



**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 Fe-Bk

Nathan

Perez

Chris

Josh

Mary

Tom

George

Jodie

Simon

Alex

Mary

Molly

4

Tom

5

Perez

Alex

Jo

COVID-19 GUIDANCE FOR COACHES

Version 2: 29 May 2020



**TRIATHLON
ENGLAND**



**TRIATHLON
SCOTLAND**



**WELSH
TRIATHLON
CYMRU**

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 Step One of the government's document; Our Plan to Rebuild: The UK Government's COVID-19 recovery strategy. In essence, this enables people in England to exercise freely outdoors, travel to exercise, exercise with one other person outside of their household and visit outdoor venues operating social distancing regimes at all times.

In **Scotland**, the guidance is based on the government's route map through and out of the crisis. In essence, you may exercise freely outdoors with no limit, so long as you maintain social distancing whilst doing it. You can exercise with people from your household and meet members of one other household whilst staying local and outdoors.

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'. 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 their original suspension of organised formal triathlon activity until 4 July 2020, with one-week rolling extension decisions thereafter. There are some instances where organised club activity is now permitted. However, this should be with strict adherence to government guidelines and this guidance document.

NOTE: From 1 June, the government will allow up to six people from different households in England to meet up outside with social distancing in place. At this time, this does not explicitly extend to coaching people from different households. British Triathlon are seeking further clarity from government and Home Nation sports councils and will consider any implications for clubs thereafter.

From 1 June, the Welsh Government will allow people from two different households to meet up outside with social distancing in place. At this time, this does not explicitly extend to outdoor exercise amongst households. We are seeking further clarity from Government and Sport Wales and will consider any implications for coaches and clubs thereafter.

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. We are currently waiting for clarification from government and sports councils and will update this guidance when that is available. Until then, we advise all coaches based in England to follow the following guidelines.

You are able to exercise with one person from outside of your household. 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.

Please find hygiene guidance from Public Health England [here](#).

SCOTLAND:

In Scotland, from 29 May you are able to exercise with one person from outside of your household. 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.

Coaches should not deliver training to more than one household at any one time or provide face-to-face coaching to more than one household per day.

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

Please find hygiene guidance from Health Protection Scotland [here](#) and [here](#)

WALES:

In Wales, from 1 June you are able to exercise with someone from outside of your household. We are currently waiting for clarification from government and sports councils and will update this guidance when that is available. Until then, we advise all coaches based in Wales to follow the following guidelines.

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

- ✓ Familiarise yourself with the latest government guidance which can be found in the links at the end of this document.
- ✓ 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](#).
- ✓ Apply social distancing of more than 2 metres for all 1:1 coaching activity.
- ✓ Self-isolate should you or any members of your household show any signs of symptoms of Coronavirus.
- ✓ 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 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.
- ✓ Take bookings and payment, where possible, online or by phone.

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 you have the [relevant first aid](#) provision in place.
- ✓ 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. If you cannot maintain this, it is not safe to cycle with another person. 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 or for under 18s NSPCC 0808 800 5000 or 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, 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 or for under 18s NSPCC 0808 800 5000 or 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

- ✗ 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 groups* of participants in person (*two or more participants).
- ✗ 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.
- ✗ Stay out from your address overnight.
- ✗ Coach indoors or in enclosed spaces.

Other information

Insurance

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

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

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

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](#)