



# SACU Quarterly Activity Report

July - September 2023

Date: 28/9/23

## Officials Training

Since the beginning of the year, the SACU have been running officials training for anyone who has been wanting to gain or renew their license. There have been participants from all disciplines who have achieved their license for the first time as well those who have renewed their expiring ones. We are pleased to say we have trained over 100 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](mailto: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](mailto: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](mailto: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

Before the summer, we delivered our STEM project in 2 schools within 2 separate local authorities. We are pleased to announce that we are planning on continuing this project in new local authorities as well as revisiting schools we have attended due to the successful pilot deliveries. 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](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 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)
- 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

## Work Experience

On Monday 2<sup>nd</sup> October, the SACU will be welcoming a fourth-year pupil from St Margaret's Academy in Livingston into our Office in Uphall for 4 days of work experience. With a keen interest in office work, the pupil will have the opportunity to take part in administrative duties, staff meetings and meetings with external partners such as Children1st and other governing bodies of sport.

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](mailto:office@sacu.co.uk)

## 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!

## Women and Girls in Sport Week

Between the 2<sup>nd</sup> and 8<sup>th</sup> of October, the SACU will be celebrating the upcoming, “Women & Girl’s in Sport” week. We have been reaching out to clubs and riders asking them to share their own motorcycle sport story and have received some great responses!

If you have a story to share about your journey into motorcycle sport and the impact this has had on you, then please get in touch with [adam.paterson@sacu.co.uk](mailto:adam.paterson@sacu.co.uk). We plan on releasing a short story each day, preferably with an action shot of yourself or on the bike or in your high-vis! Send your photos and videos to Adam to get involved. We look forward to celebrating with you all! #SheCanSheWill #ThisGirlCan

## Women’s Sport Leadership Academy (WSLA)

SACU COO, Gillian Sefton, was selected by **sportscotland** to attend WSLA at the University of Chichester. Alongside 5 other participants from Scotland, Gillian attended the Academy to represent motorcycle sport. Here’s what she had to say about her experience:

*“Between Sunday 10<sup>th</sup> and Friday 15<sup>th</sup> September 2023, I attended the Women’s Sport Leadership Academy (WSLA) at the University of Chichester. 32 women in mid-to-senior management positions within the sporting sector from 15 countries across the world attended to take part in unique development opportunities to ‘step up, take the lead and make an impact’.*

*Delivered in partnership by The University of Chichester and ‘Leading Edge’, the three key themes we focused on throughout the week were:*

- *Belonging*
- *Vulnerability*
- *Giving and Receiving Feedback*

Olympic Gold and Bronze medalist, Helen Richardson-Walsh, attended the week as a Leading Edge facilitator and shared her journey to success. Helen taught us the difference between what it means to “fit in” and to “belong” and the importance of being your authentic, vulnerable self.

Guest speakers during the week included Magali Higgins-Casey from Insight who spoke about situational leadership and the importance of setting motivational goals; Katrice Horsley an inspirational storyteller who helps people and organisations to tell their stories and trust their voices; and British rower, Annamarie Phelps CBE OLY, who shared about her experiences within high performance sport competition and holding top-level management positions within British Rowing, the British Olympic Association, and the British Horse Racing Authority.

Having the opportunity to network and share my week with so many strong, intelligent, and inspirational women from across the world has been a life-changing experience. Seeing the great achievements that many have succeeded in whilst overcoming adversity has been nothing short of exceptional. A key focus point throughout the week was that it is not the woman who needs to change, it is the environment. Having had some time to reflect on my experiences over the week, I have recognised the importance of being the change you want to see in the world, and this is what I am committing to.

Thank you to everyone involved in making this happen. I would highly recommend WSLA to all of my female colleagues, allies and the next generation of female leaders setting off on their sporting career path.”



## Club Development Day

Acting upon valuable feedback that we have gathered from club secretaries, we have decided to run a Club Development Day in conjunction with our annual AGM. On the last Sunday in February, the Club Development Day will take place in the morning before the AGM and will focus on topics that have been suggested by you. In addition to this, we will welcome guest speakers, one of whom will be from Scottish Disability Sport to share some information on their area of expertise. The 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. More information and details will be released in the coming months.