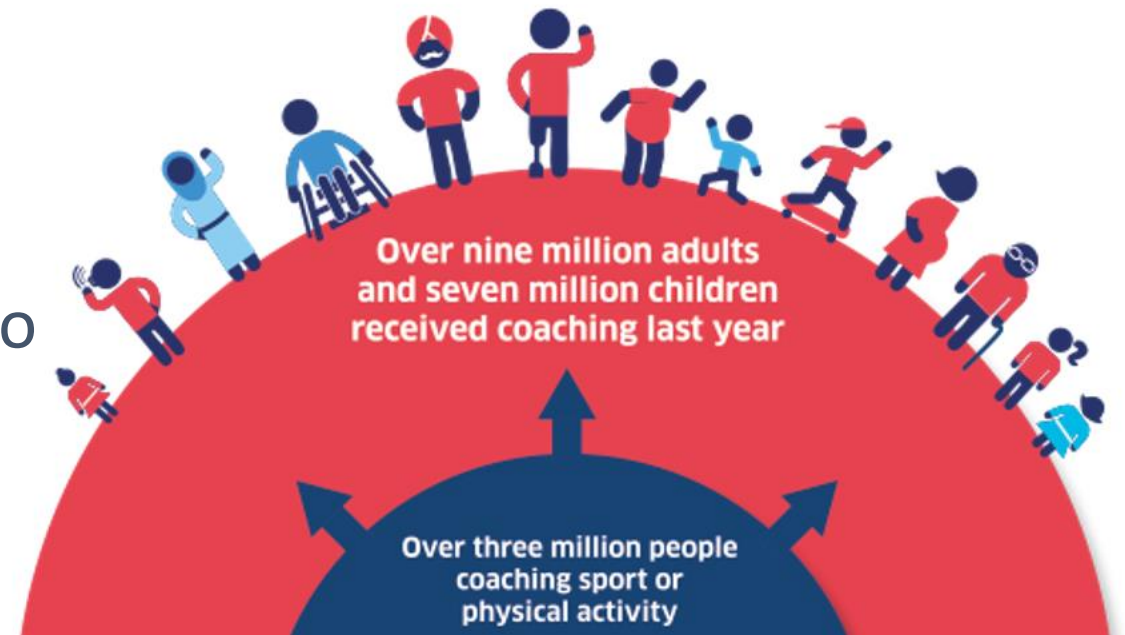


UK Coaching ... formally



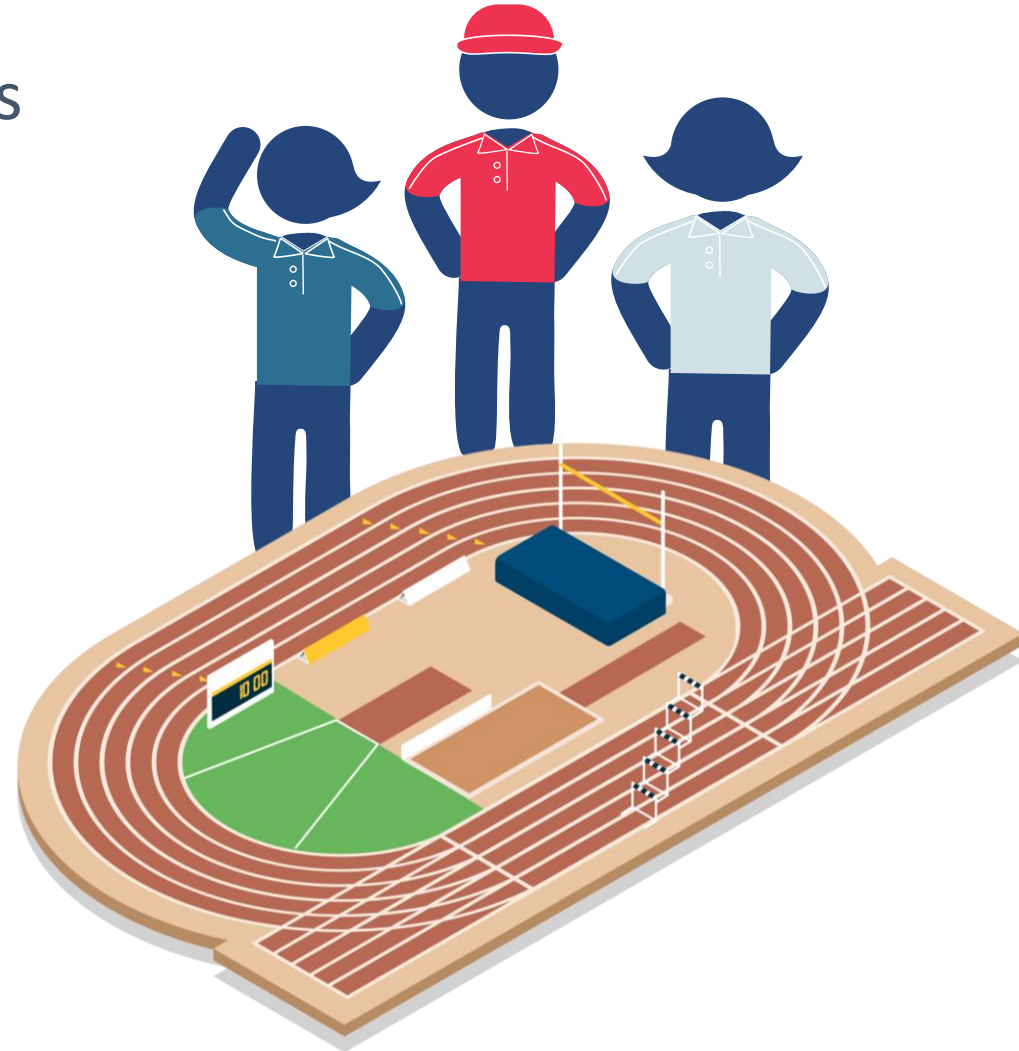
As the lead agency for coaching in the UK, we collaborate with participants, coaches and those who employ, deploy and support coaches across the sport and physical activity sector.

