



## National Playing Programme for Clubmark

To enable Wrestling to sign-up to the National Clubmark Scheme in England it is necessary to have a National Playing Programme authorised by the National Governing Body of Wrestling (British Wrestling Association).

Below is the Playing Programme discussed and provisionally agreed with the National Clubmark Coordinator Clare MacLeod on 17<sup>th</sup> July 2009. Following this provisional agreement, The Playing Programme was circulated to the British Wrestling Association Board and Nations & Regions Committee on 27<sup>th</sup> July 2009. Following only positive responses, the Playing Programme was sent to Clare MacLeod as approved on 26<sup>th</sup> August 2009.

National Playing Programme detail: -

<b>Criteria</b>	<b>Detail</b>
Number of sessions per week	One session per week (minimum of 6 hours per month)
Number of sessions per year	36 weeks
Examples of progression	White Award (NGB) and FILA awards:- 7 progressions
NGB Syllabus	Club must follow NGB syllabus as it is designed to introduce basic skills/movement and technique in school-based programmes
Minimum coach participant ratio	1:10 NGB guidance for young people with minimum of 2 adults present  Matches 1:2  Clubs must also have a minimum of 1 affiliated referee
Intra competitions	No internal competitions required
External competitions	Expectation to attend a minimum of 2 competitions per annum from the NGB calendar
Coach qualifications	Level 2 Coach should always be present. Then as per ratio, with Level 1 assisting
Insurance	Block insurance from British Wrestling Association
Risk assessment	Risk assessment form in the coaches' pack to be completed annually. In addition, visually per session

Colin Nicholson  
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