



SACU Quarterly Activity Report

April – June 2023

Date: 29/06/23

Officials Training

Since the beginning of the year, the SACU have been running Officials training for anyone who has been looking to gain or renew their license. There have been participants from all disciplines who have gained their license just in time for the summer months. We are pleased to say we have trained over 90 officials and counting so far.

We are flexible when it comes to dates/locations, so if you are wanting to get involved in one of our training workshops, please contact adam.paterson@sacu.co.uk.

Coaching Motorcycle Sport Level 2

Our Level 2 Coaching Course is open to anyone who is interested. To give you a bit of insight into the expectations and content of the course please read below.

The course will be split into online sessions followed by some tasks as well as two full days of classroom and practical delivery. The Emergency First Aid at Work qualification is also included within the price and requires 7 hours of classroom time; this can be split or delivered in one go to best suit your needs. An overview of the course has been presented below. The cost of the course is £175, and we are flexible when it comes to start dates/venues. If you are interested, please contact adam.paterson@sacu.co.uk.

Coaching Motorcycle Sport Level 2 Overview

- Coaching Philosophy in Practice
- Your Roles and Responsibilities and Utilising Assistant Coaches
- Reviewing a Risk Assessment and Creating a Safe Environment
- Effective Communication
- Styles of Learning and Coaching Methods (How vs What)
- Methods of Practice
- Coach-Centred Approach vs Rider-Centred Approach
- Breaking Down a Skill
- Creating a Long Term Coaching Plan
- Feedback Models

First Aid Training

Last year, the Development Team delivered the Emergency First Aid at Work (EFAW) qualification to SACU affiliated clubs. Following successful completion of the course, newly qualified EFAW First Aiders can act as First Responders in several situations requiring basic first aid which will help support casualties with minor injuries in addition to those with major conditions until emergency help arrives.

With a minimum requirement of 7 hours teaching time, the EFAW qualification can be split over multiple sessions and designed to suit the group. If you would like to arrange a course for your club or workplace, please contact gillian.sefton@sacu.co.uk

The SACU can also deliver the following First Aid related courses and qualifications:

- Activity First Aid
- Appointed Person
- Basic Life Support (BLS)
- BLS and Safe Use of an AED
- Defibrillation
- First Aid at Work
- Immediate Management of Anaphylaxis
- Oxygen Therapy Administration
- Paediatric Emergency First Aid
- Paediatric First Aid



Get in touch to find out more!

SACU STEM Schools Project

We have recently completed the successful pilot deliveries of our 6 week *STEM School's Project at Quarry Brae Primary School and Linlithgow High School. During the 6 weeks, the SACU and partner organisations such as RUTS, Kingdom Off Road Motorcycle Club, Scottish Motorsport Marshals Club as well as guest speakers Tim Bradshaw and Martin Williamson delivered the programme to 33 primary 7 pupils and 6 mixed age high school pupils. Each week we delivered a different example of STEM workshops and how this relates to further education/employment. From changing tyres, to reading maps, as well as riding the bike itself, we have covered it all!

Thank you to everyone involved in making this a success. We have enjoyed every minute of it and look forward to delivering more in the future. If this is of interest to you and you would like the team to visit your local school, please contact adam.paterson@sacu.co.uk.



*STEM – Science, Technology, Engineering and Maths

WORK EXPERIENCE

On Monday the 22nd of May, the SACU welcomed a 3rd year student from Bathgate Academy into the office for a week of work experience. During the week, we covered a variety of different activities to give the student a crash course in the world of work. On the first day, our Education and Development Officer, Adam Paterson, delivered an onboarding experience including a health and safety briefing, getting to know you activities, planning for the future and treated him to a welcome lunch. On Tuesday, a visit to Knockhill Racing Circuit was arranged to discuss exciting plans for a special 50th anniversary celebration in 2024 – more info coming soon...watch this space! Day 3 saw the development team lead a session on planning and reflecting on the operational delivery of the Strategic Plan. The student learned the importance of anticipating potential outcomes of strategic interventions, preparing for different outcomes, evaluating success, and using results to adapt and plan for the future. Another venue visit was on the cards for day 4; we headed up to Cardenden Motocross Track to visit Kingdom Off Road Motorcycle Club (KORMC). On the Thursday, KORMC were delivering a session to young people aged 12 – 16 who were disengaged from their school curriculum. Nine boys took part in the programme which teaches them basic bike mechanics and how to ride their bikes safely and appropriately. On the final day, we tapped into the student's interests surrounding construction and engineering and carried out research on track safety design with a particular focus on crash barriers and methods used to slow and stop bikes as quickly and safely as possible.

If your school is in the West Lothian Council area and this is something you would be interested in, please sign up via the work placement services at [Gateway Shared Services](#) or get in touch at office@sacu.co.uk

UNIVERSITY OF STIRLING

Following the successful partnership with the University of Stirling in 2022 in which the SACU provided an internship to MSc Sports Management student, Areef Khan, we have once again partnered up to offer a 50-60 hour internship to another MSc student. Yukesh Ramasamy will be working with the SACU over the summer months to put theory into practice and gain some real-life industry experience.



"I am Yukesh Ramasamy, currently pursuing my MSc. Sport management degree at the University of Stirling.

Sport is my passion. I am a professional, national athlete (800m event), have competed in multiple competitions and broken records. I am also a professional motorcycle racer - Road racing and Motocross, have competed as well.

I have also participated in Volleyball tournaments and Badminton tournaments, and I am still continuing that.

I have experience in Fitness training (CrossFit) and have worked as an Assistant coach/manager/ co-ordinator in Roller skating sport.

I have volunteered in many different sports fields.

My goal now is to get into motorsports as a racer/team player. I would like to learn more about the industry of motorsports and how it works. I believe I will be a great fit for SACU clubs. I will do my best for the team and my future.”



MINI MOTO

This year, the SACU welcomed Mini Moto under our wing. The club make use of four different tracks across Scotland including Crail, where Scottish Supermoto are based. So far this year, Mini Moto have raced at Cults and Crail. Over the next few weeks, SACU Track Inspectors will be out assessing Boyndie and Golspie as additional tracks for the club to utilise within their championship racing series. Welcome to the SACU!



ACU BEN FUND

Unfortunately, quite a lot of riders still do not know about the Ben Fund and what exactly its functions are.

The Ben Fund endeavours to assist any **past** and **present** members of any SACU affiliated club, this includes family members and/or dependents who may be suffering financial hardship whatever may have caused the situation.

The Ben Fund is a voluntary donation that each rider can make each time they race. The current donation is 50p per rider per meeting but if you wish to pay more, that is absolutely fine. Sometimes clubs do this on behalf of their riders by donating an amount of the entry fees. Last year (2022) The SACU raised £4,339.00.

Additionally, some clubs carry out their own fundraising by selling badges and send their contributions directly to the ACU. If your club are interested in this, please get in touch with the SACU Office to find out how to get involved.

We (the SACU Office) would encourage you, if you are able, to think about donating when you attended a meeting. If you already do, thank you, this makes a huge difference to those who need it!