



ADVICE FOR CLUBS

SCHOOL HOLIDAY ACTIVITIES



INTRODUCTION

British Weight Lifting is pleased to introduce this collaborative resource, developed with Adam Brigham, Head Coach at Staffs Lifting Club. It's designed to provide a practical, tried-and-tested guide to running your own school holiday activities or club.

This resource will help you decide whether delivering a holiday club is right for your organisation, save valuable time on planning and administration, and give you a clear starting point.

Built on real-world experience and learning, the resource is intended to give you the best possible foundation for delivering a successful and engaging holiday club for young people in your community.

ADAM BRIGHAM STAFFS LIFTING CLUB

Adam is Head Coach [@staffswlc](#) in Stoke-on-Trent which offers a broad range of programmes for members and the wider community. Central to Adam's approach is not just welcoming new participants, but guiding them on a long-term journey—building connection, progression, and lasting involvement, even where this takes time. The club became a registered Community Interest Company in 2024.



OUR GOAL



FIND YOUR STRONG

The purpose of a school holiday club is:

- 1** To help each child feel a sense of community, self-belief, and confidence.
- 2** To provide each child a fun first experience of strength activities and environments.
- 3** To support each child in developing weightlifting skills that can, at some time or another, transfer into club participation, if desired.

WHY WE DO THIS

When school's out, young families rely on holiday clubs!

Parents and carers are looking for safe and reliable organisations that can provide new and different opportunities for their child.



BENEFITS

Our school holiday clubs have helped introduce more local families to weightlifting while providing an important service for young people during the school holidays.

They also create valuable income opportunities for coaches and the club during periods when term-time school sessions are not running.

The sessions have helped us build strong relationships with children and families who are new to the club, supporting more young people onto our youth weightlifting pathway.

Over time, the holiday clubs have been just as effective as longer participation programmes, such as six-week beginner courses, in developing movement foundations and building engagement with young lifters.

Through funding support, we've also been able to offer free places to low-income families, helping more young people access the benefits of lifting regardless of background or circumstance.

OUR APPROACH

“It’s essential for parents to see our school holiday club as a place for their children to feel welcome, have fun, make new friends, and achieve something new.

This is more important than a message about learning weightlifting”

Adam, Staffs Lifting Club



MAKE NEW FRIENDS

Meet others in a friendly environment and work together as a group.

EVERYONE WELCOME

You don't need to know about weightlifting, come along and join in.

DISCOVER THE LIFTER IN YOU

Have a positive experience of lifting in a gym.

LEAVE FEELING GREAT

Grow in independence and confidence by trying something new.

RESOURCES

To run a holiday club, you'll need:

- A safe, enclosed space to work (you may need to close the gym to other members for a few hours)
- A minimum of two qualified coaches
- Club insurance
- BWL policies in place

Everything else, including:

- Activity plans
 - Promotional material
 - Template risk assessments
- are provided in this pack.

If you run school sessions, you probably have most of the infrastructure needed already.

MONEY

As a club, it's our goal to provide a holiday club that provides good value and is a benefit to the child, so that it may be something they come back to.

We've provided a breakdown of costs that we work to (based on our club in the Midlands).

You can choose to pass on the costs to parents and carers, or apply for grant funding in advance to make this a free service to the end user. This is particularly helpful to low income families.

As part of the application process you can identify children who are in receipt of free school meals as potentially eligible applicants for free places.



PLANNING AND DELIVERY

In this section:

- Costings
- Funding opportunities
- Scheduling
- Activity plans



OUR COSTS

For a 4 hour school holiday club

“These examples are taken from holiday clubs we’ve ran over the last six years within the Midlands. They’re a guide for our area to help you consider if your holiday club needs to be paid by parents or funded another way.”

