



'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 2

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HAPPY NEW YEAR!

Welcome to the second issue of 'Everyone Active' a Waterford Sports Partnership publication to keep the sporting community informed about sporting and physical activities in the Waterford area.

"BE COOL WALK TO SCHOOL" -WALKING BUS



On Wednesday, 22nd September 2004 as part of European Car Free Day Waterford Sports Partnership and Abbeyside National School Parents Association came together to organise a Walking Bus to and from Abbeyside National School. A 'Walking Bus' lets a group, or 'bus', of children walk to and from school from their home quickly and safely under the guidance of trained adult supervisors. It is the perfect alternative to the school run in the car and fits in with the aims of European Car Free Day to reduce road traffic congestion and provide safe walking routes. It also provides children with a healthy, educational and environmentally sound way of getting to school. They came in their numbers, pupils donned their florescent bibs and joined their walking buses at their designated bus stops.

This initiative was a huge success with 110 children and 35 volunteers who walked to and from Abbeyside National School along 4 designated routes.

Finbar Keohan, principal of Abbeyside NS. "The walking bus initiative was of great benefit to the children who totally enjoyed the experience"

Schools and parents associations may get further information on the Walking School Initiative by contacting the Waterford Sports Partnership Office at 058-21190

Website - www.waterfordsportspartnership.ie

BUNTÚS TRAINING UPDATE

To date 501 teachers in Waterford have been trained in Buntús in 66 primary schools with the programme reaching 9,414 children. Buntús is a skill based programme which provides young people with a quality, fun and enjoyable introduction to physical education and sport suited to their own level of development.

Sports Specific Buntús Programmes such as the FAI Buntús Programme are also offered to schools trained with the generic Buntús programme. To date 35 schools in Waterford have received the FAI Buntús programme, which was delivered by Darren Murray, FAI Development Officer and supported by Waterford Sports Partnership. The FAI Buntús programme builds on the generic Buntús programme, which aims to introduce Primary School children to the basics of soccer and operates under the same child centered approach and has a similar format in relation to equipment, resource cards and training.

Further training for the Buntús programme, FAI Buntús programme and 'Refresher classes' continues in 2005. For more information contact the Waterford Sports Partnership offices at 051-849855 or 058-21191

email us at info@waterfordsportspartnership.ie.....check out our website www.waterfordsportspartnership.ie

Go for Life... *more older people, more active, more often*

€11,000 for 20 Waterford Older Adult Groups

On December 9th 2004, Minister John O'Donoghue announced €11,000 in Sports Grants for 20 older adult groups in Waterford as part the Go for Life national grant scheme for sport and physical activity for older people which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities. The following Waterford older adults group were successful under the 2004 National Grant Scheme:

Ballyduff Community Council	500
Ballymacarbry Guild ICA	500
Comeragh ARA	500
Dolmen ARA	500
Dungarvan Sports Centre	500
Friends of Assisi House	500
IWA Waterford	500
Kilmacthomas Day Centre Group	500
Kilrossanty Active Retirement Group	500
Knockboy ICA	500
Le Cheile Probus Club, Dungarvan	500
Sacred Heart ARA	500
Slieverue & District ARA	500
Special Olympics Waterford	1000
St Declan's Community Association	500
St Joseph's Hospital	500
Tallow Enterprise Group	500
Tramore & District ARA	500
Waterford ARA	500
Waterford Sports Partnership	1000



The scheme is administered by the Go for Life Steering Committee - the National Programme for Sport and Physical Activity for Older People. Developed by the Irish Sports Council and Age & Opportunity, Go for Life is a broad national programme which aims to involve more older adults in all aspects of physical activity more often - not only participating but also planning and leading.

The National Grant Scheme for Sport and Physical for Older People is advertised annually every autumn and the staff of Waterford Sports Partnership are available to assist clubs and organisations with applications.

ATTENTION !!! CLUB SECRETARIES.....

Please check out our WSP website. If your club has a website address or the club contact has an e-mail address please let us know so that we can create a useful link in our club contacts page. If your club contact details are not listed or need to be updated please contact us.

