



In conjunction with Sport Ireland and the Healthy Ireland fund, Athletics Ireland (AI) is delighted to announce the availability of an Athletics Ireland Keep Well Grant Scheme.

Keep Well encourages Athletics clubs to open their doors, turn on their floodlights so that people can come together to walk, jog, run and talk in a safe environment during the dark winter evenings.

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 during the winter months.

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 October 2023.

Applications will be considered up to a maximum €700, 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.

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

To apply, please click [here](#)

For further information, please contact Rachel Ormrod, Director of Participation at rachelormrod@athleticsireland.ie

The closing date for completed application forms is **5pm on Monday, 9th of October.**

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 one of the following:
 - Programme 1, to help new or novice participants to walk, jog or run from 0 to 2km over an 8-week period.
 - Programme 2, to help new or novice participants to walk, jog or run from 2km to 5km 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.

- Create a Fit4Life event online specific to your club. All Fit4Life sign-ups will be made through the Athletics Irelands online booking system.
- Provide each club with some additional Fit4Life participant merchandise.
- Provide ongoing support (i.e., introductory webinar, guidance and training advice including templates for each programme, online support network, etc.) to clubs in the delivery of the programme for the duration.