We pool our collective resources to continuously improve coaching experiences, from grass roots through to elite performance level.



UK Coaching's Purpose = Here for the Coach

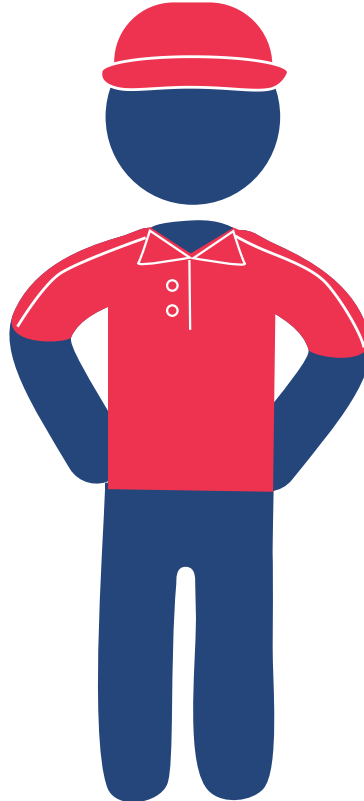
- Our **Vision** is to make our world a healthier and happier place by positioning coaching as part of the solution to society's problems.
- Our fundamental belief remains that **Great Coaching changes lives** because it's about people supporting people to be better tomorrow than they are today.



Why Coaching?

Coaches helps us to:

- Be Active
- Improve
- Connect
- Grow
- Thrive



Its all about PEOPLE

Coaching is defined as helping an individual to enhance their experience of physical activity and sport by providing guidance and support aligned to their individual needs and aspirations.





“The most important element in sport is the **people** involved, whether they are taking part, volunteering, coaching or paid employment...sport relies on putting **people**, their safety, wellbeing and welfare at the centre of what sport does”



Our Response

- Recognised that Coaches have a duty of care to their participants
- Wanted to amplify that this was more than a safeguarding issue
- Addressed the main themes in the Duty of Care Report
- Understood that coaches needed support beyond sports coaching
- Put people's experiences at the heart of everything we do
- Consulted widely with the sector
- Developed a Duty to Care toolkit for coaches



Duty to Care Toolkit and Digital Badge

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.](#)

FIVE PILLARS OF DUTY TO CARE

-  Safeguarding
-  Inclusion
-  Diversity
-  Well-being
-  Mental Health



A close-up photograph of several hands holding small, light-colored wooden figures, possibly representing people or objects being safeguarded.

Safeguarding

[LEARN MORE](#)

A photograph of a group of people in a gym or fitness center, with some individuals having their hands on their shoulders, suggesting a supportive or coaching environment.


Mental Health

[LEARN MORE](#)

A photograph of a diverse group of people of various ages and ethnicities smiling and interacting together, representing diversity.

Diversity

[LEARN MORE](#)

A photograph of three people standing on a golf course, smiling and wearing lanyards, representing well-being.

Well-being

[LEARN MORE](#)

A photograph of people playing basketball in a gym, with one person in a blue jersey with 'Leeds' written on it.

Inclusion

[LEARN MORE](#)

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Safeguarding Knowledge Check

Do you want to enable audio voiceovers? Yes No

[Click here to see accessibility guidance](#)

Start

Question 1

If a child was in immediate danger, who would be your first point of contact?

Select the answer you believe is correct.

NGB Lead Welfare Officer

Club Welfare Officer

Local Children's Services

The Police

Submit



Question 1

If a child was in immediate danger, who would be your first point of contact?

Select the answer you believe is correct.

NGB Lead Welfare Officer

Club Welfare Officer

Local Children's Services

The Police

Submit



Question 4

Which of the following are possible indicators of abuse?

