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Danish Gymnastics and Sports Associations (DGI) is a nationwide organization, working through sport and other cultural activities to strengthen the work of local amateur associations in an endeavour to promote youth and adult non-formal education. DGI comprises about 5000 local associations with a membership of 1.4 million people. Denmark only counts 5.3 million inhabitants. DGI is a member of International Sport and Culture Association (ISCA).

DGI has a long tradition of participation in international projects in many parts of the world. Aided by financial support from the Foreign Ministry and together with African or other Danish NGOs, DGI is involved in long term sports and culture development projects in several African countries. Apart from these projects DGI also organise short-term sports instructor's exchanges in cooperation with Danish Folk High Schools. As part of the ordinary DGI-program we organize international and national seminars, conferences, tournaments, and festivals.



DGI NATIONAL PROJECT

Forenings fitness – Club Fitness

Vision:

- ✿ To play an active role in relation to health promotion and health prevention for the entire population
- ✿ To contribute preserving the club sport strong and attractive
- ✿ To offer every club member a fleksible training activity, that oblige individual needs for exercise in the frame of the club system

Training centres in Club Fitness are:

- ✿ A rendezvous for members from different sports in a club, and for local clubs
- ✿ A rendezvous for organized as well as self-organized sportspeople
- ✿ Invitation to new target groups in the club
- ✿ Normative and creative in the sports culture for a number of target groups

Core tasks in Club Fitness:

- ✿ Projects in Club Fitness can get
 - ✿ Loans
 - ✿ Large scale consultancy process
- ✿ Small scale consultancy process
- ✿ Networkactivity
- ✿ Education of trainers
- ✿ Qualitymark - certification
- ✿ Developing activity for new target groups for children fitness

DGI's active role

- ✿ To inform about the establishment of training centres with a DGI training culture
- ✿ To support the building up of club activities in and around the training centres
- ✿ To give expertise support for establishment and running

- 🌟 To contribute to making financial and running models for the initiatives
- 🌟 To support and inspire through human resources, loan fund, grants and various activities on a regional and national level

The contents

- 🌟 A training culture idea that must be described more detailed according to the basic items.
- 🌟 A wide program of ways to exercise
- 🌟 An educational program for instructors
- 🌟 A centre of knowledge about training
- 🌟 A network of organizers within training
- 🌟 A homepage telling about possibilities of local training
- 🌟 Others

4 points to be fulfilled:

- 🌟 The training centre must have an organisational independence and autonomy
- 🌟 Membership is important; that means direct member influence in the club
- 🌟 Economic surplus can exclusively be used to correspondent purpose in the training centre – a non-profit principle
- 🌟 Voluntary instructors and leaders are payed by covering expenditure costs and cultivating the instructor team

Important items to be clarified

1. Intermediate elements of a training culture must be described in co-operation with DGI's advisers
2. Possibilities of training and training advising must be described
3. An education programme for instructors and leaders etc. must be described
4. Everybody is engaged to help others and to participate in one annual evaluation and inspiration meeting. In the long term a knowledge "capital" about training is built up – a network of actors within physical training
5. DGI establishes a number of activity and education courses for committee members, leaders and instructors/trainers in training centres
6. The presentation of the training activities must be described in a marketing plan



Ethics in the training culture

1. Ethical rules for being together
2. Handling of inappropriate training
3. Maintenance, cleanliness and clearing
4. Smoking, alcohol, dietary supplement and stimulating drinks, doping, eating disorders etc.
5. Reception of new members (introduction with training activity lessons, and lessons in being active in health promoting activities for a considerable period)
6. Admittance for different groups in relation to the admittance for individuals
7. Open all the year round from early morning till late at night (24-7-52)
8. Safety matters, maintenance of equipment and measures in an emergency
9. Insurance conditions (the responsibility of members and clubs)

DGI advising and service

1. The good examples for inspiration
2. Expert assistance / consultancy
3. Idea and contents
4. Building and arrangement
5. Machines and other equipment

6. Organization and membership conditions
7. Financing of establishing and running
8. Training of leaders, instructors/trainers
9. Marketing of the activities

Contact and more details:

DGI, Danske Gymnastic og Indraetsforeninger

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Homepage info

- ✿ www.foreningsfitness.dk
- ✿ www.dgi.dk

Typical contents – training machine sections (examples)

- ✿ Exercise bikes
- ✿ Rowing machine
- ✿ Running band
- ✿ Ski training machines
- ✿ Free weights
- ✿ Fitness training machines
- ✿ Dumbbells
- ✿ Test machines



Typical contents – training teams (examples)

- ✿ Aerobics
- ✿ Step benches
- ✿ Spinning / indoor cycling
- ✿ Gym ball
- ✿ Pilates on mats
- ✿ Effect
- ✿ Back training with wall bars
- ✿ Core training
- ✿ Box training
- ✿ Rehabilitation
- ✿ Dance
- ✿ Small teams 2-4-6 persons
- ✿ Personal training
- ✿ Team with of focus on nutrition
- ✿ Plus-size teams
- ✿ Before- or after-birth training teams
- ✿ "Training on receipt"-team
- ✿ Diet / nutrition / weight
- ✿ Motoric training
- ✿ Special education (target groups with special needs or a personal trainer)



Outdoor activities (examples)

- ✿ Nordic walking – walking with sticks
- ✿ Jogging
- ✿ Roller skates
- ✿ Bicycle training
- ✿ Walking

