

Limitless Allstars Volunteers/Coaches,

We as Directors are grateful for all the help and support our additional coaches and staff provide.

We have come up with a clear policy regarding volunteer/coaching hours and benefits which we hope you find to be both fair and effective.

Our new policy creates a vested interest for you as Volunteers and Coaches to gain Experience, Leadership and Qualifications.

Benefits:

Limitless Allstars Volunteers and Coaches will receive:

- Complimentary Polo
- Complimentary Event t-shirt when assisting with Events (such as Camps)
- Free entry to Open Gym sessions
- 20% discount off Merchandise
- BGU Level Credentials*/renewal*¹
- Provided food whenever athletes are given food such as Camp Days
- Hands on coaching experience in a professional facility

Qualification (BGU or USASF Credential)	Coaching Experience	Pay Rates	
		Assistant	Lead
None	Less than 1 year	log hours toward credentials	n/a
None	1 year +	log hours toward credentials	n/a
Level 1 & 2	Less than 2 years	log hours towards credentials	log hours towards credentials
Level 1 & 2	2 years +	£5	£8
Level 3 +	Less than 3 years	£5.50	£8.50
Level 3 +	3 years +	£6	£9.50

Assistant – sessions are led by a Lead Coach to whom you will assist

Lead – sessions are led by you, you may have a Volunteer or Assistant Coach with you

Hours Log/Rota:

All Coaching hours going forward will be logged ensuring; Role (Lead/Assistant/Volunteer), Duration, Level, Number of Athletes and Age of Athletes are detailed. This log can then be used to provide you with References, Character References and also Sign-offs for future coaching courses (for those that require a set amount of experience/hours to be signed off by your own

gym). You are required to keep up with logging your own hours and have a director sign off on this once a month. Be sure to separate paid hours from voluntary hours in your log.

Coaches will be assigned to a team/teams and assessed at the end of the season after completing a full season with a team if they have met the requirements for their credentials and an evaluation moving into the next season. Volunteers not assigned to a team and only coaching tumbling must complete their 200 hrs before a qualification is paid for

Responsibilities as a volunteer/coach for a team:

- You must arrive ontime to all sessions with the team
- You must attend all competitions
- You must be willing to attend at least 1 extra session/month for hands on support with a director and evaluation of progress as a coach. This may be a weekend time arranged to go through any needed information and coaching support throughout the season.
- You must be a leader and show good character and integrity. This includes your words and actions online and in person. (Social media rule: If you wouldn't show it to your grandma or a 5 year old, DON'T post it.)
- You must have a current enhanced DBS check.

Volunteers with 0 current credentials: should be logging hours when they are an **Assistant coach or an extra volunteer**. Once the volunteer has reached 200 logged hours/completed an entire season with a team they are eligible for Limitless Allstars to pay for their BGU Level 1 & 2 qualifications. This is not guaranteed and subject to Limitless Allstars to decide if they are willing to invest financially into the volunteers qualifications.

Coaches who hold previous Credentials: are eligible for Limitless Allstars to pay for their next Level BGU credential or their renewal when they have reached 200 voluntary hours/completed an entire season with a team. These hours are counted outside of any paid sessions as a Lead or Assistant coach. The 200 hours are purely Voluntary unpaid sessions you choose to come and help with outside of being a paid Lead or Assistant Coach. You may however choose to forgo payment and count paid sessions towards reaching 200 hrs, but you may not log hours towards your 200 and be paid for the same session.

Please note: If the coach leaves the program within 3 months they will be required to pay back the BGU credential fee.

If for any reason, you as a Volunteer/Coach can no longer attend your scheduled shift as a Lead or Assistant Coach, then it is your responsibility to find appropriate cover. Once cover has been found approval must be sought from a Director.

Classes, Teams, & Camps:

*The number of Assistant and Lead Coaches will be based on the number of athletes.

* All sessions will use the following ratios:

10 or less athletes = 1 Lead Coach & 1 Assistant Coach

11 – 20 Athletes = 1 Lead Coach & 1 Assistant Coach

21 – 30 Athletes = 1 Lead Coach & 2 Assistant Coaches

31 – 40 Athletes = 2 Lead Coaches & 2 Assistant Coaches

Exception: School sessions may be run by 1 Lead coach. All other session should have two coaches present. This is important for health & safety.

Payment will be done through invoices. You are responsible for invoicing Limitless Allstars for your paid work as being self-employed and any taxes due..

Please let us know if you have any feedback or questions.

Thank you

Paige & Scott

Directors of Limitless Allstars

Volunteer Coaches Name: _____

Current Credentials Held: _____

Previous Coaching Experience/Number of Years: _____

Contact Reference of Previous Gym: _____

Signed: _____ Date: _____