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**BUILD  
CONFIDENCE.  
WORK SAFELY.  
BACK YOURSELF.**

Sport & Recreation Foundations (Level 3)

[www.temahiako.co.nz](http://www.temahiako.co.nz)



# This programme is the starting point for people working in sport and recreation.



It's designed to help you build confidence in your role, understand what's expected of you, and develop the skills to contribute positively to your workplace.

Whether you're just starting out or already on the job, this qualification helps you make sense of the work you're doing — and do it well.

## Who is this for?

- People new to the sport and recreation industry
- Staff working in entry-level or support roles
- Volunteers with regular, consistent involvement
- Anyone wanting to feel more confident in their role.

## What you'll gain

By completing this programme, you will:

- Understand your role and responsibilities at work
- Work safely and respond confidently in real situations
- Communicate effectively with customers and your team
- Build confidence in your day-to-day work
- Contribute to a positive, professional workplace.

## Why this matters

This programme isn't just about completing assessments. It's about building the confidence and capability every employer looks for:

- Strong health and safety awareness
- Reliable, work-ready staff
- Better customer experiences.

## How it works

- Learn while you work
- Complete simple online assessments
- Be supported in your workplace
- Show your skills in real situations over time.

## Before you start

To enrol, you need to be working in sport and recreation — this could be:

- Paid employment
- Self-employment
- Regular volunteer work.

**If you're not currently in a role, get in touch — we can help you take the next step.**

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40 credits | 7 months

### Key learning areas

- Understanding your workplace and how it operates
- Working safely and managing risks
- Supporting customers with confidence
- Understanding the role of recreation in communities
- Developing your professional practice
- A strong foundation — and a pathway.

**This programme is a great starting point on its own.**

It can also be paired with other programmes (such as Aquatics Level 3) to build both workplace capability and technical skills, creating more confident, well-rounded staff.

**Also used as a staff induction programme.**

**Many organisations use this qualification to build consistent standards across their team — especially in health & safety and customer service.**

Ready to get started?

Get in touch with one of our regional advisors.

[www.temahiako.org.nz](http://www.temahiako.org.nz)

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