

CCSP Course Information

Code of Ethics & Good Practice for Children's Sport Basic Awareness Course - The Code is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity & fair play, relationships and safety in children's sport. The 4 hour Basic Awareness course was revised by the Irish Sports Council and is now **3 hours in duration**. This change is in response to feedback from participants and tutors attending and delivering the initial course. The revised course will continue to effectively educate participants on the implementation of best practice in protecting the welfare of children involved in sport.

Code of Ethics & Good Practice for Children's Sport Children's Officer Training - This 6 hour workshop is a follow on from the 3 hour Basic Awareness course and expands on the material delivered in the Basic Awareness Course. This information will support the Children's Officer in the implementation of best practice in the club. Participants must have completed the Child protection in Sports - Basic Awareness course prior to attending this workshop.

Buntús Start is a physical activity programme for children between 2-5 years. The programme is available to Childcare Service Providers and is supported and delivered in partnership with Carlow County Childcare Committee.

Sports First Aid - This 8 hour course is designed to ensure you have sufficient knowledge and skill to deal with most injuries or illness which can occur during sport. Course covers the following Accident Procedure; Legal aspects of first aid; Bandages and slings; circulation, wounds, bleeding and shock; burns & poison; choking, Unconsciousness & head injuries; fractures, sprains, strains & dislocation; Heart problems; Defibrillator training; spinal injuries; Medical emergencies such as asthma, epilepsy, diabetes, and a number of childhood conditions.

Defibrillator Training - This training course follows the American Heart Association and Irish Heart Foundation Heartsaver AED programme and includes; Adult & Child CPR; use of a barrier device for adult & child; Contacting the emergency services; use of a defibrillator; Adult and child choking; Infant choking; infant CPR.

Eating Right for Sport - This workshop will cover topics: Training Nutrition Tips; Recovery Nutrition Tips; Visualising Success etc.

Sport Capital Funding Workshop - County Carlow Sports Partnership will run a Sports Capital Grant Workshops in order to assist clubs with their funding applications. The workshop includes a presentation on the main criteria and top tips for a successful application.

Using Facebook to Promote Your Club - This course has been designed to enable clubs to create and manage their own Facebook account which will help with club promotion.

Disability Awareness Training: Is a training course that covers general understanding of disability, barriers to participation of people with a disability in sport, and guidance on inclusion of people with a disability in you Club/activities.

Swim Helper Training (for assisting people with a disability): Will equip candidates with the ability to assist a fully qualified swim teacher during a swimming session. The course is accredited by Swim Ireland.

Sprocket Rocket: Sprocket Rocket is a foundation Cycling Skills Programme which focuses on delivery to youths aged 7 to 11 years old but can actually be delivered to anyone of any age. The SUBWAY® Sprocket Rocket Programme focuses on 4 main skills; Cornering, Pedalling, Braking and Balance.