



## APPLYING FOR AN AWARD ON VINSPIRED.COM

Once you start logging your hours you'll get notifications on your profile when you're eligible for an award. Depending on how many hours you clock up you can get a v10, v30, v50 and v100. You must apply for the awards in order. E.g. if you apply for a v50 first you cannot go back to do the v10 and v30. We recommend you start with the v10 so you don't miss out on any rewards!

### *Applying for a v10*

You need to answer one question to get your v10 certificate and t-shirt.

- Please tell us about your 10 hours of volunteering?

Tell us:

1. Where you volunteered?
2. Who you volunteered for and their contact details (email and phone)?
3. What you did.
4. What kit size you need? (Please be aware: the girls' sizes are quite small!)

**Example answer:** I volunteered for 10 hours at Reeds Weybridge RFC. Karen Smith was my main point of contact on [Karen.rr.smith@gmail.com](mailto:Karen.rr.smith@gmail.com) or [07785 908006](tel:07785908006). I was a volunteer coach with the Under 15s every Tuesday evening. My t-shirt size is Large.

### *Applying for a v30, v50 and/or v100*

When you apply for your v30, v50 or v100, you will be asked a series of questions about your volunteering activity – specifically about the skills and experience you have gained.

Once you've answered the following questions you'll be sent;

- v30: v30 certificate and additional recognition
- v50: v50 certificate and hoody
- v100: v100 certificate and jacket

### *v30, v50 and v100 Questions*

- Please describe the volunteering you have carried out for this award (max 350 words).

Tell us:

1. Where you volunteered?
2. Who you volunteered for and their contact details (email and phone)?
3. What you did.
4. What kit size you need? (Please be aware: the girls' sizes are quite small!)

**Example:** I volunteered at Northampton Casuals with Rob Davies. You can contact him on [RDNorthampton@Northampton.co.uk](mailto:RDNorthampton@Northampton.co.uk) or 07956798324. I did loads for my v50! Over about 3 months I planned and



then delivered a tournament for local primary schools at our club. I contacted local primary schools, went in to chat to the teachers and signed up 5 that wanted to come along with their year groups and play tag rugby. The tournament was a huge success and I had to manage lots of other volunteers to help with the day. My kit size is large.

- **What skills did you use or develop through your volunteering? Please include examples.**

Tell us:

1. **What skills did you use/develop? E.g. communication, leadership, team work etc.**
2. **Give examples. E.g. I gained leadership skills by volunteering as a coach.**

**Example answer:** I learnt so many skills! I gained lots of project management skills. I had to plan and deliver the tournament within a 3 month period so I learnt to manage my time, manage other volunteers and not go over budget. I am more confident working independently but also learnt to really work with others well as it was a team effort on the day.

- **Please tell us about the difference your volunteering has made to other people or the environment.**

Tell us;

1. **Who did your volunteering benefit? E.g. your local rugby club, young people etc.**
2. **How did your volunteering make a difference to these people/places?**

**Example answer:** My volunteering has benefitted the local community. We worked with over a 100 under 11s from 5 schools. Lots of them didn't really know what rugby was, let alone played! We showed them a fun way to keep fit, as tag rugby is easy to learn and really good for your health. I think my local rugby club benefited too as hopefully more children will now want to join the club and keep the club going!

- **What's your address?**

Tell us;

1. **Your full postal address**

#### *Additional v100 Question*

- **What have you learned from your volunteering experience? (Max 350 words.)**

Tell us;

1. **What have you learnt? Doesn't matter how big or small it is, everything counts.**

**Example answer:** I have learnt that I can really make a difference, we all can! I hope I've helped raise the profile of rugby in my local community and also helped the children of the area stay healthy. I learnt to be a role model as the younger players looked up to me. I also learnt so many practical skills like time and money management. I'd be so much more confident in organising another tournament now.