

6. Player Care and Lifeskills

In addition to the more formal education programmes, all Scholars will have the opportunity to take other workshops and courses as part of the Player Care and Lifeskills Programme. Your Club will provide an extensive range of programmes, but these will include:

Drug awareness / anti-doping

This session will be delivered by The FA anti-doping team in partnership with the Premier League. As part of the session you will learn about the FA Doping Regulations and develop a better understanding about drugs (both social and performance enhancing), alcohol and supplements.

Careers Advice

The Premier League has a Careers Advice Programme which is there to support you in your planning for your career. That will include planning for both a career in football and out of / after football.

Equality and Diversity

You will participate in the Premier League Equality Inspires training programme. This is run by 'Kick it Out' and is an anti-discrimination workshop. You will learn about what you can do if you or someone you know is being discriminated against.

Sporting Chance

Sporting Chance is a charity set up by ex-England and ex-Arsenal Player, Tony Adams. They deliver sessions on addictive illnesses such as alcoholism, drug abuse, gambling and eating disorders to raise awareness of the support that is available. They also provide support for Scholars and other players who may be experiencing mental health and wellbeing issues.

Mental Health

Our Mental Health Support programme is delivered by If U Care Share and will be supported by the programme delivered in your Club. The workshops provide information and raise awareness of mental health issues with young people and how to access support.

Social Media and Safety Online

These workshops will help you to understand how to protect yourself better online. It will include Reputational Risk, where you will learn about how your actions and behaviours now may have consequences in the future.

Integrity

This session is delivered by The FA and addresses the issues of match fixing and betting regulations.

This season we will be introducing new Player Care workshops on:

- Mental and Emotional Wellbeing
- Social Skills
- Safe Driving

Financial Management

There are a number of workshops available to provide guidance and information on managing your finances, planning for the future and planning your personal finances during and after your football career.

Respect

There are three workshops / topics that fall under Respect. They include:

- Consent - this workshop is about developing an understanding of healthy and respectful personal relationships
- Dangers of Sexting - this workshop is about appropriate texting and sending pictures by text
- Sexual Health - this workshop is about staying safe and healthy in personal relationships

Prevent

This programme includes anti-radicalisation and extremism, and workshops will cover the government's Prevent strategy which is about preventing children and young people from being drawn into terrorism - British Values will be reinforced as part of these workshops.



In addition to the Player Care and Lifeskills Programme you will have the opportunity to complete other vocational qualifications, these will include:

Laws of the Game

This is a practical programme where you will learn about the Laws of the Game and have the opportunity to qualify as a referee. This course is delivered by Premier League Referees and Assistant Referees over two full days.

Level 2 Football Coaching Award

During your two year Scholarship you will have the opportunity to complete a Level 2 Coaching badge. This is delivered by the PFA and has both a practical and written assessment. The delivery is spread over a full season.

Player Care Programmes will be covered in more detail at your induction and there is more detailed information on these topics in your Induction Handbook.