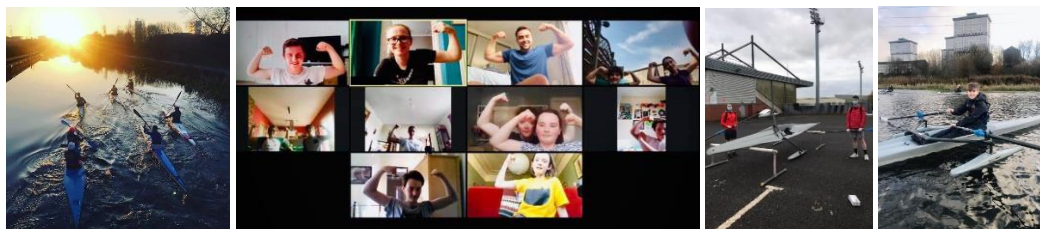


Covid Funding Case Study – Firhill Youth Project & Community Sport Hub

Background

Glasgow Sport was eager to help organisations to sustain themselves and be *Ready to Go Again* when the Scottish Government route map allowed. This fund offering clubs up to £2,000 was specifically targeted at organisations in the sport and physical activity sector who have a role in enabling and supporting the communities of Glasgow to get and stay active. Firhill Youth Project & Community Sport Hub were successfully awarded a total of £1523 to support the Hub through the challenging months they faced as a result of the Pandemic.



What did you expect to do?

The Firhill Youth Project and Community Sports Hub aim is to positively impact the lives of local youth in the North Glasgow by providing safe, sustainable, and fun opportunities to participate and volunteer in a variety of watersport activities based at the Firhill Basin and include, Kayaking and Rowing delivered by Glasgow Kayak Club and Scottish Rowing.

As a result of the Pandemic, the restrictions and closure of our activities has greatly affected the wellbeing and physical activity levels of our young people and we were keen to re-introduce activity to members as soon as we could to ensure the physical, psychological, and social benefits gained through the participation of sport and physical activity were maintained.

We hoped through our Covid funding application we would be able to source funding to help cover essential items like PPE, temperature gun, cleaning materials, additional buoyancy aids, equipment and accessories for all our paddlers and rowers.

The funding would allow us to restart watersport activity at the Basin and enable us to offer and organise as many sessions as possible and would also keep our young people active and engaged. Additionally, this funding would enable the us to adhere to guidance and regulations from the Local Government, Scottish Rowing & the Scottish Canoe Association ensuring we could provide a safe environment for our members, coaches and volunteers to experience and enjoy fun outdoor sport and physical activity.

What we did?

- ❖ Purchased cleaning, hygiene & PPE products to ensure safe environment for young people, coaches, volunteers and parents
- ❖ Purchase additional Buoyancy aids, small pieces of equipment and accessories to allow paddlers and rowers to utilise individually
- ❖ Introduced coaching bubbles for smaller groups
- ❖ Coaches/Volunteers attended Covid Training and assigned Covid Officers
- ❖ Implemented new processes, procedures and amended Risk Assessment around hygiene measures and social distancing adhering to Government guidelines & regulations via Scottish Rowing/Scottish Canoe Association
- ❖ Delivered regular fun Zoom sessions to stay engaged with club members
- ❖ Recruitment campaign attracted 10 new members to Kayaking after 1st Lockdown (Prior to 2nd Lockdown)



What difference we made?

The support and funding we have received from Glasgow Sport has been vital in allowing us to safely resume activity at Firhill. Having the necessary PPE, cleaning materials and equipment, we have been able to continue to provide local young people and volunteers with opportunities to be physically active and gain valuable skills and experience which they may not have had if the club activity and youth project had remained closed following the first lockdown. The funding helped us purchase additional buoyancy aids, rowing gloves and small pieces of equipment, which were previously shared by my members pre-covid. Additional multi-sport equipment was also purchased and included skipping ropes and balls, which allowed us to work on general co-ordination skills and play fun games in Partick Thistle FC concourse/carpark when on the water activity was not possible due to weather conditions.

Our aim was to deliver our sessions as often as possible during our face to face restart plan in a safe environment for as many of our members as possible. Both the rowing and kayaking sessions were restructured, and members divided into sub - groups or smaller coaching bubbles to reduce the contact between individuals at any one time and ensure the safety of all attending. Coaches and Volunteers were identified from both Kayak and Rowing to attend Covid Training and we updated processes and procedures around hygiene and cleaning as well as introducing effective social distancing measures.



Throughout both lockdowns at the Kayak Club our key aim was to ensure that we engaged and stayed in contact with all our members. This was carried out through our coaches delivering daily zoom calls and face to face session when Covid rules allowed. Our zoom calls consisted of live workout sessions, exercise bingo, quiz, games and most importantly allowed our young people experience the opportunity to chat to one another and we were delighted that all our members attended various zoom calls throughout the week. Following the 1st first lockdown and social media recruitment campaign we were able to attract 10 new members to kayaking and the Youth project was able to reach and engage with several additional volunteers who are looking to get involved and support the Rowing activity in the future.



Challenge and Changes or Learning for the future?

Our main challenge which will likely be consistent with most clubs was learning how to adapt to the new changes (i.e. figuring out the best way to approach sessions whilst maintaining correct social distancing) and getting used to the new routine of cleaning equipment on a regular basis. Nonetheless the coaches and volunteers quickly found the best way to work and adapt, and subsequently, the following sessions ran very smoothly and safely in line with all necessary guidance. Perhaps our main challenge presented itself as and when tier 4 restrictions were imposed which resulted in us not being able to utilise the indoor space at Partick Thistle Football Club. With our sport being hugely weather dependant, we are sometimes limited by the weather which usually results in us taking our activity to the indoor concourse which we couldn't do. We adapted these sessions by introducing a local walk and talk session to ensure our young people could remain active and able to experience the social benefits of group activity. This was a positive experience and something we would be looking at doing again in the future if a similar situation should arise. During Lockdown our main challenge was making sure that all our members stayed engaged with the sessions (mainly on zoom), this required our coaches to get creative and design a range of activities which would keep our young people interested. Our zoom sessions attendance stayed extremely high and consistent throughout lockdown and this was due to a variety and consistency of activities available. Overall, with our sport being predominately outdoors we have not faced any major challenges and have found restarting activity to be straight forward thanks to funding from Glasgow Sport to purchase essential supplies and regular support and guidance/regulations issued by Sportscotland, Scottish Canoe Association and Scottish Rowing Governing Body.



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The funding and support we have received from Glasgow Sport has been invaluable in helping us safely restart and sustain our FYP & CSH related activity opportunities for local young people at Firhill, allowing them to continue to enjoy being physically active out on the water in a fun and safe way.

SCOTTISH ROWING / FIRHILL YP @ CSH



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The COVID-19 funding from Glasgow Sport has enabled Glasgow Kayak Club to continue to support our members and local community which enabled us to deliver our sessions as safely as possible.

GLASGOW KAYAK CLUB/
FIRHILL YP @ CSH



Firhill Youth Project and
Community Sports Hub