



**BRITISH  
TRIATHLON**

Triathlon: First 50-75m of a race.  
Ability to cope with the demands @ start of a race.

15min choice WU

1x100 Max!!!

2x50

2x50 @ 60 12st Max!

1x100 Max!!!

200 Fc-Bk

Madhu	<u>4</u>	<u>5</u>
Pezza	Tom	Pezza

Josh	
Mary	
Tom	
George	Alex Jo
Jodie	
Simon	
Alex	
Mary	
Molly	

# COVID-19 GUIDANCE FOR COACHES

Version 4: 24 June 2020



## Opening Statement

This document is based on the latest government instruction across England, Scotland and Wales regarding Coronavirus/COVID-19 and is designed to offer guidance to coaches in all British territories. It is updated regularly to respond to the changing instructions.

In **England**, the guidance is based on the government's document; Our Plan to Rebuild: The UK Government's COVID-19 recovery strategy. From 1 June 2020, this enables people in England to exercise freely outdoors, travel to exercise, exercise with up to six other people from different households and visit outdoor venues operating social distancing regimes of 'one metre plus' at all times.

In **Scotland**, the guidance is based on the government's route map through and out of the crisis. From the 19 June 2020, you are now able to exercise on your own or with up to TWO other households per day OUTDOORS, with up to a maximum of 8 people at any one time. You can drive within the local area – broadly within 5 miles of your home - for the purposes of undertaking outdoor exercise and physical activity.

In **Wales**, the guidance is based on the Welsh government's 'Leading Wales out of the pandemic: A Framework for Recovery' and 'Unlocking our Society and Economy: Continuing the Conversation'. From 1 June 2020, you may exercise freely outdoors with no limit, so long as you stay local and maintain social distancing. You can exercise with people from your household and meet members of one other household whilst staying local and outdoors.

**British Triathlon have extended the original suspension of organised formal triathlon activity until 4 July 2020, with one-week rolling extension decisions thereafter. However, some organised club and coach activity is now permitted. However, this should be with strict adherence to government guidelines and this guidance document.**

# What does this mean for British Triathlon Coaches?

## ENGLAND:

From 1 June, in England, the government guidelines allow six people from different households to meet outdoors, whilst maintaining social distancing. Therefore, exercising in groups of up to six people from multiple households is permitted, whilst obeying by social distancing guidelines. Coaches may therefore now work on a 1:5 ratio with others. As set out in this document, coaches should only coach within the limits of their knowledge and specifically, what they are **qualified** to deliver, ensuring compliance with social distancing rules of 'one metre plus' and following good hygiene at all times. This includes regular hand washing for at least 20 seconds and avoiding contact with shared hard surfaces, such as equipment used by others in your sessions. Please find hygiene guidance from Public Health England [here](#).

## SCOTLAND:

From the 19 June 2020, you are now able to exercise on your own or with up to TWO other households per day OUTDOORS, with up to a maximum of 8 people at any one time. You can drive within the local area – broadly within 5 miles of your home - for the purposes of undertaking outdoor exercise and physical activity.

Face-to-face coaching is possible and coaches can, for paid work purposes, travel beyond 5 miles. Volunteer coaches and participants can only drive within their local area. All coaches must adhere to the guidelines outlined above including not delivering training to more than two households at any one time or to more than two households per day.

Restrictions still apply to larger group training, and coaches must not begin organised activity outside of the current guidelines outlined above. We do not yet know when larger group training might be possible.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Clubs, coaches and participants should be aware of and adapt to changes in guidance at short notice. Information on the Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).

## WALES:

In Wales, from 1 June you are able to exercise with someone from outside of your household. The guidance on gathering states that while you can now exercise with people from one other household, group activities are still not allowed.

Coaches should not deliver training to more than one household at any one time. This includes coaching, working on a 1:1 ratio if you are **qualified** to do so, whilst complying with social distancing rules and following good hygiene. This includes regular hand washing for at

least 20 seconds and avoiding contact with shared hard surfaces, such as equipment used by others in your sessions.

Face-to-face coaching should only be delivered in your local area, approximately within a five mile radius of your home.

## More generally, it is important that coaches consider the following:

### Do

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- ✓ Familiarise yourself with the latest government guidance which can be found in the links at the end of this document.
- ✓ Communicate with participants clearly and regularly, making them aware in advance of the measures you are putting in place at your sessions, and guidelines they are asked to follow.
- ✓ Consider the health risk of coaching – think carefully about the risk-reward balance of coaching activity before deciding to do so, even whilst maintaining social distancing.
- ✓ Carefully consider the risk of coaching open water swimming. Due to the inherent dangers and therefore increased risk of open water swimming, you may be placing a higher burden on the NHS and emergency services should you need assistance. It would also be impossible to socially distance whilst performing a rescue and any necessary life-saving actions. Further information on open water swimming can be viewed in our COVID-19 GUIDANCE TO OPEN WATER SWIMMERS [found here](#).
- ✓ In Scotland and Wales apply social distancing of more than 2 metres for all coaching activity.
- ✓ In England where it is possible to keep 2 metres apart you should. Where it is not, you should keep a social distance of ‘one metre plus’, meaning you should remain one metre apart, while taking mitigations to reduce the risk of transmission.
- ✓ People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- ✓ Only coach what you are **qualified to coach**. For 1-2-1 sessions this is Level 2 Diploma and Level 3 (HPCP) coaches only.

### Hygiene

- ✓ Follow the government hygiene regulations including regular hand washing for at least 20 seconds.
- ✓ Make hand sanitizers or wipes available for use at sessions where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. In Scotland cleaning products should conform to EN14476 standards.

