

# Minimum Operating Standards

The term Minimum Operating Standard (MOS) for sports coaches has been in use since the introduction of Sport England's Active Sport Programme in the late 1990's. A set of MOS were identified as part of this programme and were issued in the 1st edition of the Active sports Guide in March 2000. Core components were Child Protection, Equity and Disability.

'Minimum Operating Standards' are defined as requirements which apply to all coaches, regardless of their level of qualification or their sport and which are seen as the basic standards a coach needs to meet to be able to carry out their role safely and effectively.

The following are recommended Minimum Operating Standards, which coaches and coach employers should consider.

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## Safeguarding and Protecting Children

This workshop is aimed at any individual who is involved with coaching, leading or assisting within children's activities. It covers topics including good coaching practice, recognising signs of abuse and the correct course of action to take if concerns are raised.

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## Safeguarding and Protecting Children 2: reflecting on practice

*Safeguarding and Protecting Children 2: reflecting on practice* is aimed at coaches and those working with children and young people in sport. The workshop acknowledges and values the experience coaches have gained since the last workshop and builds on the knowledge and insight gained from *Safeguarding and Protecting Children*.

*Safeguarding and Protecting Children 2: reflecting on practice* will:

- reinforce your understanding of safeguarding and child protection
- consolidate your learning from the first workshop through examining practical experience
- reflect upon experience, identifying and sharing good practice
- explore approaches to challenging issues and situations.

Includes:

- real-life case studies
- updates on national legislation and guidance
- recall, self-assessment and reflective learning exercises.

Attendees must have previously attended the first 'Safeguarding and Protecting Children' workshop. The materials have been developed so they can be adapted for those who undertake a range of roles, including officials (eg referees or umpires), teachers, instructors, volunteers or unqualified helpers.

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## **Equity in Your Coaching**

This workshop is aimed at all coaches who wish to ensure that their coaching practices are fair and equitable and to raise coaches awareness as to the barriers that participants may face.

# **Sports Coach UK Workshops**

An Introduction to the FUNdamentals of Movement (MS2)

FUNdamentals of Agility  
FUNdamentals of Balance  
FUNdamentals of Coordination  
Multi Skills Inclusion  
Planning for PHV  
Positive Behaviour Management in Sport  
Planning & Periodisation  
Analysing Your Coaching  
Safeguarding & Protecting Children  
Safeguarding & Protecting Children 2  
Equity in Your Coaching