



Sport RCT Case Study

Developing people – the ‘Become a Community Coach’ programme

Since the pandemic we have noticed a lack of workforce across the sports sector. In partnership with the RCT Work and Skills team we facilitated a six-week training course, with the aim of increasing the community coaching workforce in RCT. The training consisted of both theory and practical modules, and was delivered by us, and several internal and external partners. Participants received training and mentoring, as well as an opportunity to progress onto employment.

The course was targeted at individuals with an interest in sport, that were actively seeking employment. We tailored our delivery to suit the needs of the group and incorporated a range of sport specific and essential qualifications which would allow them to coach in community settings.

Seven individuals enrolled on to the coaching programme, with 5 completing the course. As part of the course participants were given the chance to obtain 6 qualifications each. To achieve two of the qualifications our participants were required to complete an online training course and exam. The Communities for Work+ Chromebook scheme allowed us to provide all participants with tablets to complete the qualification.

All participants increased in confidence, and improved skills such as communication, teamwork and leadership. All five individuals that completed

the course were asked to join our casual workforce. Three have joined our Coaching team and two are now members of our Play You Part team. All five of them will play a vital role in helping us to get more people, more active, more often, across Rhondda Cynon Taf. We plan to run the programme again, allowing us to grow our workforce even further.

“Day 1 of the course I was very nervous. I didn’t know anyone, and I was concerned about what people would have thought of me. 6 weeks later and my last session and it has been such an amazing experience and the friends I have made throughout the course has been lovely.”

“Coming on day one I was on edge. I was supposed to come with my sister, but she couldn’t make it, so I had to step outside my comfort zone to come on my own and I am so happy that I did.”

