

Glasgowlife



Games Ready

A guide for physical activity and sports organisations

Glasgow 2026 Commonwealth Games



Discover more at
glasgowlife.org.uk

Welcome

Glasgow Life is here to support you!

Glasgow 2026 Commonwealth Games offers a powerful chance for clubs and organisations to grow by inspiring more people to get active, attracting new members and harnessing the surge of interest the Games will generate. Glasgow Life interactive guide will help strengthen and expand your organisation as well as help you to prepare your club and build lasting benefits leading up to, during and beyond the Games!

For more information: [Sport at Glasgow Life](#)

Glasgow 2026 is set to reimagine the Games you know and love – with a different and altogether unique, 'Clyde-built' experience that embodies the city's vibrant spirit, ingenuity and passion. Taking place from **23 July to 2 August**, the Glasgow 2026 Commonwealth Games returns to Glasgow for a second time, with up to 3,000 athletes from 74 nations and territories competing in 10 sports and 6 Para sports with an 11-day celebration that builds on the success of Glasgow 2014.

Glasgow Life is proud to be staging top class international sport competition once again at three of its venues, reaffirming Glasgow's reputation as a world-leading events destination. The Scottish Events Campus (SEC) is also staging a number of sports.

Scotstoun Stadium

Athletics and Para Athletics

Glasgow International Arena and Sir Chris Hoy Velodrome

Track Cycling and Para Track Cycling,
Artistic Gymnastics

Tollcross International Swimming Centre

Swimming and Para Swimming

Scottish Event Campus (SEC)

Boxing, 3x3 Basketball and 3x3 Wheelchair
Basketball, Bowls and Para Bowls, Boxing,
Judo, Netball, Weightlifting and Para
Powerlifting (Armadillo)





Glasgow 2026 Festival

The Glasgow 2026 Festival will be a city-wide celebration of sport, culture and community in the lead up to and during the Games and will take place from 23 May – 9 August 2026. It will be delivered by Glasgow Life on behalf of Glasgow 2026 and supported by Commonwealth Sport.

The festival will offer creative projects, family events and community activities that celebrate sport, culture and the shared heritage of Commonwealth communities.

Thanks to support from Glasgow 2026, Commonwealth Sport, the Scottish Government, Glasgow City Council and **sportscotland**, a £1.25 million Festival Fund is supporting organisations to deliver a wide range of community projects and events across the city.

To find out more visit:

[Glasgow 2026 Festival](#)

King's Baton Relay

Scotland will welcome the King's Baton Relay ahead of the Glasgow 2026 Commonwealth Games and communities from 1–23 July. The Baton will travel nationwide, visiting over 22 community events and festivals to celebrate sport, the Commonwealth and Scottish culture.

The find out more:

[King's Baton Relay](#)



Clubs and Organisations

Sharing your story

Let's make sure people can actually find you. Keep your club details fresh on platforms like Glasgow Life Activity Finder, organisation website, with your Governing Body and any local networks. You can register your organisation on Glasgow Life Activity Finder here:

[Glasgow Life Activity Finder](#)

Ride the momentum of Glasgow 2026 Games – people love feeling part of something bigger, so tap into that local pride and feel-good energy to boost visibility and community spirit.

Use social media to shine a light on your club. Celebrate the fun moments, the achievements, the people and the difference you're making in your community. Facebook and Instagram will do the heavy lifting for you.

And don't forget the classics: "Come and Try" and "Bring a Friend" free tasters work wonders! Your members are your ambassadors to help you get the word out!

People and belonging

Once someone walks through the door, make it easy for them to stay. First impressions count!

Welcome beginners, support those who might not usually take part in physical activity and sport and build a vibe that's fun, friendly, social and good for community connection and wellbeing.

Staying connected

When someone shows interest, grab their details right away – don't let that spark fade.

Keep your communication simple and consistent. Whether it's WhatsApp, club app or email make sure you follow-up promptly and everyone knows what's happening and when.



Building your club

Your club will grow – so let's get ahead of it. Use digital tools that make life easier – smooth registration, easy communication, clear accessible and informative activity timetables. The What, Where and When? If demand increases (and it will) add additional sessions and programmes so everyone gets a chance to join in.

