

TVAC Coaching & PT Policy Overview

Introduction

This policy outlines the rules and requirements for all individuals coaching or providing personal training (PT) services at TVAC, including volunteer athletics coaches, freelance coaches, and commercial personal trainers. Compliance with these policies is mandatory to ensure the safety, professionalism, and integrity of all coaching activities on site.

A. WSEH Coaches – Full

Approved WSEH coaches receive complimentary access to TVAC facilities to support the club's athletes. 40 designated passes are available.

Benefits include:

- - Access to TVAC outdoor track for personal training use (subject to bookings)
- - Complimentary parking during facility use (for the coach only)
- - Access to general athletics indoor sessions (Oct–Mar)
- - Permission to coach WSEH athletes on Tuesday and Thursday evenings
- - Ability to bring assistant coaches for support on WSEH nights
- - May coach WSEH athletes 1:1 on a voluntary basis during general athletics sessions

B. WSEH Assistant Coaches – Volunteers

Assistant coaches are volunteers supporting approved WSEH sessions.

Permissions include:

- - Access on Tuesday and Thursday evenings (must be alongside a WSEH full coach)
- - Free parking during these coaching sessions

C. External Athletics Coaches

External UK Athletics-licensed coaches may volunteer at TVAC under specific conditions:

- - Must pre-book and provide current UKA license
- - Parking is not included (day payment or annual pass required)
- - Coaching is NOT permitted Tuesday/Thursday 6–9 PM
- - £85 annual admin fee for approval and access
- - Coaching more than 3 athletes requires group booking approval via enquiries@deleisure.com

D. Personal Trainers (PTs)

PTs operate under a separate commercial arrangement and are not covered by freelance coaching terms.

Key terms include:

- - £500/month fixed fee for approved PTs
- - Includes 1:1 or 2:1 use of the gym and track (subject to availability)
- - Client parking not included
- - All track sessions must be pre-booked via enquiries@deleisure.com
- - Setup and contract handled by membership@deleisure.com
- - Requires certifications, insurance, and DBS approval

E. Pole Vault & Large Disciplines

Use of facilities for Pole Vault, High Jump, Discus, and Shot Put is not included in standard track access. These disciplines require additional approval and separate fees.