

APPENDIX 2



Operational Plan 2018/19

Action	Progress	Outcome
<p>1. Publicity Group – there is currently no members on this group which means we cannot publicise our Association effectively therefore there needs to be a focus on how we publicise F&S Aberdeen to attract new members</p>		
<p>Extend the use of the publicity plan from last year</p>	<p>Complete</p>	<p>See Appendix 1 - Publicity Plan 2018-19</p> <p>Jackie Leiper has kindly agreed to be Facebook Co-ordinator with Katie Stott as her backup. This is a reasonably priced way of targeted advertising.</p>
<p>Run a campaign to ask members to promote the Association by handing out free class cards to associates who currently do not attend F&S classes</p>	<p>Complete</p>	

Action	Progress	Outcome
2. Training – New Leaders – encouraging potential candidates to undertake new leader training whether that be Jympa or Viking Hiking. We also need to look at attracting new members who may go on to be suitable for leader training.		
Train new Viking Hiking leaders	Complete	We now have a pool of 9 leaders for the Thursday/Friday walks
3. Training – Existing Leaders – Training for our existing leaders is not straightforward therefore some focus is required on this where there are leaders wishing to undertake additional/new training.		
Viking Hiking exercise training	Complete	Thanks to Jackie Leiper and Rosey Leiper for providing this training
Establish whether any leader has an interest in developing their training further – must be with a view to undertaking new classes	In progress	RIKS have announced that they are moving towards online training for qualified leaders. This will be a saving for us as we incur significant travelling and accommodation costs to attend training courses. The Committee to discuss with leaders their training requirements.
4. Jympa and Viking Hiking – completion of CPR training leader in keeping with insurance requirements		
Agree numbers requiring CPR training	Complete	
Source delivery of CPR training	Complete	British Heart Foundation Heart Start sessions took place in July and October 2018 and 27 leaders were trained

Signed Off: Friskis&Svettis Aberdeen Main Committee

Name: Karen Grant, Chairperson

Date: 03/03/18