Overview of Role

The Go Spike Student Activator role aims to increase participation within recreational volleyball. An Activator is not a coaching role but one that facilitates fun drills and games to establish volleyball activity promptly within a session. Activators are targeted to run recreational sessions for individuals who are new to volleyball to encourage them to make volleyball their regular sport of choice.

The role sits outside the formal coaching pathway, but a Level 1 or Level 2 coach can complete the Activator course as a CPD opportunity to deliver Activator sessions.

Skills Needed

You need to be someone who enjoys working with people and playing sport. Knowledge of volleyball is not essential, but an understanding of the rules as listed in the Go Spike Student Activator Award Booklet is vital. You will also need to know how to demonstrate the four volleyball shots as described in the Booklet for participants who have never played volleyball.

The rest of the skills needed are focused around your personal skills and your ability to organise and facilitate volleyball activity/sessions.

What is recreational Volleyball?

- Unstructured
- Non-competitive/Informal competition
- Individuals returning to volleyball
- Adapted versions of the game
- Turn up and play/pay and play
- Anyone can play but inclusive for all
- Players may wish to play informally and not necessarily compete

- Multi-format
- Aimed at beginners
- Simple rules
- Fun and social
Retention

A key aspect is to make the sessions engaging so that participants keep coming back – and they bring their friends with them. A good way to achieve this is to find out at the beginning why people are attending.

- Do they want to play fun games?
- Do they want to learn a new sport and receive technical input?
- Do they want to be competitive?
- Are they looking for something that is sociable?

How to follow up player attendance:

- Take contact details
- Message or email after first session – did they have a good time?
- Message or email to remind them of next session

This will help you to keep them motivated and the sessions fun. It will also help you to know how to progress the group if necessary.

Next Steps and Signposting

After a number of weeks, you may have a group that is working well and adapting challenges and games as they progress. If you need to progress the group further, then these are a number of options:

- Setting up 4v4 Go Spike league
- Enter BUCS or AOC competitions/league
- Enter Volleyball England Student Cups
- Referring them to a local club where they can go to a ‘coached’ session
- Invite a local volleyball coach to carry out a skills session
- Look at taking a step into coaching yourself – would you be interested in taking a Level 1 coaching qualification?

Membership of Volleyball England & Insurance

If you are delivering in your educational institution, you will not require public liability insurance as your institution will have cover. **You need to check that this is the case.** If you deliver outside of your institution, **you will be required to purchase Go Spike insurance at £10.00 through Volleyball England.**

Health & Safety

At the beginning of each Activator session is vital that you complete a visual check to ensure the playing area is clear of all potential hazards and all due care has been taken to ensure a safe playing environment for all.

Safe Recruitment of Activators

Volleyball England’s safeguarding Policy and Protecting Young People has been recently updated on the Volleyball England website [http://www.volleyballengland.org/about_us/safeguarding/policy_and_guidance.](http://www.volleyballengland.org/about_us/safeguarding/policy_and_guidance.) It is advised that all Activators read this document as part of the Award. In due course a summary version will be made available for the Activators as part of their course materials.

If Activators are working with under 18s in ‘regular activity’ they will require a DBS check, further guidelines can be found in the policy referenced above.