



# EHPARP

**Enhancing Health and Physical Activity Rates  
through Pentathlon**



## **GUIDELINES FOR LOCAL ACTIVITIES**







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## The project

Enhancing Health and Physical Activity Rates through Pentathlon (EHPARP) aims at employing Pentathlon as a tool of promoting health-enhancing physical activity among the European youth and adult populations as well as providing dual career opportunities to Athletes in the individual disciplines forming part of Pentathlon practice who will be empowered as Coaches/Trainers in their disciplines and in comprehensive programmes of Pentathlon for an adult and a youth audience.

The project is targeted at the following categories, as both direct and ultimate target groups:

- 1) Young people aged 18-30 not practicing Sport and motivated to approach physical activity and Sport practice through Pentathlon.
- 2) Adults aged 31-55 who are not taking part in Sport and wish to approach Pentathlon as an instrument of physical activity and wellbeing/active ageing.

EHPARP includes the following activities:

- Activity 1 Research and selection of existing Athlete profiles for empowerment as Coaches and Trainers in the context of Pentathlon programmes for young people and adults in all partner countries.
- Activity 2 Production of a Training Format for the empowerment of Pentathlon Coaching/Training profiles by means of a combination of good practice research, identification of needs and inputs by selected Athletes in the context of local workshops.
- Activity 3 Local Piloting of the Format with selected Athletes.
- Activity 4 Round of local workshops of Pentathlon practice with a target of young people and adults in gender-mixed and gender balanced groups. The workshops will take place in each partner country with an audience of 30 young people aged 18-30 and 30 adults aged 31-55 per country.
- Activity 5 Online platform with learning modules and simulations of online exercises for an audience of prospective Coaches and Trainers in Pentathlon, comprised of exercises and simulations. The Platform will be compounded and connected to a specific APP for the measurement of users' performance.

## Introduction

The purpose of these guidelines is to provide a general model for the testing phase of the training formats (implementation of local training course with athletes). In a way to avoid any variance not determined by objective (i.e. external) local/country-specific conditions. They aim to contribute that the testing phase will provide unbiased results.

The manual is aimed at trainers, namely:





- The people who are responsible for the organization and general coordination of the training: the coordinators.
- The people who are responsible for leading and introducing a fresh perspective into the material which deals with the workshop content: the moderator

The training format will be tested in a series of Training Courses at the local level involving a group of Athletes in individual Pentathlon disciplines (5 Athletes per country). The Athletes will be aged 18-30 and interested in developing as Pentathlon Coaches/Trainers in a perspective of Dual Career and promotion of physical as well as mental well being of the youth.

The total duration of the local training courses will be 7 full days of activities.

## 1. Logistic

Since the training is based on the Education Through Sport methodology, meaning sport activities combined with non formal education, the venue used must have indoor facilities, with meeting room including all the necessary material and also outdoor facilities to practice the pentathlon activities.

For the modules that are more theoretical a room with laptops available is necessary in order to carry out the sessions, especially due to the fact that the target group that will be involved in the activities usually do not own a personal laptop or tablet.

An Infopack of the local training course with all the practical information (place, dates, accommodation, food, travel etc.) will be sent to each selected participant by 20 days prior to the local trainings. The Infopack will also contain the identity and general profiles of the Trainers in charge of delivering the programme. Further clarifications, in needed, will be provided to participants in the Preparatory Meeting delivered prior to the local training courses (see below). Constant contact between the participants and the Trainers/Organizers' Team will be ensured through the establishment of a Facebook Group wherein they will all be present together. Communication with participants with no Facebook profile will be ensured through Email, Skype and Whatsapp.

## 2. Risks

Potential risks and related preventing/solving measures

Risk 1: A participant getting hurt during the Education Through Sport sessions.

Preventing measure: the Trainer will explain to participants that the activities are not





based on sport performance and that they should pay attention while playing. Also a first aid kit will be provided.

Solving measure: in case any participant will get hurt there will be a specific staff member appointed to this that will take care if the participant with the first aid kit or bring him to the closest hospital in case of critical situation.

Risk 2: Linguistic barriers.

Preventing measure: during the recruitment process we will gather information regarding the level of linguistic knowledge about Italian, English and other languages spoken by our participants, in order to estimate what will be the more functional language to be used for the training.

Solving measure: ideally the Trainer that will deliver the training will have linguistic knowledge about Italian, English and French. If not possible another staff member with the knowledge related to these languages will support the Trainer in the delivery of the sessions.

Risk 3: Cultural and/or group conflicts.

Preventing measure: after the recruitment process we will have a clear view of all the nationalities represented in the group and we will check in advance if there are any conflicts or hostile behaviours among the countries.

