



SPORT IRELAND

IN ASSOCIATION WITH



County Kildare LEADER PARTNERSHIP



Community Outdoor Leadership Award



ACTIVATE YOUR COMMUNITY NOW AS AN OUTDOOR LEADER



Social Inclusion & Community Activation Programme



KEEP WELL

IN YOUR COMMUNITY



Rialtas na hÉireann
Government of Ireland



Rialtas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

Want to become an activity leader in your community? Then this **FREE** leadership course is for you.

Certified Training provided includes:



Safeguarding



Disability Inclusion



CFR & Defibrillator



Walking Leadership



Covid-19 Awareness



Community Leadership



Mental Health First Aid

**FIRST COURSE
COMMENCING
DECEMBER
2020**



Participation in Physical activity is vital for maintaining good physical, social and mental wellbeing. In the current Covid-19 environment, regular participation in outdoor activity is essential for personal and community wellness.

This programme is designed to provide participants with the knowledge and skills required to confidently and competently organise and lead outdoor initiatives for leisure-based activity groups in their community.

Training will be provided through a blended learning approach. Participants will be required to participate in a range of Online Workshops, Zoom Conference Meetings and Face to Face outdoor sessions (*working strictly within the parameters of the Government's re-opening Ireland Roadmap*).

Walking Leader training will cover the theory and practical aspects of establishing and leading Nordic Pole, Urban, Hill and Trail Trekking.

To compliment the development of the Blueway and Greenway infrastructures in County Kildare, practical walking leader sessions will be held along our Canal Towpath Trails.

Supplementary skills training will be delivered by recognised service providers and participants will receive accredited certification on completion of each supplementary module.

This course aims to help communities and individuals become resilient and keep well during and after the Covid-19 pandemic.

#KEEPWELL



COURSE CONTENT

SAFEGUARDING - This module aims to educate participants on the implementation of best practice in safeguarding the welfare of children involved in sport and physical activity.

CFR & DEFIBRILLATOR - This module offers a nationally Recognised qualification from the Pre-Hospital Emergency Care Council (PHECC). Participants will learn skills that can be used in the workplace, the home, or while working with groups outdoors.

WALKING LEADER - Developed by the Irish Heart Foundation to support its one-day Community Walking Leader course, this online course provides the theory and knowledge required to plan and lead safe, enjoyable walks in the community.

DISABILITY INCLUSION - Designed to build awareness of inclusion for people with disability participating in sport and physical activity. On completion, attendees will receive a CARA Certificate of Completion endorsed by Sport Ireland.

MENTAL HEALTH FIRST AID – This course identifies the signs and symptoms of mental health problems. It also provides a framework for communication and discusses how to advise on appropriate treatments and supports.

COVID-19 AWARENESS – This online e-learning course provides guidelines for safely returning to sport and physical activity. The course offers information on Hygiene, Sanitation, and Social Distancing for exercising safely within National Health guidelines and the National Framework for re-opening Ireland.

COMMUNITY LEADERSHIP - Designed to provide learners with the confidence and competence needed to plan and lead safe, effective, and enjoyable physical activity sessions in the community.

This training programme is brought to you by Kildare Sports Partnership and County Kildare LEADER partnership.

For further information and registration:

Contact – johndoran@countykildarelp.ie

KEEP WELL



Rialtas na hÉireann
Government of Ireland