Access Sport: Transforming Lives through Sport

Bristol BMX Legacy Programme
Activity Leadership Apprenticeship

Details of the role

**Location:** Based at Access Sport’s Bristol office (Easton Business Centre, Felix Rd, Bristol, BS5 0HE) but predominantly out of office delivering activities in the community, including in schools and at community sports facilities.

**Salary:** £5,460 per annum plus Access Sport’s Activity Leadership Apprentices we be offered training and qualifications worth over one thousand pounds, including but not limited to NGB coaching qualifications (Foundations of Coaching Cycling (Level 1) (£300), Developing your coaching (Level 2) (£485) and Level 2 BMX Coaching Award (£250)). These qualifications will present the Activity Leadership Apprentice with the opportunity to earn income over and above their apprentice wage for sessions that they run outside of their contracted hours. The current rate for a qualified BMX coach is £25 per hour.

**Apprenticeship Framework and Level:** Activity Leadership - Intermediate Level Apprenticeship

**Accountable to:** Bristol BMX Development Manager

**Apprenticeship duration:** 12 months

**Hours:** 30 hours per week, consisting of at least 20 hours delivery work per week. Access Sport’s standard working hours are 9am to 5.30pm but this role may incorporate some evenings and weekends.
About Access Sport

Access Sport CIO is a charity that is dedicated to enhancing the life prospects of disadvantaged young people and those from marginalised groups by providing opportunities to experience and enjoy the power of sport. We do this by building thriving community sports clubs, led by inspirational volunteers, in the most disadvantaged urban areas. These clubs provide life-changing opportunities for local, vulnerable people, whilst creating a lasting, locally-owned community resource. Access Sport’s unique New Model Club methodology has won multiple awards including the national BT Sports Industry Award for Community Programme of the Year 2015.

Why work for Access Sport

Access Sport is an exciting and dynamic place to work. No two days are the same. There are opportunities for our team members to get involved in all aspects of the charity, from the delivery of our programmes on the ground, to fundraising, event management and finance.

We are committed to being a supportive and enjoyable place to work. Our staff development values are fun, flexibility, caring, supportive & nurturing and as an Access Sport employee you will benefit from:

- 25 days (pro-rata) holiday in addition to the usual public holidays and time off between Christmas and New Year when the office is closed
- A healthy living & well-being employer – being part of social events and meeting the charity ambassadors
- Personal training allowance and development support
- Team and personal development away days throughout the year
- Good track record of staff development from university placements to full time employees

Why complete the Activity Leadership Apprenticeship

- Achieve qualifications and vocational training that matches the criteria required by employers within the sports industry.
- Mentoring and experience of working alongside professionals from the industry including Sports Development Officers, experienced sports coaches and personnel from National Governing Bodies.
- Practical experience of working in the industry at sports event, in schools, in clubs and coaching within sports venues.
- An opportunity to meet new people of a similar age, have fun, become a role model and give something back to the community.
- The opportunity to attend exciting events and training throughout the apprenticeship

Bristol BMX Legacy Programme - Activity Leadership Apprenticeship

Building on the strengths of Bristol as a unique and growing cycling city, Access Sport intends to build five community sized BMX tracks in disadvantaged areas of Bristol, each with the ability to sustain a community BMX Club run by local volunteers.

Through the three-year programme starting in 2017 we intend to:

- Create 5 new community BMX tracks
- Train 30 new coaches and recruit and train 30 local volunteers, leaving behind a fully sustainable network of five thriving BMX clubs to ensure thousands more young people continue to enjoy BMX cycling from 2020 onwards.
- Introduce 5,000 disabled and disadvantaged young people across Bristol to BMX cycling
  - 35% to be previously inactive, 10% disabled, 30% female and a BME participation that reflects the community
  - 40% of the participants will complete Bikeability cycle training
- Create Bristol wide community and schools competitions
Access Sport will establish each BMX track and club with all the necessary equipment, recruit new volunteers and train people to become BMX coaches. The resulting facilities will become local hubs, reaching out to engage local schools, community groups and charities to ensure thousands of deprived and disadvantaged local young people can benefit.

The programme has the support of some of the UK’s leading cycling talents, including:

- our greatest ever Olympian, Sir Chris Hoy (see https://www.youtube.com/watch?v=HzjumngZOlQ&t=43s)
- local Bristol downhill mountain bike star Laurie Greenland (see https://www.youtube.com/watch?v=Imrv08OeA3g)

Responsibilities

Based with Access Sport’s team in Bristol, the Bristol BMX Legacy Programme Activity Leadership Apprentice will assist in the delivery of Access Sport’s BMX Legacy Programme in Bristol. This is an exciting opportunity for a sports enthusiast to gain practical experience in sports coaching and development. The role will be based in Bristol with travel across the city.

