

COVID-19 GUIDANCE FOR TRIATHLON CLUBS

Version 3: 4 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 clubs 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. 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 at all times.

In **Scotland**, the guidance is based on the government's route map through and out of the crisis. From 29 May 2020, 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'. 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.

Affiliated clubs in the **Channel Islands and Isle of Man** are permitted to carry out activity in line with local government and authority guidance. Any activities arranged must implement any safety or hygiene measures required, and activity must continue to be risk assessed and documented

British Triathlon have extended the original suspension of organised formal triathlon activity until 4 July 2020, with one-week rolling extension decisions thereafter. Some organised club and coach activity is now permitted. However, this should be with strict adherence to government guidelines and this guidance document. We respectfully advise our affiliated clubs that any activity being delivered in contravention of either of these will invalidate insurance and could bring our sport into disrepute leading to disciplinary action.

What this means for British Triathlon clubs?

ENGLAND

From 1 June in England, the government will allow up to six people from different households to meet up and exercise outside with social distancing in place. This means that six club members may train together even if they are all from different households and club coaches may deliver formal club activity in ratios of 1:5.

SCOTLAND

From 29 May in Scotland, two households of up to eight people can meet together outside so long as social distancing is maintained. and you should not meet with more than one other household per day. For more guidance for clubs and open water swimming in Scotland please see the [Triathlon Scotland website](#).

WALES

From 1 June in Wales, two different households can meet up outside as long as it is local, done outdoors, and with strict social distancing in place. Local has been defined as within 5 miles as a basic rule, allowing for reasonable adjustment for more rural areas. Beauty and tourist spots remain closed. Club activity in Wales is not permitted at this time but preparations have started for a return to outside sports at the next review so long as conditions are met to further lift restrictions.

Each Home Nation clearly has different restrictions currently in place which are outlined above. As each Home Nation gradually eases restrictions, clubs are encouraged to think about how they might return to some activity within the boundaries of each government's guidelines.

British Triathlon are supporting affiliated clubs to offer swim, bike, run activity to their members and communities within the confines of their government guidelines. When the time is right, we will develop and deliver specific initiatives that facilitate clubs and others in delivering our sport. We will be seeking input from clubs and coaches over the coming weeks. For now, the following ideas are ways in which club committees could start to develop a return to play plan that remains within current government guidelines:

- ✓ For English-based clubs, work with your coaches to organise minor small-scale club activities for groups of no more than six (including the coach). This can be cycling, running or open water swimming. It may be coach-led and operate as a formal coached session or member-led and more recreational in nature.
- ✓ English clubs can organise open water swimming activity only if the club owns or is permitted exclusive access to privately owned open water. In this instance, clubs are deemed to be acting and operating as open water venues and as such should follow our [guidance here](#). They must also follow all social distancing restrictions that are in currently in place. They are also strongly advised to undertake our open water venue accreditation scheme; SH2OUT. More information on this process can be [found here](#).
- ✓ Continue to develop virtual online coached sessions for club members using appropriately qualified coaches. For guidance on current coaching practices during the COVID-19 pandemic, please see our [Guidance for Coaches](#). Many clubs have found new ways to engage their members over the internet including static cycling,

strength and conditioning, yoga or webinars on various fitness related subjects such as nutrition. Some examples of these can be found on British Triathlon's [Membership Hub](#) which has a wealth of information and is growing daily.

- ✓ Promote and encourage club members to take part in an online activity or challenges. You could use the regular indoor cycling session [British Triathlon Zwift Spring Summer Series](#) or British Triathlon's [Big Colour Challenge](#).
- ✓ Encourage qualified club coaches to engage in the British Triathlon Learning Hub which is being developed and enhanced with new content and functionality.
- ✓ Generate online club social engagement through virtual quizzes and other such activities. These are easy to arrange and the internet is full of ideas and suggestions.
- ✓ Use social media to keep members updated on latest news regarding club activities to retain members and attract potential new club members.
- ✓ Upskill the club's volunteer workforce by planning future courses and attend safeguarding courses. More information on this can be provided by your national contact or in England your Regional Manager.
- ✓ Hold online/virtual committee meetings, or when required AGMs, to discuss club matters to keep members updated.
 - There is further guidance on the Club Matters website entitled "Running Virtual Meetings and AGMs Effectively." Club committee members to attend virtual [Club Matter Workshops](#) (Only Triathlon England Clubs) to better understand how to manage their club during and after the current period of restrictions. This is also an opportunity for the club committee to think about their club and how they might use the lockdown as an opportunity to:
 - Adopt [Club Accreditation](#) to demonstrate how your club has met nationally recognised standards. [For Scotland, for Wales](#)
 - Start using the free British Triathlon Club Management System [ClubSpark](#) which is one of the benefits of your club being affiliated to British Triathlon.
- ✓ Create a development plan to explore new opportunities i.e. expand the club, add more activities, recruit new members, or add a junior section.
- ✓ Plan future club activities on the easing of restrictions.

