



Inclusion Courses

February 16th – 22nd



Hertfordshire's Year of
Disability Sport & Physical Activity

No Limits
2026

Introduction

The Herts Sport & Physical Activity Partnership (HSP) runs Coach Education Week (CEW) annually.

The programme seeks to provide development opportunities for sports coaches, physical activity deliverers and others involved in the sport and physical activity sector.


In it's 18th year, the programme allows individuals to develop their skills, knowledge, and qualifications around a range of important issues including; safeguarding, mental health, dealing with challenging behaviour and inclusive practice.

This year, the programme will be supporting the **No Limits 2026 Campaign, part of the Hertfordshire Year of Disability Sport & Physical Activity.**



1

Disability



Click the title
of a course to
book

Deaf Awareness & Introduction to BSL in Sport

Delivered by - The Phoenix Group for Deaf Children & Young Adults
Location - Online
Date - Monday 16th February
Time - 6:30pm-8:30pm
Cost - Free

Inclusive Sports Coach Workshop

Delivered by - Inclusive United
Location - Hertfordshire Sports Village, Hatfield, AL10 9EU
Date - Tuesday 17th February
Time - 11am - 12:30pm
Cost - Free

Disability Inclusion in Community Sport

Delivered by - Access Sport
Location - Online
Date - Tuesday 17th February
Time - 6:30pm - 8:30pm
Cost - Free

2

Disability

Embracing Neurodiversity in Community Sport

Delivered by - Access Sport

Location - Online

Date - Wednesday 18th February

Time - 10am - 12pm

Cost - Free

Using Yoga In Fitness Settings: Supporting Strength & Balance in Older Adults

Delivered by - Accessible Chair Yoga CIC

Location - University of Hertfordshire, Hatfield, AL10 9EU

Date - Thursday 19th February

Time - 6:30pm - 9pm

Cost - Free

Making Sports Organisations Equitable

Delivered by - Sports Structures

Location - University of Hertfordshire, Hatfield, AL10 9EU

Date - Wednesday 18th February

Time - 10am - 1pm

Cost - Free

3

Safeguarding

Safeguarding and Protecting Children

Delivered by - Apex

Location - Online

Date - Monday 16th February

Time - 6:30pm-9:30pm

Cost - Free

Safeguarding & Protecting Children

Delivered by - Apex

Location - University of Hertfordshire, Hatfield, AL10 9EU

Date - Friday 20th February

Time - 10:30am - 1pm

Cost - Free

Safeguarding Adults

Delivered by - Ann Craft Trust

Location - University of Hertfordshire, Hatfield, AL10 9EU

Date - Wednesday 18th February

Time - 10am - 1pm

Cost - Free

Safeguarding Adults

Delivered by - Ann Craft Trust

Location - University of Hertfordshire, Hatfield, AL10 9EU

Date - Tuesday 17th February

Time - 6pm - 9pm

Cost - Free

4

Safeguarding

Time To Listen– Welfare Officer Workshop

Delivered by – Apex

Location – University of Hertfordshire, Hatfield, AL10 9EU

Date – Wednesday 18th February

Time – 6:30pm – 9:30pm

Cost – Free

Domestic Abuse Awareness for Coaches & Instructors

Delivered by – Domestic Abuse Response Training

Location – Online

Date – Tuesday 17th February

Time – 6:30pm – 8pm

Cost – Free

5

Mental Health

Youth Mental Health First Aid Awareness

Delivered by - Street Games

Location - Online

Date - Monday 16th February

Time - 6pm-9pm

Cost - Free

Stress Management & Burnout

Delivered by - Hertfordshire Mind Network

Location - Online

Date - Tuesday 17th February

Time - 2pm - 4pm

Cost - Free

From Self-Criticism to Self-Compassion

Delivered by - Hertfordshire Mind Network

Location - Online

Date - Wednesday 18th February

Time - 6pm - 8pm

Cost - Free

Emotional Resilience and Self-Esteem

Delivered by - Hertfordshire Mind Network

Location - Online

Date - Thursday 19th February

Time - 10am - 12pm

Cost - Free

FAQ

Q

Can I access the courses if I'm not in Hertfordshire?

A

Of course! Our courses are open to all clubs and coaches.

Q

Do you provide accredited courses?

A

Yes. We have multiple accredited courses on offer.

Q

Who can attend?

A

Anyone! Whether you are new to coaching or not, we have a course available for you.

Q

Are there courses online?

A

Yes! There are a mixture of online and in-person courses.

Q

What else can HSP offer me?

A

We can support you with safeguarding, funding and networking. [Check out more on our website.](#)

Want more courses
throughout the year?

Check out our **training
courses page**



**Coach
Education
Week 2026**

Contact HSP for further information
hspmedia@herts.ac.uk