

What are your current qualifications relevant to sports and volunteering?

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Have you had any previous experience of volunteering? Yes No

If Yes please state

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Do you have any Medical conditions we need to be aware of? Yes No

If Yes please state

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.....

Are you registered Disabled? Yes No

If Yes what is the nature of your disability?

.....
.....

Signed

Date

Please return the Application form to :

Carlisle City Council, Community Services,
Sport and Recreation Section, Civic Centre,
Carlisle. CA3 8QG

Rewards and Benefits

As well as giving something back to your local community and providing a boost to your CV, the many benefits of enrolling on the scheme include:

- pursuing your interest in sport
- developing skills for life such as leadership, communication and teamwork
- gaining National Governing Body and Sports Coach UK Qualifications
- receiving Sports Volunteer Clothing
- and its fun, fulfilling and a good opportunity to make new friends!

Frequently Asked Questions

Where will I volunteer?

Carlisle City Council currently delivers a variety of different schemes, so your volunteering can be as varied as you want it to be. The opportunities are there for YOU to take.

How much does it cost?

Volunteering is FREE - all that is required is your time and dedication. There may be a minimal fee towards some qualifications.

How much time do I need to commit?

This depends on YOU. Most volunteers give up about 1 or 2 hours a week.

Remember the more you put into volunteering, the more you will get out. This is not just about the amount of time you give, but the quality of time that you give.

Do I have to be good at Sport?

NO, often a basic level of skill is needed in the particular sport for you to become a volunteer. Sports volunteers need to be enthusiastic, good communicators and work as part of a team.

Contact Details

For further information on Carlisle City Council's Sport & Physical Activity Volunteer Scheme contact :

Carlisle City Council,
Community Services,
Sport and Recreation Section,
Civic Centre,
Carlisle. CA3 8QG
Tel: 01228 817537



Carlisle City Council Sport & Physical Activity Volunteer Scheme





Carlisle City Council Sport & Physical Activity Volunteer Scheme

Whatever your background - volunteering always has something to offer you.

Everyone has their own reasons for volunteering and Carlisle City Council's Sport and Physical Activity Volunteer Scheme is there to make sure that these expectations are fulfilled.

Why Volunteer with the Sport and Recreation Team?

Experience

Volunteering is an ideal opportunity to gain first hand experience in a sport or physical activity. It also provides a great chance for anyone considering a career in the sport and leisure industry to understand how local authorities work to develop sport.

Qualifications

The Sport & Physical Activity Volunteer Scheme also offers incentives. Volunteers will be rewarded with funded places on a variety of coach education courses; these could include National Governing Body Level 1, National Governing Body Level 2 and Sports Coach UK Awards.

Mentoring and Support

Every volunteer will have a mentor and a personal progress file. This will enable volunteers to be supported on every step of their own development needs.

The Volunteer Process

The process is progressive and could lead to future employment opportunities including paid casual coaching with the Sport & Recreation team or a job within the Sport industry.

Getting started is easy.

Level 1

Level 1 is for the new volunteer with little or no experience of volunteering in a sporting background.

What to expect:

After formal induction volunteers will be issued with a mentor who will work alongside you to develop a programme of work. Completing Level 1 will take up to 20 hours.

Level 2

Level 2 is for people with some experience of volunteering in a sporting environment. They must have completed some Sports Coach UK Courses.

What to expect:

Volunteers in Level 2 will act as an assistant to a sports coach and will carry out some supervised coaching. You will continue to work alongside your mentor. Level 2 will take 20 an additional hours to complete.

Level 3

Level 3 is for the experienced volunteer who has a Level 1 or 2 National Governing Body Qualification.

What to expect:

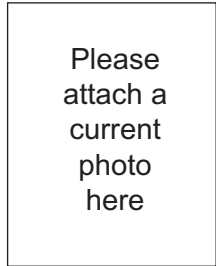
You will gain more responsibility with opportunities to work unsupervised and work as a mentor for level 1 volunteers. Level 3 will take an additional 50 hours.

Complete the application form and enrol with us today!

Volunteer Application Form

Please complete this application form if you are interested in becoming a Volunteer with the Carlisle City Council's Sport and Physical Activity Volunteer Scheme.

Please note applicants must be aged 16 years or over.



Name

Address

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.....

Age email :

Tel No.

Mobile

Are you a Student? Yes No

If Yes, what course are you studying?

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.....

Are you Employed? Yes No

If Yes, is it Full time Part time

How many hours can you volunteer in a week?

Do you hold a current First Aid Certificate? Yes No