Rescue Emergency Care –First Aid

Waterford Sports Partnership recently held two Rescue Emergency Care (REC2) First Aid courses in Dungarvan and Waterford City. Michael Treacy REC 5 Tutor and a highly experienced Pre-Hospital Emergency Care Medical Instructor, whose background varies from Helicopter Rescue, Mountain Rescue and Expedition Medic, delivered these courses.

This REC 2 course combines Level 1 and Level 2 Rescue Emergency Care over 2 days and is a nationally recognised First Aid Training Scheme. This course was developed in Scotland, and is becoming more widespread throughout the UK and Ireland.

The course contents includes - Introduction / Vital Signs, Accident Procedure, Unconscious Casualty, Rescue Breathing, CPR, Bleeding / Burns / Shock, Fractures, Eye Injuries, Common Medical Illnesses, Practical Exercises / Scenarios and First Aid Kits.

To date 28 people have been trained in REC2 with further training planned for April 2005.

Check out the calendar on our website for upcoming courses or call the office at 058-21191 or 051-849855 if you are interested in attending the next course.



Adapted Physical Activity Workshop

Waterford Sports Partnership hosted an Adapted Physical Activity workshop attended by teachers from both primary and secondary schools. Pat Flanagan from IT Tralee facilitated an excellent and very informative day.



The aim of this workshop was to improve people's ability to include people with disabilities in all forms of PE, physical activity and sport. The workshop is split into two main parts the first part dealt with general disability awareness, the second part looked at specific inclusive activities and an approach that allows for the best possible experience for the child or adult with a disability.

A practical element was included and participants were encouraged to actively challenge their views on disability and how they teach or coach adults and children with disabilities.

Other comments from our participants...

"I really enjoyed the course as I had previously been apprehensive about teaching PE to children with disabilities... I now feel much more confident."

"Enjoyed the day, made me think about whether I am doing enough for each child in PE lessons."

For more information on this workshop please contact the office at 058-21191 or 051-849855

Calendar of Upcoming Courses

Date	Event	Time	Venue
Thursday mornings	Activity morning for Older Adults	11.30 - 12.45	Dungarvan Sports Centre
Jan 25th 2005	Child Welfare & Protection in Sport	18.00 - 22.00	City Hall, Waterford.
Feb 2nd 2005	Child Welfare & Protection in Sport	18.00-22.00	Civic Offices, Dungarvan,
Feb 8th 2005	PALS—Going Strong	10.00-15.30	Rainbow Hall, Kilmacthomas.
Feb 14th 2005	Child Welfare & Protection in Sport.	18.00-22.00	Civic Offices, Dungarvan.
Feb 15th 2005	PALS—'Stepping & Strolling'	10.00-15.30	Rainbow Hall, Kilmacthomas.
Feb 22nd 2005	PALS—Skills	10.00—15.30	Rainbow Hall, Kilmacthomas.
April 6th 2005	Adapted Physical Activity for Coaches	19.00—22.00	Waterford Crystal Sport & Leisure Centre.
April 7th 2005	Adapted Physical Activity for Schools	9.30-16.00	Waterford Crystal Sport & Leisure Centre.
April 9th & 10th 2005	REC 2 Course	09.30-17.00	Waterford Crystal Sport & Leisure Centre.
April 15th 2005	SAQ—Foundation	16.00- 22.00	T.B.C.

Playground Marking Scheme



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terford Sports Partnership and the South Eastern Health Board have come together to promote playground markings in primary schools. Playground Markings offer children an opportunity to be physically active during their school day and encourage children to take part in active games that can help them to develop physically.

The nature of the games is such that even the least active children can get some enjoyment from playing the games. The aim of Playground Markings is to increase the level of school based physical activity and play as well as increasing the number of children who are active.

How can Waterford Sports Partnership help?

- We can supply your school with a resource booklet 'Playground Markings & Other Traditional Games' which provides information on playground markings such as suitable dimensions, information on the games and adaptations as well as other traditional playground games. We can also give advice on suitable paint and options for putting down the markings in your playground.