Adam, Staffs Lifting Club



Item	Cost	Total	Comments
Lead Coach (acting as first aider and safeguarding contact)	£25-30 per hour	£125-150	Staff arrive 30mins prior to the club starting to allow for set-up and briefing. At the end of the club, 30mins is added to clean up and cover for any late pickups.
Other Coaches	£15-20 per hour	£75-100	This is at your discretion based on experience. But remember we are looking at 1:6/1:8 ratios with a minimum of 2 staff at all times.
Volunteers	£0	£0	
Space Hire	£15-25 per hour	£75-100	The weightlifting club needs to benefit as the space will be out of action to members.
Free Lunch for kids (optional)	£6 per child	£75-100	For our local area this is the equivalent of a meal deal and a little more for fruit snacks.
Activities	-	£50	“Bits and bobs” for example board games, pens, paper, food-based activities etc.

COSTS EXAMPLE

for up to 24 children

A holiday club with up to 24 children including a 'free' lunch that runs for 4 hours with activities for all:

	GROUP OF 16		GROUP OF 24	
Coach costs	1 x £150 1 x £100 1 x £0	£250	1 x £150 2 x £100 1 x £0	£350
Venue costs	1 X £100	£100	1 X £100	£100
Lunch for children	16 X £6	£96	24 X £6	£144
Activities for the day	1 x £50	£50	1 x £50	£50
Total cost	£496	£496	£644	£644
Total cost per child	£496 ÷ 16	£31	£644 ÷ 24	£26.80



Ratios for a group of 16 children

Three coaches.

- One lead, one coach and one volunteer.



Ratios for a group of 24 children

Four coaches.

- One lead, two coaches and one volunteer.

Volunteers under 18yrs old do not count towards your ratios.



FUNDING

“This isn’t an exhaustive list of funders. There are many other grant providers available. This is simply what funding our club has assessed previously and how this could possibly be applied to the running of holiday clubs.”

Adam, Staffs Lifting Club



THE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The HAF fund provides support to children from low-income families during school holidays.

HUBB FOUNDATION

These guys are a local charity organisation supported by local businesses and the council (an equivalent organisation may exist in your area too). It’s an independent, socially inclusive charity dedicated to supporting families and communities in creating happy, healthy school holidays. Most of our holiday clubs run through them alongside our training and upskilling of coaches.

