



## SASA Midland District

### Guidance for Young Volunteers

#### **How do I get started and what can I do as a young volunteer?**

First things first. Boast about everything you have achieved. Include your volunteering achievements on your job or University applications. It all counts!

**The Duke of Edinburgh's Awards Scheme** (find out more at <https://www.dofe.org/do-your-dofe/> )

Use swimming as your skill and find out more below about opportunities for the volunteering section of the Award

#### **Timekeeper.**

The course lasts for 2 hours. You can collect 2.5 hours of volunteering for every Tayside Leagues gala you attend and up to 8 hours for a day at a District competition

#### **STO training**

Don't get stuck with a stopwatch. Once you're 16, why not go on to do Judge 1 training for your silver or Gold award? Most of it is done on poolside and counts towards the award. You can fit it in around your swimming or studies by attending meets you don't usually swim at. Some of our young officials have attended the UK School Games in previous years, and have gone on to officiate at National and International events, including the Rio Paralympics

#### **Team Manager training**

You can help out in your club at competitions and training camps, or in the District Regional Programme (DRP). Experienced Team Managers support athletes at major International events, and start out with the same basic training you will receive.

#### **Poolside Helper**

Once you are 14, this course helps you to understand the basics of coaching and is a good step on the way to starting the UKCC coach qualifications once you are 16. You can collect volunteering credits for any poolside hours you attend with your club as a helper. If you are 16+ and coaching in a Midland Club, we have grants available to help you with the cost of the UKCC Teacher or Coaching awards, which are SQA accredited.

#### **Other ways to get your hard work noticed**

##### **Saltire Awards**

Scottish Government endorsed scheme to help recognise the contributions young volunteers make in Scotland. All the hours you spend volunteering are counted, including your travel. Find out more here <https://saltireawards.org.uk/>

##### **SASA Midland District Young Volunteer Award**

If you have been busy in the last year, why not ask your club to nominate you for Midland District's Young Volunteer Award? This will be presented annually to the young volunteer who has contributed most to the District in the preceding year. And if you do win, don't forget that you can be nominated again the following year if you are continuing to volunteer in Midland District and are still under 26 by the end of the year in which the Midland AGM will be held. Another good way to highlight what you've achieved on that CV or University application.

Once you are a qualified coach or STO, the sky's the limit! You can keep swimming and volunteering for as long as you want. There are pathways to suit everyone, whatever age or stage you are at. If you are interested in becoming a timekeeper, STO, poolside helper or team manager, ask your club when the next course is going to be held