Duties and Key Responsibilities

- Working on part of Access Sport’s BMX Legacy Programme Programme, assisting the Development Manager and British Cycling Go-Ride Coach to deliver upon a defined set of targets.
- Assist local community club coaches and the British Cycling Go-Ride Coach in delivering BMX cycling sessions to local schools, SEN schools, Pupil Referral Units, local disability groups and at events.
- Take the lead delivering sessions with small groups as directed
- Assist in maintaining health and safety at all times
- Following club development guidelines as described in our Development Manual to support the Development Manager in engaging and empowering local community clubs to effectively engage hard to reach, at risk and disabled young people from disadvantaged areas in Bristol.
- Help to inspire young people to engage in sport and lead healthy active lifestyles.
- Assist in assessing, recording and reporting on participant’s progress and development including collecting registers and uploading participant information online.
- Attend Access Sport team meetings.
- Shadow the BMX Development Manager and Programme Leader at meetings with clubs and other partners of the programme.
- Carry out administrative duties and support the team with reporting.

Experience, Skills & Personal Attributes

Skills & Personal Attributes required

- Be enthusiastic about wanting to work within their chosen coaching area and be committed to the 12 month apprenticeship.
- Possess a passion for empowering and inspiring people to reach their full potential through sport.
- Be organised and able to work effectively in teams and as an individual, always maintaining a professional approach to work.
- Be able to relate well to, motivate, and encourage others being conscious of being a positive role model at all times.
- Have an enthusiastic attitude to life and work.
- Have the ability to make learning and work fun.
- Enthusiasm, energy and willingness to meet challenging demands, work to deadlines and cost limits.
- Self-motivated, able to use initiative and a highly flexible approach to work.
- A personal commitment to Access Sport’s cause.
- Self-disciplined, with excellent attention to detail.
- A strong team player with good inter-personal skills.
BMX LEGACY PROGRAMME

Qualifications Required
- You do not have to have previous experience of coaching the sport as full training and support will be given.

Training to be provided
- Level 2 Certificate in Multi-skilled Activity Leadership
- Key Skill in Application of Number Level 1
- Key Skill in Communication Level 1
- Employee Rights and Responsibilities Workbook (ERR)
- Personal learning and thinking skills

Further training opportunities include
- British Cycling Foundations of Coaching Cycling (Level 1)
- British Cycling Developing your coaching (Level 2)
- British Cycling Level 2 BMX Coaching Award
- Safeguarding and Protecting Children
- First Aid Certificate
- Sports Leaders Training
- Employability Skills (e.g. CV workshops, interview skills)
- Disability awareness workshops (Autism, Deaf friendly, SEN etc…)

Flexibility
In order to work effectively in a changing environment, flexibility is required from the post-holder. Any other tasks that may be requested will be at the same level of responsibility and terms and conditions of employment. The post-holder must be prepared to travel throughout Bristol and the UK when needed, and work varying hours in accordance with the demands of clubs and events, this will include evenings and weekends.

Equal Opportunities
Access Sport is committed to becoming disability confident and an employer of choice irrespective of disability, gender, race, religion or belief, sexual orientation and age. We appreciate the ethical and business case of ensuring that our workforce is representative of wider society. When we are recruiting to the organisation, disabled candidates who meet the essential criteria will be guaranteed an interview.

How to apply
Go to https://lifetime.justapply.uk/116902-activity_leadership_apprenticeship.html to complete your application online.

Application Deadline Date: 17/10/2017
Possible Start Date: 01/11/2017

Successful applicants must be available to attend a 2-day assessment on 16th and 17th October 2017.
Further background information about the role

The number of children and young people engaged in sport in the UK today is in significant decline: since 2012, 365,000 less young people take part in regular sport; long-term lifestyle changes mean that children growing up now are 15% less aerobically fit than they were a generation ago; one third of UK children are now classified as overweight.

All too often it is the poorest communities, where sports facilities are often limited or non-existent, which are most affected. Here, inactivity when young can increasingly be linked to a cycle of poverty and unemployment in later life, as well as anti-social behaviour and crime.

By tackling inactivity in sport at local and grassroots level, Access Sport is working directly to combat rising levels of obesity amongst children and young people while unlocking profound benefits to society as a whole – economically, socially and environmentally.

Why cycling?

Cycling is a unique and strategically important sport because it can be embedded into everyday living and deliver environmental and social improvements to entire communities as well as the obvious health and wellbeing improvements to individual cyclists.

Yet, despite Olympic success and booming participation amongst the middle classes (especially white, middle class males), Sport England statistics show that cycling among young people is been in long-term decline. Increasingly, young people in inner cities do not learn to cycle at all, especially those in lower socio-economic groups.

Why BMX?

For the past six years Access Sport has been delivering a unique BMX programme in deprived communities in London, including the creation of new BMX tracks and provision of bikes and coaching sessions to get young people cycling.

BMX has a very unique appeal and we now have the evidence that it has the ability to get otherwise inactive young people active, even those who are obese and/or have never cycled.

The impact of the programme to date in London has been startling, with over 17,000 young people taking part to date and strong evidence that thousands have gone on to consistent, regular participation in sport and resulting healthier and happier lifestyles. This impact is what we now aim to bring to Bristol.

See https://www.youtube.com/watch?v=2Yp5L2sng8 for a video about the BMX Legacy Programme.