- Waterford Sports Partnership in conjunction with the South Eastern Health Board will provide training for teachers and older children demonstrating how to play the playground games and adaptations. The children are encouraged to take ownership of the games and teach younger children in their schools how to play.

For further information please see our website or contact the office at 058-21191 or 051-849855.

Child Welfare & Protection in Sport

Child Welfare and Protection in Sport is the responsibility of all involved in promoting sport for young people. 'The Code of Ethics and Good Practice for Children's Sport' in Ireland is designed to provide guidance for those working with young people in sport. Waterford Sports Partnership offer a basic 4-hour awareness training course on "Child Welfare & Protection in Sport" for leaders within sports clubs /organisations.

The course outlines the type of issues that need to be discussed and addressed to provide the safest and most enjoyable environment for young people and their club/ organisation. As well as undertaking child protection training, all governing bodies of sport and related organisations are encouraged to adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.

For further information please see our website or contact the office at 058-21191 or 051-849855

The Story So Far.....

The Waterford Sports Partnership Strategy 2003-2006 was launched in January 2004. The following is a sample of some of the outcomes since the inception of Waterford Sports Partnership which we hope indicates the availability of better information, increased activity and improved skills for volunteers and leaders in Waterford.....



- **66 schools** are now participating in the **Buntús** programme - 501 teachers have been trained and 9,414 children have benefited from the programme
- **35 of those schools** are also participating in the **FAI Buntús** programme



- Waterford Sports Partnership have facilitated the following **SAQ – Speed, Agility, Quickness** courses – **3 foundation** courses – **92 trained**, **2 Level 1** courses – **50 trained**, **1 Conditioning** course – **24 trained**
- A NCTC seminar on **Fluid & Fuel for Sport** was held with over **90 attendees**
- **Information** is available annually on **Summer Sports Camps** in Waterford encouraging an active Summer
- **Playground markings** – teachers and pupils have been **trained in 6 schools** encouraging more activity in the playground
- **Walking Bus** has been piloted in Abbeyside N.S. 110 children, 35 volunteers promoting physical activity over the use of other means of transport
- A **Workplace Activity Co-ordinator's Pack** has been developed to encourage activity initiatives in the workplace
- **Come & Try It Multi Activity Day** was held with over 20 sports on display with over 600 participants to support opportunities to try out new sports and make links with local clubs.
- The Waterford Sports Partnership **website** was launched in January 2004 containing a database of sports clubs in Waterford, calendar of events and information on activities - **www.waterfordsportspartnership.ie**
- **10 Code of Ethics Child Protection Awareness workshops** have been held with **140 leaders trained** to date keeping adults and young people safe and happy within the club environment
- **25 participants** attended an **Adapted Physical Activity Workshop** to encourage greater physical activity for people with a disability
- A **FAI coaching skills workshop** was held with 28 female participants and 25 coaches of ladies/girls soccer teams attended as observers
- **8 Physical Activity Leader (PALs)** training sessions were held training **40 older adult leaders** who will now promote physical activity within their groups



- **Sports Capital Grants – 5 information workshops** have been held to date and numerous clubs/groups have been assisted with applications ensuing better quality applications from Waterford
- **Go For Life Grants** - Assistance has been given to older adult groups in applying for Go for Life Grants
- **8 people** have been trained as **Sports for All Leaders** to lead physical activity sessions in the community

- **28 people** have been trained in **REC 2 Rescue Emergency Care First Aid** and **84 people** have attended the **Sports First Aid** course
- **Funds for Training & Development and Participation initiatives** were put in place to promote and encourage higher quality coaching and increased participation of low participation groups
- **31 people** were trained on a recent **Athletics Coaching Foundation** course
- **And lots more.....**



PLEASE NOTE:
ALL COURSES ARE SUBSIDISED BY WSP.
COURSES MUST BE BOOKED IN ADVANCE.
PLEASE CHECK OUT THE WEBSITE OR CONTACT
THE OFFICE FOR MORE INFORMATION.



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