



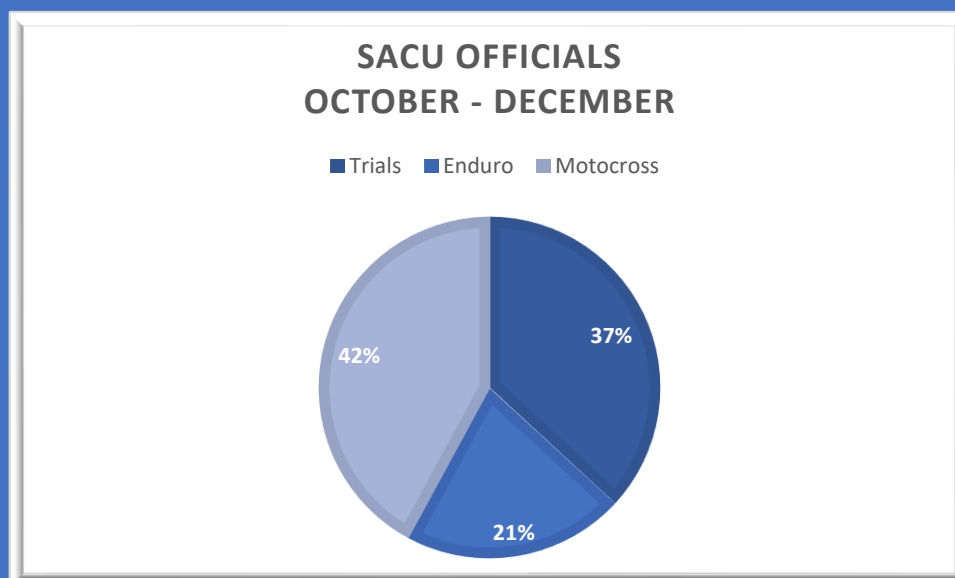
SACU Quarterly Activity Report

October - December 2023

Date: 13/12/23

Officials Training

Between October and December, 19 officials from Trials, Enduro and Motocross have either achieved their SACU Official's License for the first time or renewed their existing ones.



We are pleased to say the total for the year is now 114 across all off-road disciplines. Our off-road officials training is now completed over zoom, and we are flexible when it comes to dates/times so if you would like to get involved in one of our training workshops please contact adam.paterson@sacu.co.uk.

Coaching Motorcycle Sport Level 2

During the month of November, we ran our SACU Coaching Motorcycle Sport (Level 2) qualification with 8 participants. These participants were spread over Trials, Motocross and Enduro. This took place at Cardenden Motocross Track, and we would like to say a big thank you to Kingdom Off Road for allowing us to use their venue for the course.

The course was split into 2 online sessions as well as a full day of practical delivery and a day of First Aid training. The online sessions included content about feedback models, session structure, different types of communication and effective coaching practices. Throughout the course, the participants had to complete various assignments that were aimed at how to plan a coaching session, a coach's roles and responsibilities and the candidate's own coaching style. In addition to these assignments, they also had to complete their Child Wellbeing and Protection in Sport (CWPS) training and Inclusive Practice training. We would also like to say a big thank you to all participants for your time and effort throughout November and congratulations on gaining your qualification!

An overview of the course has been presented below. If you are interested in this coaching qualification then please get in touch.



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

On Sunday the 12th of November, 5 participants successfully completed their Emergency First Aid at Work (EFAW) qualification. Candidates from the two disciplines of Enduro and Motocross took part, with the youngest of our successful first aiders being 16 years old. The course is normally delivered over 1 day but can be split into two separate sessions to suit candidates needs/preferences. The qualification covers a number of subjects such as CPR, safe use of an AED, how to deal with burns, minor injuries, major bleeds and more. Well done to everyone who took part and achieved their EFAW qualification!

EFAW

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



- Paediatric Emergency First Aid
- Paediatric First Aid

Get in touch to find out more!

SACU STEM Schools Project

Before the summer we completed our STEM schools project in 2 local schools. I am pleased to say we are planning on continuing this project in new local authorities as well as revisiting schools we have attended due to the successful delivery of the project. If you know of any schools (High School or Primary) who you think would make a good fit for our STEM in Motorsport Project please get in touch with adam.paterson@sacu.co.uk. See advert and feedback below.

School STEM in Motorsport Programme

Don't take our word for it, see for yourself!

Students

"I liked how it was different every week so noting was repetitive." – Age 11

"I liked that we got to work on bikes." – Age 15

Staff

"The sessions were very engaging and hands on. It allowed the learners to see STEM in a different context and challenge their thinking of jobs within the industry and ways in which they could be involved." – School Teacher

"My class loved the programme and looked forward to it every week!" – Primary 7 Teacher

What's Involved?

- 6 weeks of delivery (1 hour – 1 Hour 30 mins)
- Equipment (Helmets, Bikes, Body Armour etc)
- Fun day on last session (Ride the Bike! Rescue Unit!)
- Guest speakers from the motorsport industry.
- Different organisations that teach STEM skills (Mechanical, Healthy & Safety)

*STEM – Science, Technology, Engineering and Maths

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!

Social Media Campaigns

Throughout the past few months, the SACU has taken part in a number of social media campaigns such as Disability in Sport Week and Men's Health Awareness Month. The information we received and posts we shared were very insightful and helpful. Thank you for everyone who helped share these messages and well done to Scottish Disability Sport on a successful campaign. If you have any information or stories that you would like us to share on our social media pages that relate to specific social media campaigns, then please get in touch with us on Facebook and Instagram and we would be happy to help!

SACU Club Development Day and AGM

Having gained valuable feedback from various club secretaries we have decided to merge this development day with our annual AGM which will be held at Blair Drummond Community Hall in Stirling on the 25th of February 2024. It will take place in the morning before the AGM and will focus on topics that have been suggested by you as well as guest speakers from disability sport etc. to give a bit more information on their area of expertise. This development day is mainly targeted towards club secretaries; however, it is open to all so please feel free to come along and contribute in any way you can.

Please complete this short survey if you or any members of your club wish to attend - <https://www.surveymonkey.com/r/SACU-Club-Development-Session>

UK Anti-Doping (UKAD): Tramadol ban during Competition from 2024

There is now under a month to go until the World Anti-Doping Agency (WADA) 2024 List of Prohibited Substances and Methods in Sports comes into effect. One of the major modifications to the 2024 List is that WADA will prohibit Tramadol in-competition. In response to this change, UKAD has developed a new Therapeutic Use Exemption (TUE) Position Statement that sets out guidance for how athletes and doctors should comply with the changes to the way Tramadol will be regulated in sport. This Position Statement has been uploaded to the special topics page of the Medicine and TUE Hub on UKAD's website - <https://www.ukad.org.uk/special-topics>.

As motorcycle sport athletes are not considered part of the 'National TUE Pool,' the following applies:

Retroactive TUE Procedure

Athletes who are not defined to be within the National TUE Pool for their sport nor are defined to be international level do not need to be in possession of a valid TUE prior to commencing treatment with a prohibited substance or method. However, such athletes should check with their prescribing doctor prior to starting treatment that:

- the need to use the prohibited substance or method is necessary to treat the diagnosed medical condition
- the diagnosis is supported by relevant clinical evidence such as investigations, clinical examinations, and/or test results
- no permitted alternatives exist (the status of other possible treatment options can be assessed using [Global DRO](#)).

Athletes have five working days to make a retroactive TUE application following receiving written notification from UKAD that they have returned an AAF.