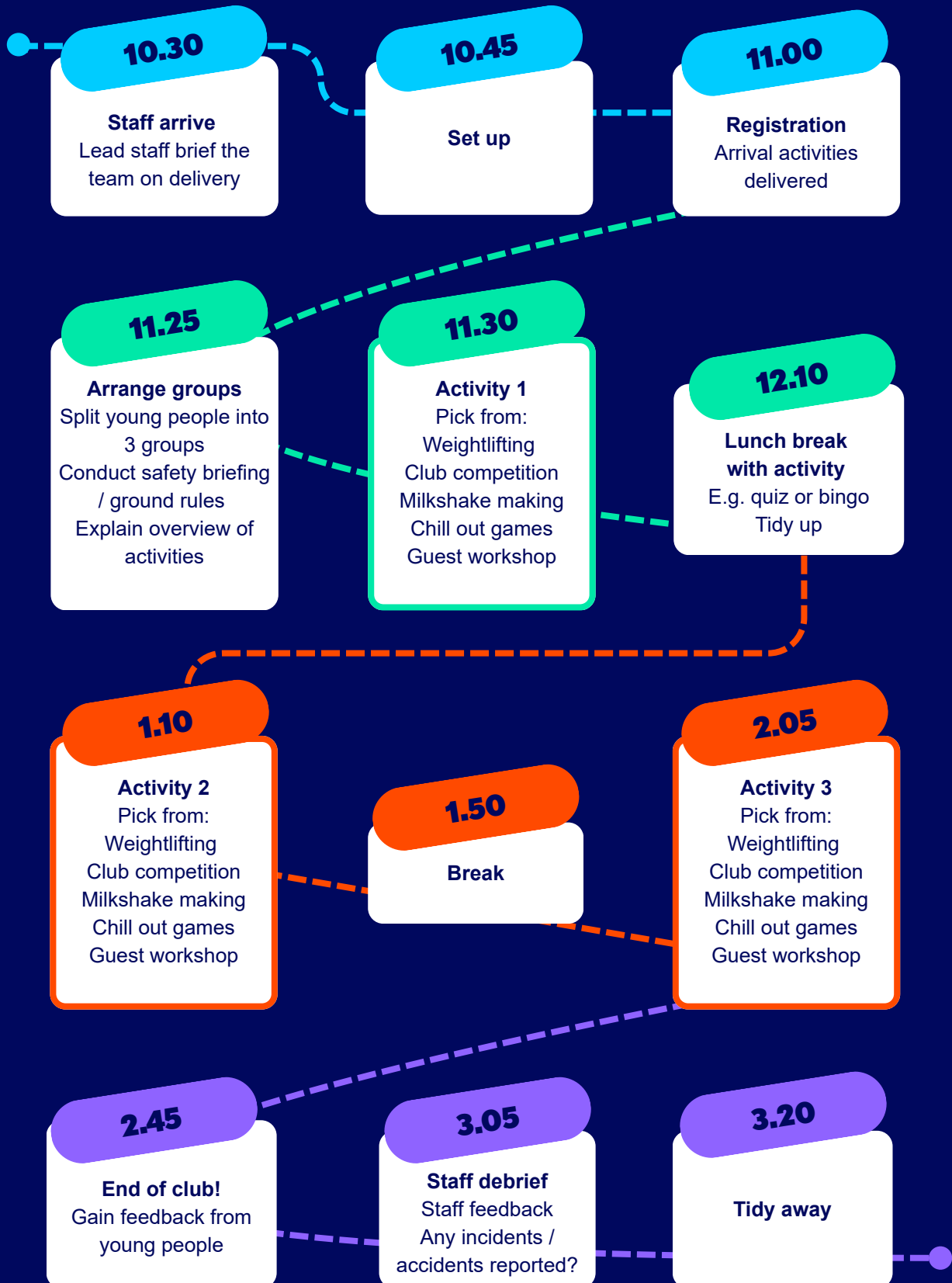
SPORT ENGLAND, MOVEMENT FUND

We’ve been successful with this funder on a few occasions now with our programme ‘Girl Strong’. They support clubs in areas with a high deprivation index. If you can provide an holistic approach to health and wellbeing that’s not limited to just Olympic Weightlifting, this would be a good place to start.

NATIONAL LOTTERY, COMMUNITY FUND

We haven’t been successful with the lottery yet, but I know other BWL clubs have received funding for both delivery and capital costs.

OUR HOLIDAY CLUB SCHEDULE



SNATCH WORKSHOP

Weightlifting activity plan

Equipment:

- Set of Cones
- 5x Training Poles
- 4x Technique bars
- 4x Mats
- 2x Benches
- 6x Weighted Balls

0-5mins

Student-led Warm-up Protocol

Two lines with:

- Run/Side/Backwards Jog.
- Lunges forward and backwards.
- Duck walk forward and backwards.
- Bear crawl forward and backwards.
- Pogo jumps / broad jumps / duck jumps.
- Student led races.

5-20mins

Skill Element: Snatch reverse chain

- Use your coaching judgement here.

20-30mins

Game/Teamwork: Ball Pass Over

- Coach/students create a wall in the middle of the gym with plyo boxes and benches - Two teams compete to throw all the wall balls/slam balls over the wall to clear their side - The winning team will have the fewest balls left on their side when the time runs out.
- Under arm only, throw into space and stay on your feet.



All students to receive a participation certificate for.. **“Learner has demonstrated two Olympic Lifts and performed these safely with load”**



CLEAN & JERK WORKSHOP

Weightlifting activity plan

Equipment:

- Set Cones
- 5x Training Poles
- 4x Technique bars
- 8x Technique 2.5kg plates
- 4x Mats
- 8x 5kg bumper plates



0-5mins

Student-led Warm-up Protocol

Two lines with:

- Run/Side/Backwards Jog.
- Add rolls, teach combat/forward/backwards/cartwheels.

