

Training & Development Record



Name:

School / Organisation:
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Introduction

The aim of this training and development record is to document the development of trainers who are involved with the preparation, training and involvement in any Junior Field Gun activity,

This record covers all aspects of supervising Junior Field Gun activity in the school as part of extra curricula activity, competition runs or any participation in regional or national public / private events.

For reference, **Trainers** are teachers who have been trained in the Future Fit Drill support by a Future Fit coach and are deemed competent as a trainer to conduct Future Fit Junior Field Gun training and activity. **Coach/s** are members of the Future Fit Charity who are experienced and qualified to coach and train teachers in the Junior Field Gun drill.

Trainers must complete all aspects of this development record and must be signed as competent and safe by a qualified Future Fit coach.

Training competencies

A part of the development, Future Fit coaches will cover the following:

- **Setting up the track**
- **Briefing participants**
- **Awareness of the Future Fit risk assessment.**
- **The Run Out**
- **The Run Back**
- **The Run Home**

Each area of the competencies above will be observed by a Future Fit coach and once the trainer is confident and is deemed competent the Future Fit coach will sign and date the relevant record.

Monitoring and recording

Once complete the training and development record will be retained for the duration of the staff member being a Junior Field Gun trainer.

Training and Development Record

Aim	Competency	Criteria	Future Fit Coach Signature	Date
1	Setting up the track	1.1 – Check the safety of the track area.		
		1.2 - Position walls at correct intervals		
2	Briefing participants	2.1 – Ensure all participants are briefed on safety and are clear about all the activity-taking place.		
3	Awareness of the Future Fit risk assessment.	3.1 – Read and be familiar with the Future Fit Risk Assessment		
4	The Run Out	4.1 – Be familiar with all the drill to ‘Run Out’ safely.		
		4.2 – Be observed by a qualified Future Fit coach supervising a full Run Out.		
5	The Run Back	5.1 – Be familiar with all the drill to ‘Run Back’ safely.		
		5.2 – Be observed by a qualified Future Fit coach supervising a full Run Back.		
6	The Run Home	6.1 – Be familiar with all the drill to ‘Run Home’ safely.		
		6.2 – Be observed by a qualified Future Fit coach supervising a full Run Home.		



CERTIFICATE OF COMPETENCE

This acknowledges that

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School / Organisation

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has successfully completed Future Fit Junior Field Gun trainers programme and is deemed safe and competent to supervise Future Fit Field Gun activity without the supervision of a Future Fit Coach.

Cdr Charles Crichton OBE RN
Chairman of Trustees
Future Fit – Junior Field Gun

Date