



# SACU Quarterly Activity Report

January – March 2024

Date: 04/04/24

## Officials Training

Between January and March, we have delivered Officials Training to one volunteer from Trials, one from Enduro and 27 from Motocross. In total, during this period, we have delivered 9 seminars. A seminar contains information about the roles of each type of Official (e.g. powers/duties), specific scenario work, anti-doping responsibilities, where to access information online and a short quiz. Our officials training is now predominantly delivered over Zoom, and we are flexible when it comes to dates/times. If you would like to get involved in one of our training workshops, please contact [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk).

## Coaching Motorcycle Sport Level 2

In the next few months, we plan on running our Level 2 Coaching in Motorsport Qualification. It does not matter what discipline you are from as the course is designed around you as the coach and the skills required to be an effective leader. A course overview has been given below.

# 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

The course has been split into 2 online sessions as well as a full day of practical delivery and another full day of First Aid training. The online sessions include content about feedback models, session structure, different types of communication and effective coaching practices. Throughout the course you will have to complete multiple assignments that are aimed at how to plan a coaching session, a coach's roles & responsibilities, and your own coaching style. As well as these assignments, you will also be required to complete the Child Wellbeing and Protection in Sport (CWPS) training and Inclusive Practice Training.

If you are interested in this coaching qualification, then please get in touch with [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk) – the cost of the course is £175 and we are flexible when it comes to start dates/venues.

## First Aid Training

During the month of February, SACU EDO, Adam, completed his First Aid Teacher Trainer Course. This weeklong intensive course equipped Adam with the skills to be able to go out and deliver the Emergency First Aid at Work Qualification and many more to our clubs/volunteers as a registered NUCO Trainer. If anyone is interested in completing their First Aid Qualification then please get in touch with [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk) to organise what specific qualification you require, alongside a suitable venue and dates.

## 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 [adam.paterson@sacu.co.uk](mailto:adam.paterson@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

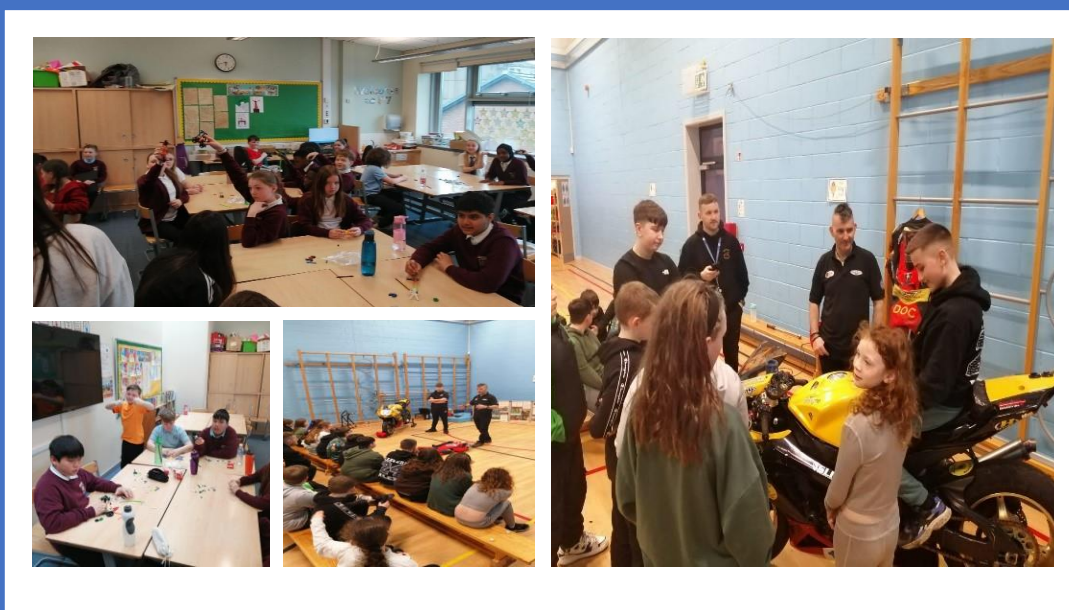


Get in touch to find out more!

## SACU STEM Schools Project

At the beginning of the year, we started to gain interest in our School STEM in Motorsport Programme. On the 14<sup>th</sup> of March, we revisited as Quarry Brae Primary School in Glasgow to deliver a workshop for their School Science Week. We have also begun to deliver in the Dundee area in schools such as Sidlaw View Primary with help from the Hedzup Racing Charity. We have more programmes planned for delivery in various schools in Dundee and will also be heading up to Aberdeen in May.

If you know of any schools that would be interested in this programme, then please get in touch with [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk).



## 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 nothing 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)
- Guest speakers from the motorsport industry.
- Equipment (Helmets, Bikes, Body Armour etc)
- Different organisations that teach STEM skills (Mechanical, Healthy & Safety)
- Fun day on last session (Ride the Bike! Rescue Unit!)

\*STEM – Science, Technology, Engineering and Maths

## Coaching Leaders Programme

During the past year, SACU Education and Development Officer (EDO), Adam Paterson, has been participating in **sportscotland's** Coaching Leaders programme. This programme was specifically designed to deliver a progressive programme of learning and development for Coaching Leaders within partner organisations to increase their expertise and ability to deliver an inclusive system of support and development for coaches.