5-20mins

Skill Element: Clean & Jerk reverse chain

- Use your coaching judgement here.

20-30mins

Game/Teamwork: Floor is Lava

- Coach/students to place to rows of cones creating a space in the middle of the gym that is "lava".
- Coach/students are to select weight plates that are "stepping stones" across the lava.
- The winning team will make their way across the lava with the stepping stones, collect a weighted ball and bring it back across the lava to the starting point.
- Stepping in the lava sends that player back, dropping the ball resets the starting point of the ball.



All students to receive a participation certificate for.. **"Learner has demonstrated two Olympic Lifts and performed these safely with load"**



MILKSHAKE MAKING

Healthy food activity

Equipment:

- Milk
- Fruit
- Yoghurt (high protein)
- Cups
- Blender
- Whiteboards and pens

0-5mins

Introduction of activity

- Students are given a list of ingredients and price of each per serving. The task is to create a high protein, healthy shake at a good price.

5-15mins

Planning and design

- Students use whiteboards to plan their ingredients and costings while noting the health benefits this might bring. Some use of phones might be needed here

15-30mins

Taste Test

- Coach creates the milkshakes and allows everyone to try. Scores are given based on taste, texture, cost and healthiness. Winning team has the highest points at the end.



Check the registration details for food intolerances



CLUB COMPETITION

Activity plan

Equipment:

- Pop-up banners and speaker
- Set of cones
- 5x Training poles
- 4x Technique bars
- 4x mats
- 1x Rope

0-5mins

Student-led Warm-up Protocol

Two lines with:

- Run/ side/ backwards jog
- Add wheelbarrows and piggy backs

5-45mins

Competition format

- Teams of five
- Broad jump max distance and total score
- Plank for time (just 3 students) max 3 minutes
- Snatch technique points (just 2 students)
- Tug of war knockout
- Rank each team 50-10 points depending on their position for each event:
 - 50 points for 1st
 - 40 points for 2nd
 - 30 points for 3rd
 - 20 points for 4th
 - 10 points for 5th



All children receive a participation certificate for.. **“Taking part in the Holiday Club Competition”**

Top team receives a prize and everyone else gets a certificate and stickers.



CHILL OUT GAMES

Activity plan

Equipment:

Look out for games at local charity shops or ask for donations from club parents.

0-30mins

Student led board games or crafting with no phones allowed.

These are “chill out” activities where young people can interact with each other but with lower energy requirements.

- Giant Jenga
- Chess
- Connect Four
- Jigsaws
- Colouring with paper and crayons
- Bracelet making with loom bands
- Uno, Top Trumps, Black Jack, Snap



GUEST WORKSHOP

Activity plan

Costs:

Provider fees will need to be factored into the cost model

To further enhance the experience for young people, here are some ideas of activities you could arrange with other local providers:

- DJ workshop
- Yoga
- Performing arts
- Make up
- Dance
- Forest school
- First aid for kids
- Army team building



RECRUITMENT AND PROMOTION

In this section:

- Website
- Social media examples



RECRUITMENT

Get people to your holiday club

“We normally take leaflets and posters into local schools. We have WhatsApp groups already set up for after school clubs, so we post images and the booking link in there too. We message teachers directly to ask them to share on their school intranet (in our area, schools use ‘Class DoJo’) and with parents.”

