so.**

As such, the support to and the subsequent development of athletics clubs is essential to the expansion of athletics in Scotland. They remain the cornerstone of development and the most effective long-term method of delivery for the sport and as such, must be a focal point for the governing body.

This Guide should provide a clear understanding of the services and support that is available to athletics clubs and an overview of the development opportunities available to athletics clubs in Scotland.

The Club Guide is split into the following sections;

- **Section One** - Support & Resources for Club Development
- **Section Two** - Support & Resources for Coaches
- **Section Three** - Support & Resources for Technical Officials
- **Section Four** - Resources / Programmes to Support Talented Athletes & Coaches
- **Section Five** - Development Team Contacts

Section One

Support & Resources for Club Development

National Club Manager direct support to clubs

There are three full-time National Club Managers (NCM) covering the whole of Scotland. **You can find all their details on our Development Team contacts page.**

Their role is to:

- Provide advice and guidance to the general club community as appropriate
- Ensure resources for clubs and coaches reflect best practice and are accessible
- Support the development of Club Together clubs
- Implement the club business development programme support into identified clubs
- Commission suitable approved business services/experts to support clubs at appropriate time
- Promote Coach and Officials development opportunities including Coach Education, Regional Development Days, Officials Education and any other relevant CPD opportunities.

Add in, further information on the support clubs can receive can be found [here](#).



Support & Resources for Club Development

‘Club Together’ Partnership Project - Investment into staff in clubs

The Club Together partnership project is a key part of the **scottishathletics** National Club Development Programme.

It is a simple scheme which involves the club, **scottishathletics** and local partners jointly investing to fund and employ, normally a part-time Club Together project post/s, to help the club develop and improve. Ultimately the aim is to increase participation and improve athlete performances within clubs, however, the aims of each post are determined by the needs of each individual club.

There is an annual Club Together Gathering for officers, club leaders and is open to any clubs who are interested in joining the programme or finding out more information.

Further information on Club Together can be found [here](#): **Club Together**

Club Leaders Academy

scottishathletics is committed to ensuring that staff and volunteers are supported to run clubs as effectively as possible. We believe that investing in people is critical to support clubs on their journey and to help them face the future confidently. As such, we have developed a yearlong Club Management Programme for leaders within clubs in Scotland.

This innovative course, is delivered in partnership with a range of external organisations such as Club Development Consultancy and Eiger Performance and will help club leaders develop a broader understanding of business within a club context, develop their skills as leaders and will provide a strong emphasis on practice-based learning.

Further information on the Club Leaders Academy can be found here: [Club Leaders' Academy - Scottish Athletics](#)



Club Education Programme

Throughout the year the Development Team deliver a range of webinars and provide 1-2-1 to support clubs and club leaders with support from external organisations:

- AAB People: Deliver webinars and support clubs relating to employment of staff
- BDO: Support Clubs to set up and claim Gift Aid
- Club Development Consultancy: Support clubs changing legal status, asset transfer and any areas around governance
- SAMH – Support with Mental Health

Webinars will vary from year to year but topics such as Workforce and Volunteering – Recruitment and Retention, Developing your club as a small business, Mental Health and Wellbeing, The basic needs of an affiliated club, Facilities, Communication, Funding for athletics clubs and Equality.

Club Committee Role Specific Training

Club Committee Role Specific Training is a suite of resources for the key committee positions that will help club volunteers to better understand the role they are undertaking. These resources will also support clubs to recruit volunteers into key office bearing roles, and help to alleviate any anxiety they may have about the skills, duties, and expectations of each role. Further details available here:

[club committee role specific training](#)

National Club Conference

The **scottishathletics** annual conference offers a variety of sessions covering key topics for leaders ranging from governance and management to finance, workforce recruitment and development, working with underrepresented groups and communication. Amongst the presenters are leaders from groups across the country who are invited to share their real-life case studies. This is an excellent opportunity to network with athletics clubs, jog groups, **scottishathletics** staff and other key partners.

More information on the conference, including previous presentations, can be found here:

[National Club Conference - Scottish Athletics](#)



National Facility Strategy

scottishathletics, alongside our core partners, have updated the National Facility Strategy in 2022.

The Strategy for athletics which provides clear direction and guidance to local authorities and private

organisations on priorities for athletics facility developments in Scotland. The plan covers facilities from local grassroots opportunities through to performance level.

The strategy can be found here: [Facilities - Scottish Athletics](#)

Young Volunteer Certificates - Free

scottishathletics offer certificates of recognition for volunteers in clubs based on the number of hours they have delivered within the club environment. Certificates are available for 30 hours (Bronze), 50 hours (Silver) and 100 hours (Gold).

For more information please visit the website: [Volunteering - Scottish Athletics](#) or contact your NCM.

