



BUNGAY BLACK DOG RUNNING CLUB

England Athletics 2657740
SCAA affiliated

Role Description – Coaching Assistant

Introduction

Volunteer coaches are an important and valued part of **Bungay Black Dog RC**. This document outlines both what you can expect from the club as a Coaching Assistant and what the club hopes for from you. If you have any further questions, please contact any member of the coaching team.

As a volunteer Coaching Assistant you can expect the following:

- BBDRC will cover the cost of the Coaching Assistant course. The course is 2 days and usually run over a weekend. There is no examination requirement. The course will provide you with the necessary information and skills to work with a more experienced coach in delivering sessions.
- You will always work under the supervision of one of the club's senior coaches (L2 or equivalent). You will receive a detailed session plan for each session you coach.
- You will need to complete a DBS application. As a volunteer, this is free of charge and can be applied for on-line. You will need this and your coaching licence which is issued on satisfactory completion of the DBS, before you can join the coaching team.
- You will also need to attend an approved Safeguarding and Protecting Children course before you are allowed to coach. This is a pre-requisite for all coaches and coaching assistants regardless of which groups they coach. The certificate is valid for three years and may be renewed using the on-line course facility. Course fees are covered by the club.
- BBDRC will provide you with the following items: polo shirt, hoody, stopwatch and whistle. You will also be provided with a foil blanket and first aid kit. When operating away from BARC you should have these together with a fully-charged mobile phone in case of any accident. Remember, in an emergency you should dial 999.
- Once qualified as a Coaching Assistant you will be required to join the rota.
- It is hard to quantify frequency of sessions, but you will be expected to take a minimum of 3 sessions

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<http://www.bungayblackdogrunningclub.co.uk/>

Club Captain: Tom Pullinger
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per month.

- BBDRRC tries to offer a degree of flexibility on the rota. If you are unable to cover your session, it is your responsibility to arrange cover with one of your coaching colleagues. In practice, arranging a swap is the easiest & fairest way of doing this.
- BBDRRC hopes that you will take both junior and adult sessions. The club does not enforce this, so please talk to the coaching team if you have any concerns about this.
- Once qualified, further training courses are available to you. As a Coaching Assistant the club strongly recommends you take the First Aid in Sport (3 hour course).
- BBDRRC recognises that joining the coaching team may well have an impact on your own personal training plan. However, we hope that the opportunities for personal development and the new skills you acquire through coaching will offset this.
- In addition to the session and other ad hoc support available from the coaching team, you will have access to the coaching committee via the Coaching Assistant representative. The committee welcomes fresh ideas and constructive suggestions for improvements.

If you are interested in taking this further, why not come along to a couple of our club sessions as an observer.

November 2016

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