Adam, Staffs Lifting Club

Staffs Weightlifting Club CIC

SCHOOL HOLIDAY CLUB

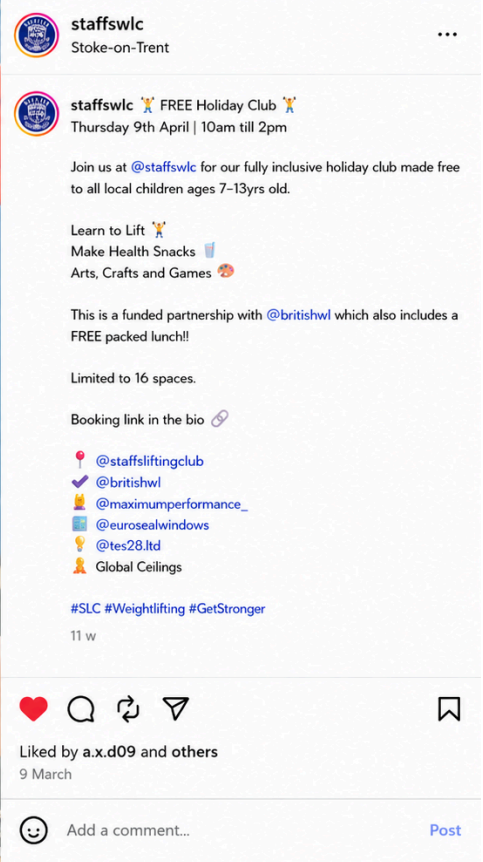
Join us this Easter for fun activities at Staffs Weightlifting Club.

Learn to Lift 🏋️
Create Healthy Snacks 🥗
Arts, Crafts and Games 🎨

Make friends and move more!
Open to ages 7–13yrs, limited availability.

BOOK NOW

- 📞 07909683195
- 🌐 StaffsWeightliftingClub.co.uk
- 📍 Unit 4b, Campbell Road, Stoke. ST4 4DX



Haven't got a trusted relationship with a school yet?

Facebook groups still outperform other channels, especially with boosted posts. Look for:

- “Mums of [Town]”, “Parents in [Area]”, Community noticeboard groups, school PTA groups

What booking features do you need?

- Parents want mobile-friendly booking, clear pricing, quick answers, cancellation details, and instant confirmation.

SOCIAL MEDIA

Ask parents for short quotes and testimonials

NEW HOLIDAY CLUB

WED 27 MAY
10AM til 4PM
STOKE ON TRENT



STAFFS BRIDGES CLUB
BRITISH WEIGHT LIFTING
AFFILIATED CLUB

NEW HOLIDAY CLUB

Join us for fun activities and make new friends

Learn to Lift
Create healthy snacks
Arts, crafts and games
Make friends and move more!

Open to all abilities, age 8-12
£26 inc lunch
Funded places available



BOOK NOW

STAFFS BRIDGES CLUB
BRITISH WEIGHT LIFTING
AFFILIATED CLUB

“She really enjoy the variety of activities. Sports, games, even milkshake making!”



“It’s great for keeping the kids active during school holiday’s, else they’d just be sitting in the house”



SOCIAL MEDIA



SOCIAL MEDIA TOP TIPS

Keep it simple

- Short captions and clear messages work best for parents.

Show the action

- Use photos and videos of kids lifting, moving and having fun.

Make it feel welcoming

- Highlight that it's for beginners—no experience needed.

Give the key details upfront

- Dates, ages, location and how to book should be easy to find.

Show the benefits

- Focus on fun, confidence, movement skills and getting active.

SCHOOL HOLIDAY CLUB

Make friends and move!
Learn to lift, create healthy snacks, arts,
crafts and games.



WED 27 MAY
STAFFS LIFTING CLUB

“She gets a
huge sense of
achievement
and it's helped
with her
confidence”



ADMIN

In this section, examples are provided for:

- Club readiness checklist
- Staff induction checklist
- Registration guidance
- Parent consent form
- Risk assessment
- Accident report form
- Feedback form



British Weight Lifting's codes of conduct and policy guidance is available on our website.

