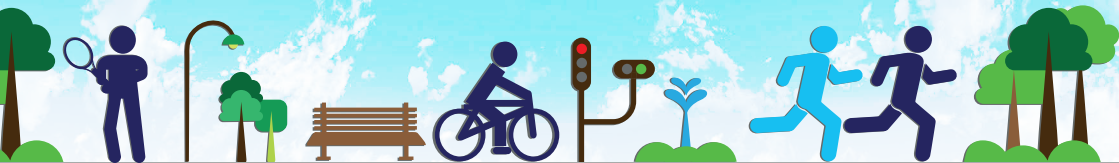




Sport & Recreation

VOLUNTEER

INFORMATION



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Introduction

The city council recognises the immense benefits that volunteers can bring, and the bridges that they build between the council and the local community.

Volunteering in sport is extremely rewarding, and you don't need to be sporty or have previous experience to take part. Anyone can volunteer and it is a great way to:

- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people.** Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community.** Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.



Sport Volunteer Opportunities

Job role	Description
Sport Leaders	To assist the lead coach in delivery of group sport sessions at events, festivals, and/or regular multi-sport activities.
Sport Activator/ Facilitator	To support the lead coach with multi-sport group sessions, with equipment set up/take down, registration, monitoring, scoring, and refereeing.
Walk Run Leaders	To lead a group in an organised run or walk activity or assist the leader with the group throughout the route. To lead this requires the relevant qualification. There are opportunities to become qualified through us if you are interested in leading groups yourself.
Sport Administrators	To join our team in the office with our project work through administration support.
Event Volunteers	There are many sporting events throughout the year that we require volunteers to support. Events such as Cambridge Half Marathon, Big Weekend, Summer sport activities, & Community Ward Festivals.
Specialist Volunteers	To support specialist exercise instructors with group exercise classes for people with a medical condition or disability.
Activity Monitor	To monitor & record usage of sporting activities and equipment on the open spaces in the City, such as table tennis, outdoor gyms, tennis, and run routes.

How do I become a Sport Volunteer?

Application: A person wishing to join the Sport Volunteer scheme must be 18yrs+ and will be asked to complete an application form.

References: Two references are required from people who have known the prospective volunteer for at least 12 months.

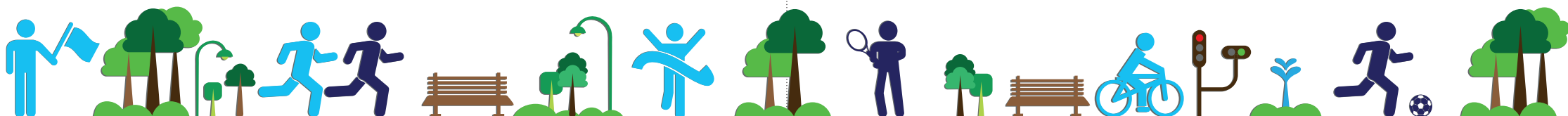
Volunteer Agreement: The volunteer will be invited to enter into a volunteering agreement with the council. This agreement will identify:

- The volunteer's role;
- The training that the volunteer is expected to undertake;
- Health and safety requirements;
- The insurance cover that will be provided for the volunteer;

Training: The council will provide any training required for the role, including health and safety training.

Health & Safety: The council has a responsibility for the health and safety of volunteers. The council will provide volunteers with appropriate guidance on any health and safety issues that arise.

Insurance: The council will ensure that volunteers are covered for insurance purposes in respect of personal injury. The council also holds public liability insurance. The insurance will not cover unauthorised actions or actions outside the volunteering agreement.



Time Credits

You can spend your Time Credits with a diverse range of fantastic partners across the UK who offer everything from swimming to learning a language.

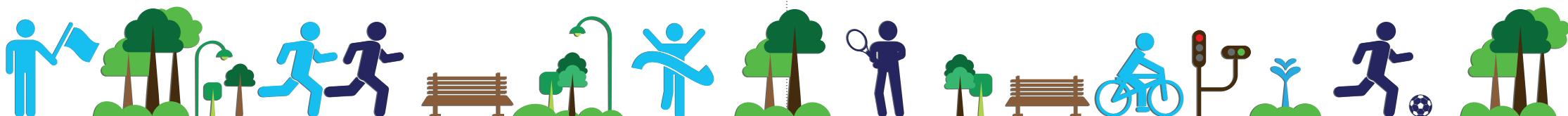
Basically every hour that you volunteer you will earn 1 Time Credit which can be spent throughout the UK.

There are lots of spend opportunities throughout the East of England and locally you can go swimming, to the theatre, the Cambridge Junction, the Light Cinema, group trips and many more. Please visit the link below for more spend opportunities:

www.justaddspice.org



Your Notes

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Useful contacts & links

Sports Volunteer Coordinator:

Jenny Hays

E: jenny.hays@cambridge.gov.uk

T: 01223 458649

For more information about the Sport &
Recreation team please visit:
www.cambridge.gov.uk/sport