Is your organisation Games Ready? Take our Games Ready Survey here:



Did you know?

The Get Active Glasgow Fund developed in collaboration with Glasgow Life, London Marathon and Sportscotland has at our 100 days to Commonwealth Games milestone provided £193,000 of support to more than 59 project across 26 diverse and inclusive physical activity and sport projects, enhancing participation and wellbeing throughout Glasgow communities.

To apply to deliver a project in your community visit:

[Glasgow Life – Get Active Glasgow Fund](#)



Top Tips

- Be seen and be social
- Make everyone feel they belong
- Follow up and stay organised
- Harness the feel-good factor of Glasgow 2026 Games



We'd love to support you. If your club needs some help, get in touch with our Sport and Wellbeing Team on 0141 287 4350 or click here:

[Glasgow Life Sport and Wellbeing Team](#)

Coaches



Recruiting coaches

The Games are inspiring everyone, use the buzz to grow your coaching team and strengthen your club and organisation. Encourage your current or past members to get involved, invite parents to shadow existing coaches. This will grow your coaching team to offer more sessions and make the most of the Games!

Clear coaching pathways from helpers to lead coaches, make it easy for new people to get involved. Offering mentoring, shadowing opportunities and access to training helps new coaches grow while strengthening your club.

Coach readiness

Coaches play a vital role in helping our club and organisations grow as excitement builds toward the Glasgow 2026 Commonwealth Games. Now is the perfect time to prepare your coaching team by refreshing their qualifications and embracing new learning through coach education. This will prepare your coaches to ensure they deliver inclusive sessions and prepare for more diverse groups.

Glasgow Life and partners deliver a wide range of training opportunities; you can browse and book onto a course here:

[Glasgow Life – Training Academy](#)



Coaching new members

The Games will bring lots of new faces into clubs and organisations and a bit of preparation will help make their first experience a great one! Coaching new members is about creating a fun, welcoming and safe environment where everyone feels comfortable and excited to come back.

Plan sessions with beginners in mind, keeping it fun and appropriate to all levels. Check in with new members to ensure they feel seen and help build those social connections. Talk through training, competition pathways and what to expect at your sessions.



Celebrate your current coaching team!

Coaches are the heart of every club. Recognising the coaches time and passion helps build a positive environment where people feel valued. It will also inspire new coaches and attract new volunteers.

The Games provide the perfect moment to say thank you, share their stories, and celebrate the difference they make every single day. Let's inspire the next generation of coaches to get involved!

Top Tips

- Make sessions welcoming and inclusive
- Build a culture where coaches can grow
- Celebrate and value your coaches
- Get your coaching team games ready

Did you know?

The Active Glasgow Volunteer Fund can help your club grow by supporting coaches up to £250 towards coaching, leadership or officiating courses. It's a great way to help new and existing coaches to develop their skills that keep your club active, welcoming, and ready for the Games.

For more information and how to apply, click here:

[Glasgow Life – Active Glasgow Volunteer Fund](#)

Contact the Sport and Wellbeing Team on 0141 287 4300 or click here:

[Glasgow Life Sport and Wellbeing Team](#)

Volunteering



Recruiting volunteers

After the Games, lots of people will be looking for ways to stay involved in sport by volunteering at local clubs and organisations. The Games will create a feel-good buzz to inspire people to volunteer and give back to their local community. This is a great opportunity to think about what volunteer opportunities your club or organisation can offer. Are there roles where an extra pair of hands would make a real difference?

Promoting opportunities

There are lots of ways to promote your volunteer opportunities. The Glasgow Sport Volunteer Bureau (GSVB) makes it simple. You can advertise your roles for free with just a few clicks. If you haven't signed up yet, creating an account is quick and promotes your volunteering roles straight away. Click here to sign up:

[GSVB](#)

Social media is a great way to share short videos, photos, and real volunteer stories helping people see why getting involved with your club or organisation is a fun and rewarding experience. Building an active online presence also makes it easier for potential volunteers to connect with you, ask questions, and picture themselves as part of your community.