Solving measure: ideally the Trainer that will deliver the training will have cultural mediation skills. If not possible another staff member with linguistic and cultural mediation background will support the Trainer in the delivery of the sessions.

### **3. How to recruit participants**

The training will be promoted to local networks of sport club dealing with the disciplines, universities, federations, schools, sports schools etc.

Selection will be open to all Athletes in individual Sport disciplines forming part of Pentathlon established at the level (geographical proximity is advised by the local nature of the ensuing Training). Athletes will have to be aged 18-30, with demonstrated experience in their own discipline (at least 2 years of experience) as well as currently practising it at the amateur level. Motivation to develop profiles of Pentathlon Coaches/Trainers is required as well as motivation to promote physical and mental wellbeing of young people and adults as multipliers through local activities. Attendance to all project activities is compulsory, whereas in consideration the local nature of the training no minimum requirements of proficiency in English are expected.

Selection will be given adequate visibility through release on all the online digital channels of the partners (Websites, Social Media Pages etc.) local facilities (sport





schools, sport clubs, universities etc.). An application form will be available alongside the call to be filled out with participants' experience and motivation.

Selection will be transparent and non-discriminatory, with gender balance requirements fully complied with to the extent to which the odd composition of the national groups (5 persons per country) makes it possible. The team of Trainers in charge of delivery will fully comply with gender balance.

Preparation of participants will entail both the material (i.e. logistics, insurance, accommodation etc.) and the theoretical aspects of the local trainings:

#### **4. Theoretical/Methodological preparation.**

Specific preparation on the methodological dimension of the trainings will be provided to participants in a Preparatory Meeting each partner will implement in its own facilities within 10 days prior to the initiation of the local trainings. The Preparatory meetings will last 1 full day, integrating the presentation of the programme and of the latter's methodology, the implementation of Ice Breaking activities to foster mutual knowledge within the group and a Q&A session to answer all requests for further information/clarifications the participants might still have.

#### **5. Training Sessions**

The main sessions integrated in the Training Course will be the following:

- Teambuilding sessions
- Introduction to the Training Format
- Introduction to the single disciplines forming part of Pentathlon and to their combination as the discipline of Pentathlon
- Presenting the physical and psychological benefits of Pentathlon in relation with the needs of a youth and of an adult target
- Presentation of research results: Best practice profiles of Pentathlon Athletes, Extant skills of Athletes in Pentathlon disciplines, development needs of Athletes for the acquisition of Coaches/Trainers profiles in Pentathlon.
- Introducing skills and competences characterizing Pentathlon Coaches/Trainers profiles tailored to the needs and profiles of Athletes.
- Theoretical sessions on individual skills and competences forming part of Coaches/Trainers profiles in Pentathlon.
- Experiential learning sessions covering individual skills and competences of profiles.
- Theoretical sessions and practical workshops on training methodologies in Pentathlon specific for the needs of young people and adults.
- Evaluation of the Training Format
- Preparation of the upcoming Local Piloting Programmes for young people and adults.





## 6. Material

For a participative and visual training the materials referred to below are required:

- Meeting room;
- Projector;
- Laptop;
- Flip Chart
- Markers

*Extra material:* pins and pin cushions, different coloured labels or adhesive paper, glue and sticky or masking tape, scissors, stapler, hole punch, paper clips, pencils, pens, note books, labels for writing the names of the participants and the training team.

Sport Material and facilities for Pentathlon activities

- Swimming pool;
- Swimming Floats;
- Foam pool tubes.
- Cones
- Obstacles
- Mats
- Ropes
- Horses;
- Equipment for horses;
- Equipment for horse-riders;
- Obstacles.
- Pistol guns;
- Targets;
- Bullets.







## 7. Evaluation

Evaluation is a key process of critical analysis of the different components and of the training as a whole.

### Evidence Of Success.

After every session there will be a debriefing moment with participants to check if they achieved the envisaged learning outcomes. If possible, carry out evaluations at the end of each day to establish shortcomings and errors and to foresee difficult situations or reinforce positive points in the workshop.

### Evaluation Process

A self-assessment tool should be administered to participants before and after the training to evaluate the improvement/achievement related to the various competencies they were supposed to improve/acquire through the training.

The assessment of how the training can help to improve and strengthen the proposals for future trainings. The evaluation is therefore a necessary learning exercise which should be undertaken objectively and in a relaxed secure and open environment.

The final evaluation should take place immediately after the training. The areas of the workshop to evaluate could be:

- The design.
- Meeting expectations.
- Relevance of the content.
- Suitability of what was learned.
- Meeting objectives.
- The trainers.
- The methodological process and relevance to the workshop.
- The participants' level of learning.
- The level of exchange and interaction.
- The level of enjoyment.
- The different logistical areas (materials, accommodation, food, etc).

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