**Sport & Physical Activity Sector Support**

**Online Courses, Resources and Webinars**

**Safeguarding and Protecting Children**

UK Coaching are holding regular Safeguarding & Protecting Children Courses Online, This Online Classroom will raise your awareness of the tell-tale signs of abuse and give you the tools and confidence you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career. £30 per coach.

See the latest dates here: <https://www.ukcoaching.org/courses/workshops/safeguarding-protecting-children-online-classroom>

**Duty to Care Toolkit and Digital Badge -FREE**

This toolkit will equip coaches with the knowledge and skills to provide great coaching experiences to others, as well as support coaches to begin to better look after themselves.

The Duty to Care Toolkit is a series of Knowledge Checks and coach learning resources set across the five distinct pillars that represent the Duty to Care ethos: Safeguarding, Inclusion, Diversity, Well-being and Mental Health.

Complete the five free Knowledge Checks to earn our Duty to Care Digital Badge. <https://www.ukcoaching.org/duty-to-care>

**Sudden Cardiac Arrest eLearning - FREE**

This free life-saving eLearning course is packed with immersive and scenario-based learning, practical information and tips to help you respond quickly and appropriately to a sudden cardiac arrest.

Book Here: <https://www.ukcoaching.org/courses/elearning-courses/sudden-cardiac-arrest>

**Mental Health Awareness for Sport and Physical Activity+**

* **GET IN TOUCH WITH ACTIVE ESSEX FOR YOUR FREE DISCOUNT CODE**

Complete this newly enhanced course to gain the confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of your sessions.

The four modules will increase your knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

* build people’s resilience, self-esteem and confidence
* adapt your sessions to make them more inclusive
* enable and support mental health recovery, and
* tackle stigma and discrimination.

Book Here: <https://www.ukcoaching.org/courses/elearning-courses/mental-health-awareness-for-sport-plus>

**Safeguarding Adults in Sport and Activity Training**

Safeguarding adults is a responsibility for every sport and physical activity organisation. Getting this right will ensure a wider participation in sport or physical activity and ensure safe access for everyone.

Ann Craft Trust’s Safeguarding Adults at Risk in Sport and Activity courses are designed to cover the essentials for safeguarding adults at risk at all levels in your organisation.

Book Here: <https://www.anncrafttrust.org/safeguarding-adults-training/sport-activity/>

**Webinars**

**Racism and safeguarding in sport Webinar**

In this recorded webinar, Ineke Houtenbos, Senior Consultant for the NSPCC, talks to us about the experiences of Black, Asian and Ethnic Minorities athletes and the issue of racism in sport.

Ineke looks at terminology, the different types of discrimination that can take place against Black, Asian, and Ethnic Minorities individuals and the steps sports clubs and organisations can take to be inclusive and prevent racism in their setting. Find Out More Here: <https://thecpsu.org.uk/resource-library/webinars/bame-groups-and-racism-in-sport/>

**Responding safely to a concern**

This recorded webinar is led by Ann Stuart, an NSPCC associate and independent trainer. Ann explores how we can respond to children and young people expressing concerns and challenges use of the term 'disclosure' to describe these conversations.

She discusses non-directive communication with young people and outlines the key elements of good questioning. Ann also outlines the PEACE Framework (Planning, Engage and Explain, Account, Closure, Evaluation) and explores how it applies to the interviewing of children and young people.

<https://thecpsu.org.uk/resource-library/webinars/responding-safely-to-a-concern/>

**Get in touch in with Active Essex**

If you have any questions or require additional support from our team, please get in contact and we’ll do our best to help. [**https://www.activeessex.org/support-for-sport-and-activity-sector/**](https://www.activeessex.org/support-for-sport-and-activity-sector/)