Saturday 9th March Welsh Athletics Run, Jump & Throw Coaching Certificate:

*At Swansea University indoor track I will be delivering a Welsh Athletics Run, Jump & Throw Coaching **Certificate** for any parents that would consider helping the coaches in their clubs. The course will run from 10am to 1pm and is £15. It will cover the fundamentals of warm ups, cool downs and if time allows the basics of all events (Endurance, Speed, Hurdles, Relays, Shot, Discus, Hammer, Javelin, Pole Vault, Long Jump, Triple Jump & High Jump). If you know of any parents who are willing and available to attend please contact me and I will send you a booking form.*

All coaches, officials, parent helpers and anyone thinking of helping the club in a volunteer role where contact with children is likely to take place then this course is a must.

Monday 18th March Safeguarding and Protecting Course @ Carmarthen Leisure Centre SA31 3NQ:

These courses are written by the NSPCC and are designed to support Club Welfare Officers, Coaches, Officials and Team Managers who are highly recommended and encouraged to attend.

'Safeguarding and Protecting Children' is a three hour workshop, provided free for Club Welfare Officers, Coaches Officials and Team Managers. The course is aimed at increasing the awareness of safeguarding and protecting children and to help coaches, officials and team managers recognize the signs of abuse and poor practice, and deal sensitively and effectively with issues that arise. It also prompts a review of practice to ensure that sport provides an enriching experience for children, and that your behavior is always above reproach.

Duration 6:30pm - 9:00pm, teas and coffee available from 6:15pm *Places will be accepted on a first come first served basis, and a maximum of **20 places** are available on each course. Applications should be made to Welsh Athletics on 02920 644870 or email: coacheducation@welshathletics.org These courses are renewable every 3 years, please check your certificates if you need to re-attend.*