The programme brought together 18 Coaching Leaders from a range of sports across the four Home Nations (**sportscotland**, Sport England, Sport Wales, and Sport NI) who engaged in a 12-month programme of learning and development. It provided the cohort with the necessary skills and knowledge to fulfil their role as a Coaching Leader as they engaged in four residential events, monthly workshops and webinars, and peer learning events throughout 2023/24. A huge thank you to **sportscotland** for giving Adam the opportunity to be a part of this amazing programme and we look forward to seeing what comes next!



## SACU Club Development Day and AGM

During the morning of Sunday the 25<sup>th</sup> of February, the SACU hosted a Club Secretary Development Day at Blair Drummond Community Hall in Stirling prior to our Annual General Meeting in the afternoon. The session kicked off with Chief Operating Officer (COO), Gillian Jewitt, delivering an update to club representatives about the SACU's Strategic Plan, Operating Plan, and progress against targets. EDO, Adam Paterson, then held an interactive discussion on Officials training and coaching qualifications; specifically, what club representatives would like to gain from them, what value they bring to the sport and the value to the person undertaking the training.

Dave Rhoney from Scottish Disability Sport attended the Club Secretary Development Day and delivered an interactive workshop for our participants on how we can be more aware of disability in motorsport and how we can begin to break down certain barriers to make our sport more accessible. The workshop was extremely insightful and highlighted the importance of communication. The SACU would like to thank Dave for taking time to share his experiences and expertise in such an honest and open manner; it was greatly appreciated!

A huge thank you to everyone that took part in our Club Development Day. The feedback received has been extremely helpful and we look forward to running more of these in the future.



If you have any queries or ideas that relate to the development of the sport, then please get in touch with [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk).

The Annual General Meeting of the SACU was held during the afternoon of Sunday the 25<sup>th</sup> and was reasonably well attended by clubs from across the country. It was decided during the meeting that the SACU will trial a virtual meeting in 2025 in the hope that more clubs are able to attend and play a more active role in the management of company business. At the SACU, we believe it is extremely important that our clubs have a voice and share their ideas with us to enable a more inclusive approach towards the development of our sport.

Following a six-week voting process in the lead up to the AGM, a number of new Directors were appointed to the Board in addition to new members of the Discipline Committees. The SACU Board of Directors for 2024 are as follows:

- Chairperson – Sandy Mack
- Vice Chairperson – Gordon Dingwall
- Vice President – Caroline Thomson
- Vice President – Kirstin Pennycook
- Trials Chairperson – Douglas Paton
- Enduro Chairperson – James Mair
- Motocross Chairperson – Stewart Campbell
- Quads Chairperson – Andrew Wood
- Road Race Chairperson – Jimmy Shanks

For the full list of Discipline Committee members, please contact your club secretary, relevant discipline committee or the SACU Office ([office@sacu.co.uk](mailto:office@sacu.co.uk)).

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

The World Anti-Doping Agency (WADA) 2024 List of Prohibited Substances and Methods in Sports is now live. 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.

## Chief Operating Officer

At the end of April, COO, Gillian Jewitt, will be going off on maternity leave for the remainder of 2024. In partnership with **sportscotland**, the SACU have appointed Neil Park, COO of Scottish Pentathlon, to cover the role on a part time basis during Gillian's absence. To enable an effective transition and handover to take place, Neil will be commencing his position from Wednesday 10<sup>th</sup> April. Clubs will be able to contact Neil through the same channels as they would normally contact Gillian:

- Email – [coo@sacu.co.uk](mailto:coo@sacu.co.uk) or [gillian.sefton@sacu.co.uk](mailto:gillian.sefton@sacu.co.uk) (the latter will divert to the coo account).
- Phone – 07468481757

Neil will take over responsibility for all operational governance and strategic sport development activity.

EDO, Adam Paterson, will take over as Lead Child Wellbeing and Protection in Sport Officer in the interim and will be responsible for all wellbeing and safeguarding related matters. If you have any safeguarding questions or concerns, please contact [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk)

## Protection of Vulnerable Groups (PVG)

PVG refers to the [Protecting Vulnerable Groups \(PVG\) scheme - mygov.scot](https://mygov.scot)

The Protecting Vulnerable Groups (PVG) scheme is managed by Volunteer Services Disclosure Scotland (VSDS). It helps ensure people who are unsuitable to work with children and protected adults cannot do [regulated work](#) with these vulnerable groups.

Under this scheme, all persons carrying out regulated roles (e.g. club coaches, child protection officers etc.) must complete an application form to be checked off as suitable to work with children and vulnerable adults before they are permitted to commence duties. If clubs carry out work like this (e.g. coaching/coached sessions), they must ensure that they have checked all relevant persons as suitable, safe, candidates under the PVG scheme.

Over the past few years, the SACU have been processing PVG checks on behalf of clubs, however the legislation surrounding this process has recently changed. Rather than clubs applying through their Sports Governing Body, they are now required to apply directly through VSDS.

Club Secretaries have been made aware of this and have received all the information required to set this up. If you have any questions regarding any of this, please contact your club secretary directly or email [coo@sacu.co.uk](mailto:coo@sacu.co.uk)