Welfare & Safeguarding

scottishathletics, in partnership with UK Athletics, Children First, and Disclosure Scotland have developed a number of resources that will ensure a safe environment for all people involved in our sport.

These resources, which can be found on our website, have been created to help clubs and

individuals develop their knowledge of child and adult safeguarding including; UK Athletics and Home Country Safeguarding Policies, Procedures and regulations and the **scottishathletics** safer recruitment guidance. Information, resources and PVG Scheme guidance* can be found on the website: [Safeguarding - Scottish Athletics](#)

For further information and support please contact: welfare@scottishathletics.org.uk, for all PVG related enquiries, please contact: pvg@scottishathletics.org.uk

* Please note that as of 1 April 2026 it is now a legal requirement for anyone in a regulated role to have a PVG check in place prior to being deployed.

Clubs Participation Partnership Projects – Let’s Go, jogscotland and Disability Projects

scottishathletics NCMs will work with local clubs, Local Authorities/Leisure Trusts and Local Athletics Partnerships (LAPs) to develop greater partnership working between athletics clubs, local organisations and national partner projects. Projects focus on increasing participation, volunteer opportunities and the improved impacts of athletics clubs in their local communities.

Target areas include existing projects such as **jogscotland**, and disability projects where there are clear opportunities to work more closely together for the betterment of the sport.

NCMs will work closely with clubs to initiate and support proposed developments where appropriate.

Let's Go – Run, Push, Jump Throw

scottishathletics have developed a fun and inclusive app-based programme for children under 12 which gives athletics leaders and coaches, tools and resources to manage their run, push, jump, throw programme, and to deliver high quality, consistent and fun athletics sessions.

Our app has...

- Over 80 individual game-based activities and drills, with step-by-step instructions on how to deliver, adapt, and progress your sessions.
- emplate 6-week session plans allowing you to get started straight away, while you familiarise yourself with the app.
- A session and event scheduling tool, to manage and coordinate your programme effectively.
- And a communication platform to share session content and support your run, push, jump, throw leaders and coaches.

There is a booking platform which allows you to promote your run, push, jump, throw sessions, take bookings and payments. All sessions will be available on a national session finder, advertising your programme to anyone looking for athletics sessions in their local area.

Inclusive Athletics Workshop - Free

This workshop is for coaches and volunteers interested in increasing their knowledge of working with athletes with a disability, and how to integrate athletes into coaching sessions. The course will be delivered with a mixture of practical and classroom sessions, and will show by changing the space, equipment or speed of an activity, how easily adapted athletics can be for everyone.

Menopause Friendly Clubs

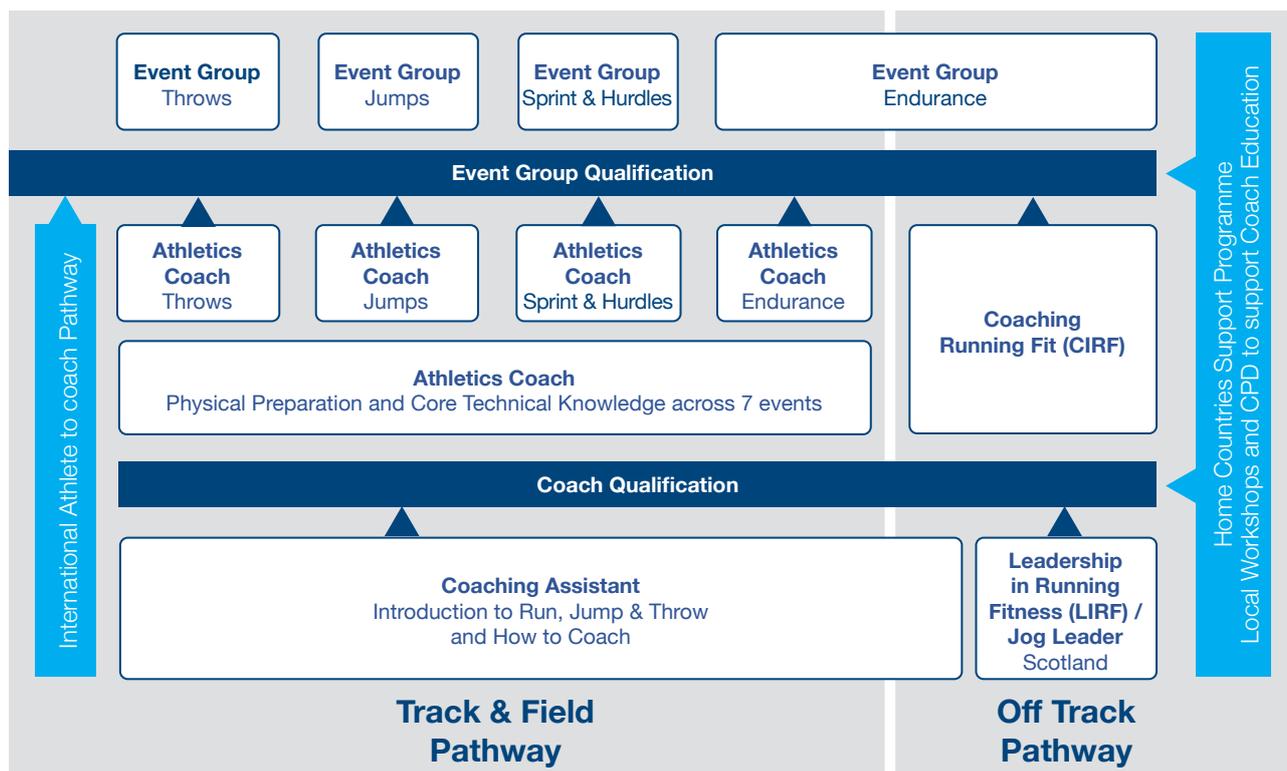
Working alongside **jogscotland**, clubs are encouraged to become menopause friendly and have access to a series of menopause webinars series.