- ✓ Make sure that you do not share equipment and put in place measures to reduce the risk of contamination.
- ✓ Avoid touching surfaces and touching your mouth and face.
- ✓ Make provision for cleaning, hand, and respiratory hygiene. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Note that toilets and other washing facilities will not be available for use.
- ✓ Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves.
- ✓ Take bookings and payment, where possible, online or by phone.
- ✓ Implement a short buffer period (e.g. 10 minutes) between sessions to allow time for participants to leave before the next participant arrives.

### *Session planning*

- ✓ Talk to the participant before the start of any training to ensure they are fit to exercise. Participant screening is essential. Coaches should seek to ensure that participants can undertake the session being delivered and are appropriately fit and well. Participants under the age of 18 must provide the coach with a Parental Coaching Consent Form.
- ✓ Plan appropriately for the session in advance, be aware of additional responsibilities with respect to COVID-19, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
- ✓ Continue to complete thorough **risk assessments** for your sessions. Ensure that you have taken into consideration social distancing and hygiene measures.
- ✓ Appropriate insurance policies should be in place for all coached activities and checked for validity with the relevant insurance provider before undertaking work with clients.
- ✓ Have in place and communicate your **Emergency Action Plan**.
- ✓ Continue to record all **accidents or incidents**.
- ✓ Ensure access to **first aid** and emergency equipment is maintained. As there is no access to indoor facilities allowed consideration should be made to house first aid equipment externally. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.
- ✓ Maintain records of your sessions and programmes.
- ✓ Check you are permitted to access the public space prior to entry.
- ✓ Consider the area in which you are going to be coaching – is it possible to maintain physical distancing at all times?
- ✓ Think carefully about the aerosol effect in training. Aerobic activity such as running and cycling will cause a person to expel air and therefore droplets to a distance of up to 20 meters behind them. Cycling and running alongside another person carries slightly less risk but wind direction is an important factor to consider – are the expelled droplets and moisture likely to be blown across onto another person?

- ✓ Whilst open water swimming is permitted, it is important to consider the risks. Due to the inherent dangers and therefore increased risk of open water swimming, you may be placing a higher burden on the NHS and emergency services should you need assistance. It would also be impossible to socially distance whilst performing a rescue and any necessary life-saving actions.

### Other checks

- ✓ In England and Wales, ensure you hold an in-date DBS check (less than three years old) with BTF if coaching U18s. If your DBS certificate has expired or is due to expire, please visit our DBS FAQs [here](#). In Scotland, ensure you are a member of the PVG Scheme and have a PVG check for the organisations in which you carry out regulated work (i.e coaching U18s).
- ✓ Operate to the coach codes of conduct found in the British Triathlon Safeguarding and Protecting Children Policy [here](#). For Scotland, reference can be found in the Triathlon Scotland Wellbeing & Protection Policy [here](#).
- ✓ Gain written prior parental consent for taking part in a 1-2-1 coaching session.
- ✓ Report any concerns you have about the welfare of an athlete to your club welfare officer, British Triathlon at [concern@britishtriathlon.org](mailto:concern@britishtriathlon.org) or for under 18s NSPCC 0808 800 5000 or [email\\_help@nspcc.org.uk](mailto:email_help@nspcc.org.uk). In Scotland, report any concerns you have about the wellbeing or protection of an athlete to your Club Wellbeing Officer, Triathlon Scotland at [welfare@triathlonscotland.org](mailto:welfare@triathlonscotland.org), Social Work Department or the Police. In Wales, report any concerns you have about the welfare of an athlete to your club welfare officer, Welsh Triathlon at [beverleylewis@welshtriathlon.org](mailto:beverleylewis@welshtriathlon.org) or for under 18s NSPCC 0808 800 5000 or [email\\_help@nspcc.org.uk](mailto:email_help@nspcc.org.uk).
- ✓ Ensure the session takes place in a public place and if the athlete is under the age of 18 the parents should also be present.\*

*\*Guardian (non-participant) attendance should be limited to one per child where possible, with social distancing strictly observed while watching the session.*

## Don't

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- ✗ Coach participants if you're not qualified to do so. You are only qualified to deliver 1-2-1 sessions if you have a Level 2 Diploma or Level 3 (HPCP) [BTF Coaching Qualification](#).
- ✗ Coach activities if you or members of your household are symptomatic. If you are self isolating you should not attend an outdoor sports activity.
- ✗ Put yourself and others at risk.
- ✗ Coach indoors or in enclosed spaces.

## Insurance

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The British Triathlon Federation provides public liability and indemnity cover for all coaches who have been trained and qualified by British Triathlon and who hold a valid Home Nation Coach Membership. Information for coaches can be found on our website and guidance for operating in the current COVID-19 situation is supported and updated by our insurers; Sport Insure. This can be [found here](#).

## Personal Protective Equipment (PPE) for Coaches and Participants

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Always follow the government hygiene regulations including regular hand washing for at least 20 seconds and avoid contact with shared hard surfaces.

## Virtual coaching sessions

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Virtual coaching sessions continue across our sport. Please see the guidance available on the BTF [Learning Hub](#) and [UK Coaching](#) guidance. Please continue to follow safe practice in accordance with your BTF coaching qualification.

## Further guidance and references

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**OUR PLAN TO REBUILD:** The UK Government's COVID-19 recovery strategy. Also available is specific guidance on the phased return to sport and recreation which can be found [here](#).

The Scottish Government's route map through and out of the crisis which can be seen as the headline strategy [here](#).

The Welsh Government's Framework for Recovery which can be found [here](#) as well as their more specific guidance document 'Leaving Home to Exercise' which can be viewed [here](#).

[Learning Hub for Coaches](#)

[UK Coaching](#)