Refresh your volunteer offer

Major events like the Glasgow 2026 Commonwealth Games inspires a new wave of motivated, skilled volunteers who want to stay involved in sport. This is the perfect moment to strengthen your volunteer offer by identifying the roles your club or organisation needs and the support you can provide. Creating short, clear role descriptions and sharing real volunteer stories helps people see where they fit and how they can contribute. Volunteering builds new social connections, gaining new skills and giving something back to their community.

Top Tips

- Be visible
- Make volunteering simple and welcoming
- Show the value of volunteering with you

Make your club volunteer-ready

Getting your club volunteer ready is about making it easy, welcoming, and enjoyable for people to get involved. When someone gets in touch, a quick reply helps them feel included straight away. Keep expectations clear, offer a relaxed induction, even pairing them with a volunteer buddy and think about what support you can offer. These steps help volunteers feel part of the club from day one.

Did you know?

The Active Glasgow Volunteer Fund can support your volunteers with up to £250 towards coaching, leadership or officiating courses. The funding supports continued voluntary delivery to build capacity within activities that support people in Glasgow to be active.

For more information and how to apply, click here:

[Glasgow Life – Active Glasgow Volunteer Fund](#)



Contact the Sport and Wellbeing Team on 0141 287 4300 or click here:

[Glasgow Life Sport and Wellbeing Team](#)

Get Involved

ALL IN

"ALL IN" is the national call to action for the Glasgow 2026 Commonwealth Games. A Scotland-wide movement inviting communities, schools, sports clubs, cultural – and voluntary organisations and businesses to celebrate the Games in their own altogether brilliant way. "ALL IN" gives people the tools to create inclusive, locally-led activities and events that build excitement, pride and connection ahead of an unforgettable summer of sport.

To access free official branding, ready to use digital toolkits and opportunities for increased community engagement and visibility visit:

**Together, we're ALL IN
for Glasgow 2026**



Games Festival events

Glasgow Life will deliver free and low costs activities alongside Glasgow 2026 Commonwealth Games over an extended period from April – September 2026. Multi-sport Community Fun Family Events will be held in 10 venues across Glasgow.

For more info visit:

Games Festival events

Festival of Sport 2026

Glasgow Life is proud to present the Festival of Sport 2026, offering local sports clubs and organisations a valuable platform to engage the community and inspire participation. The festival provides an excellent opportunity for people across Glasgow to discover new sports/activities, get active, and connect with organisations in the spirit of the legacy created by the Commonwealth Games.

To register your interest visit:

Festival of Sport

Club 2026

A collaborative programme delivered by the Glasgow 2026 Organising Company, Actify, Scottish Disability Sport, SPORTED, and Glasgow Life, designed to strengthen 26 sports clubs across Glasgow through enhanced digital resources, inclusive practice and targeted capacity-building support.

To register your interest visit:

Club 2026

Active Glasgow



Community Sport Hubs

Glasgow's Community Sport Hub (CSH) network is a National programme funded by Sportscotland in partnership with Glasgow Life and supports local sports clubs and community organisations to work together to improve accessibility to physical activity and sport in their local area, providing safe, sustainable and welcoming environments aimed at increasing participation, strengthening communities and improving health and wellbeing.

To connect with your local CSH's in the city visit our interactive map below:

[Community Sport Hubs](#)

Glasgow Life

Glasgow Life are ALL IN and Games Ready and we are here to support everybody in Glasgow to get active, no matter your age, ability or background. Whether you're looking to get moving in your local community, find a new sport, go for a walk, a run or go for the burn at one of our fitness classes. We're ready to help get you there and cheer you on!

To find out more click here:

[Sport at Glasgow Life](#)

Physical Activity and Sport Strategy

Glasgow is a city where everyone thrives and our communities flourish through the transformative benefits of inclusive physical activity and sport. To find out how your club and organisation can work collaboratively to deliver on Glasgow's Strategy visit:

[Physical Activity and Sport Strategy](#)





Get in touch

If you would like chat to our Sport and Wellbeing Team or get involved in any of the programmes, initiatives or events listed in resource you can call us on 0141 287 4300 or click here:

[Glasgow Life Sport and Wellbeing Team](#)

For more information on physical activity and sport at Glasgow Life click here:

[Sport at Glasgow Life](#)