Section Two Support & Resources for Coaches

Coach/Leader Qualifications – There are a number of formal qualifications on offer. Finding the right qualification will depend on who is being led/coached and if they are focussing on track and field or off-track endurance events.

Qualifications Pathway



Track and Field:	Off track:
Coaching Assistant	Leadership in Running Fitness Qualification (LiRF)
Athletics Coach	Coach in Running Fitness (CiRF) Event Group Coach
Event Group Coach	

Further information on each individual qualification can be found by clicking the links above and in the 'Qualifications Defined' document on the following page: [Important Information for Leaders and Coaches](#)

Additional useful information such as alternative routes into qualifications i.e. Recognition of Prior Learning (RPL) and Athlete to Coach, along with course dates can be found on the qualifications page of our website.

CPD Opportunities

Let's Go Workshop (Introductory Course, not a formal qualification)

The LET'S GO Leaders Workshop is a fun, practical, and engaging 3-hour training course designed to introduce young people and new volunteers to the fundamentals of leading athletics sessions through the Run, Push, Jump, Throw.

Open to club volunteers and school pupils aged 14+, this workshop is a fantastic stepping stone for anyone interested in supporting athletics delivery, whether in clubs, schools, or community settings. It's perfect for enhancing existing leadership programmes or sparking new pathways into volunteering and coaching.



Regional Development Days

The Regional Development Days form one part of the Event Group Projects and are aimed at coaches, with any level of qualification, working with athletes in the U15 & U17 Age Groups who are looking to build their skills, knowledge and confidence.

The Regional Development Days are delivered in the following areas:

- Throws
- Jumps
- Sprints and Hurdles

Web link for Regional Development Days, including information on cost and booking details: [Regional Development Days \(RDD\) - Scottish Athletics](#)

Additional Coach Development opportunities are listed on the pages on the website: <https://www.scottishathletics.org.uk/coaches/coach-cpd/>



Section Three

Support & Resources for Technical Officials

Without officials, athletes would not be able to compete in competitions. **Scottishathletics** offer a number of course for Track and Field and Endurance qualifications. Information on the Officials pathway for Track and Field is found here: [TF-Pathway-2024.pdf \(scottishathletics.org.uk\)](#) and for the **Officials Endurance pathway: Endurance-Pathway-2024.pdf (scottishathletics.org.uk)**

There is an opportunity for clubs to have official's qualifications delivered at the club, if there is enough demand. Further information on becoming an Official, Officials Education and Officials Tool Kit is available [here](#)

Section Four

Resources/ Programmes to Support Talented Athletes & Coaches

The **scottish**athletics Performance Team provides support to athletes and their coaches as they progress through the performance pathway including the Para pathway, helping them to maximise their potential in our sport.

The National Performance Plan will provide a clearly structured and resourced programme of support to athletes and their coaches through a tiered approach;

Athletics Trust Scotland National National Academy

Under 18 on entry into the Academy, athletes with potential to meet the outcomes of the National Academy Programme

Performance Foundations

Performance Foundations programme is the next stage in the performance pathway, following on from the ATS National Athletics Academy.

Performance Podium

U20 to Senior athletes on a UKA Programme / on the pathway towards outcomes of the performance programme

For more information on performance pathway programmes can be found here:

Performance - Scottish Athletics or contact relevant individual from the Performance Team.

Section Five – Contacts

If you are looking for support or further information on any topic within this Club Support Guide, email: development@scottishathletics.org.uk or a list of all staff contact details can be found **here**





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