



In conjunction with Sport Ireland and the Dormant Accounts fund, Athletics Ireland (AI) is delighted to announce the availability of an Athletics Ireland Dormant Accounts Fit4Life Grant Scheme.

As a way of encouraging and motivating people to engage in further participation opportunities, Athletics Ireland is reaching out to affiliated Athletics Ireland Clubs to encourage them to apply for a grant to fund Fit4Life programmes that are aimed at creating opportunities for people to engage in walking, jogging, and running.

Fit4life is a recreational running programme for everyone, from complete beginner to regular joggers and runners. Fit4Life aims to help participants to achieve improved levels of fitness and wellness within the club structure in a fun, and sociable environment.

Participating clubs are asked to organise a Fit4Life programme for a minimum of one evening per week for a period of eight weeks, starting in March 2024.

Applications will be considered up to a maximum €600, and there will be a total of twelve grants awarded to the successful clubs. Please note that applications are being sought in a competitive bid process.

The grant can only be applied for by affiliated Athletics Ireland clubs whose clubs reside in areas*, identified by the [Pobal Deprivation Index](#), as being Marginally Below Advantage, Disadvantage, or Very Disadvantaged.

Clubs are asked to apply via the following link and demonstrate how the club application ties into Dormant Accounts funding, and specifically aligns to the criteria set out below.

To apply, please click [here](#).

For further information, please contact Thomas Carlile, Events Officer at thomascarlile@athleticsireland.ie.

The closing date for completed application forms is **5pm on Wednesday, 28th of February**.

*The Pobal HP Deprivation Index is the core index for the Republic of Ireland and covers the small areas (SA) of the 2022 Censuses. To determine the Pobal HP Description 2022 for your club search the Pobal Deprivation Map by small area using your club's post code.

CLUB GRANT SCHEME - APPLICATION

Applications for funding will need to specifically focus on creating more opportunities for people to engage in recreational walking, jogging, and running.

KEY CRITERIA

Applications are encouraged from AI clubs that:

- promote participation through a Fit4Life programme for new or novice participants to walk, jog or run from 0 to 5k over an 8-week period.
- has the potential to increase levels and frequency of participation in recreational walking, jogging, and running in the local community.
- has the potential to develop into a sustainable, longer-term participation in the club for those involved.

The funding can be used to support a wide range of costs that are for the specific purpose of the Fit4Life programme:

- Equipment and facilities to increase participation in the programme.
- Coach development and training supports (i.e., Coach Education course such as Athletics Leader, and Fit4Life Leader).
- Coaching supports (i.e., nominal fee for coaches delivering the programme).
- Resources and merchandise (i.e., high vis vests, Fit4Life finishers top, etc.).
- Marketing and promotion (i.e., flyers, posters, local signage, advertising, and paid promotion).

Through this initiative, we hope that clubs will:

- Inspire more people to get involved in Athletics.
- Introduce Athletics (walking, jogging, and running) to people in your community.
- Create an inclusive, safe, and enjoyable environment for all participants to participate in.
- Increase membership in your club by transitioning participants to the club upon completion.

Successful clubs, will be required to:

- Use the Athletics Irelands online booking system for your Fit4Life programme. Clubs will be permitted to charge up to €40 per participant. The takings from the programme will be for the host club.
- Provide an update to AI on the success of the programme and the numbers participating.
- Provide content for AI and AI Fit4Life social channels to celebrate the programme and champion the work of your club.

Athletics Ireland, will:

- Provide insurance cover for the programme, up to a maximum of 100 participants (Ratio is 1 Fit4Life leader/coach to 12 participants).

- Create a Fit4Life event online specific to your club. All Fit4Life sign-ups will be made through the Athletics Irelands online booking system.
- Provide ongoing support (i.e., Fit4Life leader workshop, guidance and training advice including templates for each programme, online support network, etc.) to clubs in the delivery of the programme for the duration. Fit4Life leader workshops to take place on the 23rd of March and 6th of April, location of workshop to be determined based on location of successful clubs. Attendance at one of these will be required.
- Provide discounted (25%) entry for Fit4Life Programme Participants into Irish Runner 5K on Saturday, May 18th 2024.