Select the answers you believe are correct.

Sudden changes in behaviour

**A change in behaviour, observed over
a long period of time**

Something a child or adult at risk has said

Sexually explicit language/actions

Submit



Summary

You have now completed the Safeguarding knowledge check.

Your final score was: **100% Pass**

Congratulations you have passed. To enhance your learning in this area please look at the resources below.



[Safeguarding website](#)



[Safeguarding & Protecting Children Workshop](#)



[The 'Four Rs' of Safeguarding Adults](#)

Finish



Safeguarding Tips and Opinion



Safeguarding and Protecting Children in Sport: Then and Now

[View](#)

The Case for Face-to-Face: No Shortcuts to Safeguarding Training

[View](#)

What the Duty of Care in Sport Review means for UK Coaching

[View](#)



@ukcoaching

The Coach who Saved my Life

[View](#)

Combating Sexual Violence in Sport

[View](#)

Creating a Safe Environment for Disabled Participants

[View](#)

Collect all five pillars

When you have completed the learning for each pillar and demonstrated your thorough knowledge of the principles of Duty to Care you will earn our nationally-recognised Digital Badge. [Find out more.](#)



Safeguarding Resources

[VIEW THEM ALL HERE](#)

Courses



Online Classroom

Safeguarding & Protecting Children (Online Classroom): interactive online classroom, delivered via Webex

[Learn More](#)



Workshop

Safeguarding & Protecting Children: Nearly half a million coaches have taken this workshop

[Learn More](#)



Workshop

Keeping Safe in Sport: Safeguarding & Protecting Children 13+

[Learn More](#)



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Five Pillars of Duty to Care: Inclusion

Inclusion is how you tailor delivery to different audiences and how you treat people to keep them involved

UK Coaching has an extensive range of learning solutions around Inclusion.

You can access our resource tips and guides and learn more about our workshops and online learning products around this intrinsic theme of Duty to Care below.

Face-to-Face Courses & Online Learning



Our face-to-face workshops equip coaches with the knowledge and skills to operate confidently and competently so that they can meet the wants, needs and dreams of the people they coach.









Five Pillars of Duty to Care: Well-being

A coach can positively influence the way people think, feel and behave and support them to build their resilience, self-esteem and confidence, which are essential to maintaining and improving psychological and emotional well-being

UK Coaching has an extensive range of learning solutions around Well-being.

You can access our resource tips and guides and learn more about our workshops and online learning products around this intrinsic theme of **Duty to Care** below.



Webinar: Taking Time for Yourself

UK Coaching's Participation Lead Liz Burkinshaw and Coach Developer (Talent) Jenny Coady discuss the importance of prioritising coach well-being as well as participant well-being

[Learn More →](#)

Resilience Series

Resilience & Well-being

We explain what resilience is and why learning emotional agility is important to those working in the coaching sector

PART ONE

Self-Care Strategies

Transferable techniques that can be used to develop resilience in yourself and in the people you work with

PART TWO

Finding Your Stretch Zone

Understanding the difference between healthy stretch and unhealthy strain

PART THREE



Five Pillars of Duty to Care: Diversity

Diversity is who you attract to your session. Organisations, clubs and coaches have an obligation to provide equality of opportunity for those taking part. This precludes discrimination on the basis of race, religion, gender, age, ability or sexual orientation

UK Coaching has an extensive range of learning solutions around Diversity.

You can access our resource tips and guides and learn more about our workshops and online learning products around this intrinsic theme of **Duty to Care** below.

Unconscious Bias Series



Guide

[Insight into the different varieties of unconscious bias](#)



Guide

[Looking at diversity through the lens of unconscious bias](#)



Tips

[Strategies for reducing the impact of unconscious bias](#)

Equity in Your Coaching

At our workshop you can develop strategies and explore ideas on how to adapt your existing skills to ensure that your sessions are welcoming to all

[LEARN MORE](#)

Five Pillars of Duty to Care: Mental Health

Just like physical health, we all have mental health and, just as our bodies can become unwell, so can our minds

UK Coaching has an extensive range of learning solutions around Mental Health.

You can access our resource tips and guides and learn more about our workshops and online learning products around this intrinsic theme of Duty to Care below.



Mind & Public Health England Series

The Big Picture

What is mental health and what are the barriers faced by those living with or recovering from a mental health problem

INFOGRAPHIC

Taking CARE

How the CARE acronym can help you promote good mental health through your coaching

INFOGRAPHIC

Look, Listen, Learn

Helpful framework to follow to ensure you keep people's brains as healthy as their bodies

VIDEO

UK COACHING We're Here for the Coach

OUR AIM FOR 2021 To support ALL COACHES (current and potential) to RECOVER and take the opportunity to REINVENT so that together WE REACH THOSE MOST IN NEED.





We **ALL** have a Duty to Care

www.ukcoaching.org/duty-to-care