CLUB READINESS

Checklist

PEOPLE

Name of **Lead Coach**:

Name of **First Aider**:

First Aid box fully stocked:

Name of **Welfare Officer**:

Names of **Assistant Coaches**:

Names of **Volunteers**:

Sufficient Coach Ratios:

Age 4-8 (1:6 ratio)

A minimum of two coaches present:

Age 9-12 (1:8 ratio)

All coaches and volunteers inducted:

Age 13+ (1:8 ratio)

ADMINISTRATION

Insurance:

Feedback form:

Venue risk assessment:

Evaluation form:

Activity risk assessment:

Funding / costing template:

Accident / Incident forms:

Promotional material:

Registration forms:

Data storage process:

Photo / video consent forms:

Other:

Safeguarding signage:

STAFF INDUCTION

DURING THE INDUCTION WE HAVE COVERED:

	tick
Introduction to our club or organisation	<input type="checkbox"/>
Roles and responsibilities	<input type="checkbox"/>
Codes of Conduct (Coaches, volunteers, participants, parents)	<input type="checkbox"/>
Children's Safeguarding Policy	<input type="checkbox"/>
Adult's Safeguarding Policy	<input type="checkbox"/>
Health & Safety Policy	<input type="checkbox"/>
Data Protection Policy	<input type="checkbox"/>
IT Security Policy	<input type="checkbox"/>
Online Safety & Social Media Policy	<input type="checkbox"/>
Safer Recruitment Policy	<input type="checkbox"/>
Equal Opportunities Policy	<input type="checkbox"/>
Volunteer Policy	<input type="checkbox"/>
Mental Health & Well-being Statement	<input type="checkbox"/>

QUALIFICATIONS AND CHECKS

We have seen:

	Tick
First Aid at Work	<input type="checkbox"/>
Level 1, 2 or 3 Coaching Cert	<input type="checkbox"/>
Level 1, 2 or 3 Food Hygiene	<input type="checkbox"/>
Safeguarding Certificate	<input type="checkbox"/>
Enhanced DBS	<input type="checkbox"/>

Reference number:

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

Manager name:

Date:

Signature:

Staff / volunteer name:

Date:

Signature:

REGISTRATION

Guidance

On arrival, always check parent contact details, child medical needs and confirm collection times.

The signage our club always displays for parents to see / capture:

- Lead coach contact details
- Safeguarding officer contact details
- First aider name
- An outline of the days activities

REGISTRATION FORM

Name of child:	
Name of parent / carer:	
Email of parent / carer:	
Phone number:	
Address and post code:	
Dietary needs including any allergies:	
Disability or condition:	
Relevant medical information:	
Consent for photos and videos:	



Ensure you have a secure process for storing and destroying personal data in alignment with GDPR regulations.

PARENT CONSENT

Form

Name of Child	
Name of Parent / Guardian / Carer	
How old is the child?	
Emergency contact name	
Emergency contact relationship	
Emergency contact phone number	

PARTICIPANT QUESTIONNAIRE (PAR Q)

1. Has the child's doctor ever said they have a heart condition and that they should only perform physical activity recommended by a doctor?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Does the child ever feel any chest pain when they exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does the child ever lose their balance because of dizziness or do they ever lose consciousness ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Does the child have a bone or joint problem that could be made worse by a change in their physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Is the doctor currently prescribing any medication for the child's blood pressure or for a heart condition?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you know of any other reason why the child should not engage in physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Please enter any additional information that could potentially impact the child's safe participation in physical activity	<input type="checkbox"/> Yes <input type="checkbox"/> No

PARENT CONSENT

Form (continued)

OTHER IMPORTANT INFORMATION

Does the child have any conditions or are they currently taking any form of medication that the coaches should be aware of? (Please provide details)	
Does the child have any allergies or dietary requirements ? (Please provide details)	
Please indicate how the child will leave at the end of the club .	<input type="checkbox"/> Collected by parent / carer <input type="checkbox"/> Collected by another authorised adult (please provide details) <input type="checkbox"/> Allowed to leave independently <input type="checkbox"/> Other (please provide details) Details:

PHOTOS & VIDEOS

Do you give permission for coaches or authorised club representatives to take photographs/videos of your child participating in club activities, and for these images/videos to be used by the club to promote youth weightlifting on social media, the club website, and promotional materials such as leaflets? Images/videos will be used responsibly and will not include identifiable information.	<input type="checkbox"/> Yes <input type="checkbox"/> No
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AGREEMENT

