

Activ8-2-19



Yst8-2-16

PHYSICAL ACTIVITY  
RECOMMENDATION  
PROGRAMME  
RHAGLEN ARGYMELL  
YMARFER CORFF

Guide for  
Parents



## **What is Activ8-2-16?**

Activ8-2-16 is an exciting initiative, which aims to make a difference to young people's lives through the medium of sport and physical activity.

Activ8-2-16 aims to increase long-term participation in exercise by raising awareness of the benefits of exercise and healthy lifestyles to young people. Young people will be recommended into a physical activity from one of a number of partners such as the following organisations as examples of just a few:

Child and Adolescent Mental Health Service (CAHMS)  
Maelor Children's Centre – Occupational Therapy  
Clinical Psychology  
Dieticians  
Looked after team  
Social Services  
Educational Psychologist

The young person will be recommended for 10 "FREE" sessions of sport or exercise under the supervision of an experienced coach.

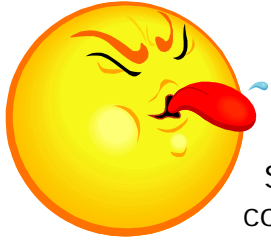


## **What do we want to achieve from Activ8-2-16?**

We would like young people to receive a safe and effective introduction to sport and physical activity and be encouraged to continue to take part beyond the recommendation period. Through the medium of sport and physical activity we would like young people to address lifestyle issues, become more active and more confident in their own abilities.

Our coaches have been specially selected and have received some awareness training from Sports Development and Referral Partners so they are aware of the needs of the young people recommended onto the scheme.

Safety and Welfare of the participant is uppermost in the coaches minds and through the specially designed "diary cards" that will be issued they will assess the suitability of the activity for the child and how they are progressing in achieving their goals.



## Meeting the Coach!

Shortly after receiving the recommendation form we will contact you to arrange an appointment. During this appointment we will discuss what activities are preferred. This is a chance for you and your child to meet with centre staff and hopefully the coach of the activity. During this discussion any queries you have may be answered.

### WHAT WILL BE EXPECTED FROM THE COACH?

Children will be integrated into activities currently provided as part of the current coaching programme. The coach will be informed via the Activ8-2-16 Coordinator of new participants and their needs/reason for recommendation. Lists of responsibilities are as follows:



1. To provide a safe, enjoyable atmosphere for the client to take part in their chosen sport or activity.
2. To keep the Activ8-2-16 Coordinator informed of any difficulties or irregularities in providing activity sessions.
3. To report any accidents to the Leisure Facility that the exercise takes place in and ensure an accident form is completed (and copied to Sports Development Officer)
4. To encourage the young person to continue exercise beyond the recommendation period.



**For Further Details/Queries please contact:**

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