I confirm that I am the parent/carer of the child named on this form and give permission for them to participate in the holiday club activities. I understand that all reasonable care will be taken to ensure the safety and wellbeing of participants, and I agree to inform the club of any medical conditions, injuries, additional needs, or changes in circumstances that may affect my child's safe participation. I acknowledge that participation in physical activity carries an element of risk and accept responsibility for my child's conduct while attending the club. I also agree to follow the club's policies and codes of conduct.			
Signature: Name:		Date:	

RISK ASSESSMENT

Form

A well-designed risk assessment is the cornerstone of an effective health and safety management system and is invaluable in ensuring your event is as safe as possible.

Name of club		Date of event	
Name of organiser		Date of first risk assessment	
Name of risk assessor		Date of risk assessment (review)	

Hazard and potential consequence	Persons at risk
	<input type="checkbox"/> Participants <input type="checkbox"/> Public <input type="checkbox"/> Employees <input type="checkbox"/> Volunteers <input type="checkbox"/> Contractors

Control measures	Current risk rating	Additional control Measures	Residual risk rating
	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low

RISK ASSESSMENT

Form (continued)

Hazard and potential consequence	Persons at risk
	<input type="checkbox"/> Participants <input type="checkbox"/> Public <input type="checkbox"/> Employees <input type="checkbox"/> Volunteers <input type="checkbox"/> Contractors

Control measures	Current risk rating	Additional control Measures	Residual risk rating
	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low

Hazard and potential consequence	Persons at risk
	<input type="checkbox"/> Participants <input type="checkbox"/> Public <input type="checkbox"/> Employees <input type="checkbox"/> Volunteers <input type="checkbox"/> Contractors

Control measures	Current risk rating	Additional control Measures	Residual risk rating
	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low

ACCIDENT REPORT

Form

In the event of an accident, the following procedure should be followed:

- Contact emergency services / GP if required.
- Make contact with parents / carers.
- Record in detail all facts surrounding the accident.
- Fill in two copies of this form for all accidents. Add one copy to the incident book / folder. Forward one copy to designated safeguarding lead.
- Take any further action.

CONTACT INFORMATION - RESPONSIBLE ADULT	
Name staff in attendance	
Address	
Contact number(s)	
Email	
Name of organisation	

INJURED PERSON INFORMATION - CHILD / YOUNG PERSON					
Name					
Address					
Date of birth					
Gender	Female <input type="checkbox"/>	Male <input type="checkbox"/>	Non-binary <input type="checkbox"/>	Another description (please state) <input type="checkbox"/>	
Has the child / young person returned to the organisation following the accident?				Yes <input type="checkbox"/>	No <input type="checkbox"/>

ACCIDENT REPORT

Form (continued)

ACCIDENT INFORMATION			
Date of accident		Time of accident	
Date reported		Time reported	
Who reported the accident?			
Location of accident			
Details of injury			
Nature of and how accident happened			
Did anyone witness the accident?	No <input type="checkbox"/>	Yes – please give name(s) and details of witness(es) <input type="checkbox"/>	
Was first aid involved?	No <input type="checkbox"/>	Yes – please give name(s) and details of witness(es) <input type="checkbox"/>	
Have parents / carers been notified?	No <input type="checkbox"/>	Yes – please give name(s) and details of witness(es) <input type="checkbox"/>	
Recommended action to be taken			
Referred to designated person(s)?	No <input type="checkbox"/>	Yes – please give name(s) and details of witness(es) <input type="checkbox"/>	

Form completed by (print your name)			
Your signature			

Signature of Management		Print name	
Role within organisation		Date	

FEEDBACK

FORM



a bit



Did you enjoy the club today?

Were the coaches kind and helpful?

Did you feel happy and safe?

What was your favourite activity?

THANK YOU

Advice for Clubs – School Holiday Activities

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British Weight Lifting

#FindYourStrong

www.britishweightlifting.org