If your club needs support or help with any of the above, or any other matter, they should contact the following [Triathlon Scotland](#), [Welsh Triathlon](#) and [Regional Managers](#) for Triathlon England clubs who will be able to provide further support and guidance.

All British Triathlon clubs should consider the following advice when taking part in activities:

The following are some general principles which all clubs, club coaches and members should consider before taking part in any group activity.

CYCLING:

- ! Members should consider the 'aerosol effect' in training.
- ! Aerobic activity such as cycling will cause a person to expel air and therefore droplets to a distance of up to 20 metres behind them.
- ! If you cannot maintain this, you should think about how safe it is to cycle with another person.
- ! Further advice is to keep cycle rides local, to a known route and let others know your route in case of emergencies. This will reduce the likelihood of needing the use of valuable emergency services.

RUNNING:

- ! Members should aim to run alongside one another wherever possible.
- ! This carries slightly less aerosol risk but wind direction is an important factor to consider – are the expelled droplets and moisture likely to be blown across onto another person?

SWIMMING (OPEN WATER):

- ! Members thinking about open water swimming are encouraged 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 for rescue crews and members of the public to socially distance whilst performing a rescue and any necessary lifesaving actions.
- ! Further information on open water swimming for both swimmers and venues can be viewed as below:
 - o COVID-19 GUIDANCE TO OPEN WATER SWIMMERS [found here](#).
 - o COVID-19 GUIDANCE TO OPEN WATER VENUES, interim document [found here](#).

OTHER:

- ! In this current phase, indoor and outdoor swimming pools are not currently open for use.
- ! All club should familiarise themselves with the relevant government's guidance. Links to these can be found at the end of this document.
- ! Being constantly aware of social distancing of 2 metres for those that exercise together from separate households.
- ! Follow the government hygiene regulations including regular hand washing for at least 20 seconds.
- ! Ensure you clean any equipment using antibacterial wash / wipes and avoid sharing training equipment.
- ! Self-isolate should you or any members of your household show any signs or symptoms of Coronavirus.
- ! Consider the risks of increasing your physical training load too fast where it might have an impact on your immune system that puts your health at risk.
- ! Safeguarding – members of separate households should ideally be of similar age groups i.e. either they are adults or they are under 18 years of age unless they are from the same household. If an adult club member is training/exercising with an under 18 club member from another household, there should be written parental consent obtained. Clubs should reinforce this message and actively support members in doing this.
- ! Participating in activities that are beyond your capabilities and put yourself and others at risk that might result in the need to use vital resources such as the NHS is not recommended.

Other information

Insurance

British Triathlon Federation provides insurance cover for all affiliated clubs which provides clubs with public liability cover and the committee members, directors and officers with liability cover. This remains in place but for absolute clarity, is invalidated by any club or member acting against government instruction. Information for clubs can be found on our website and guidance for operating in the current COVID-19 is supported and updated by our insurers; Sports Insure. This can be [found here](#).

Virtual Club Coaching Sessions

Virtual coaching sessions continue across our sport. For any virtual club session that is overtly led and / or promoted to by the club it is the club's responsibility to ensure the following:

- ✓ The coach is qualified to the correct level to conduct the activity session.
- ✓ The coach is insured.
- ✓ The coach has the necessary safeguarding training.
- ✓ If conducting a session involving juniors the coach has a valid DBS certificate. 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).

Further guidance is available on the [BTF Learning Hub](#) and from [UK Coaching](#).

Further support for clubs

ENGLAND

There is further support available from both Sport England and [Club Matters](#) which can be found on their respective websites. Sport England have also created a new fund, [the Community Emergency Fund](#), to help community sport and physical activity organisations who are experiencing short term financial hardships or the ceasing of operations due to the ongoing coronavirus crisis. This fund has just been increased to £210m. Organisations can apply for grants between £300 and £10,000.

If your club needs support or help with any of the above, or any other matter, they should contact [Regional Managers](#) who will be able to provide further support and guidance.

SCOTLAND

There is further support for clubs in Scotland from [The Third Sector Resilience Fund](#) and [Sportscotland and Harper Macleod guidance for clubs](#).

If your club needs support or help with any of the above, or any other matter, they should contact [Triathlon Scotland](#) who will be able to provide further support and guidance.

WALES

There is further support for clubs in Wales from the Welsh Sport Association who are updating the Welsh sports sector on a daily basis and offer free helplines (if clubs need details on how to log into WSA please contact admin@welshtriathlon.org), as well as support from Club Solutions. In addition, Sport Wales has created an emergency relief fund for not-for-profit sport clubs and organisations delivering community sport and physical activity, if experiencing short-term financial hardship or the ceasing of operations due to the impact of coronavirus. [Click here](#) to find out more.

If your club needs support or help with any of the above, or any other matter, they should contact [Welsh Triathlon](#) who will be able to provide further support and guidance.

Clubs can also get support from:

[Club Solutions](#)
[Welsh Sports Association](#)
[Business Wales](#)

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 seen as a landing page [here](#), as well as their more specific guidance document 'Leaving Home to Exercise' which can be viewed [here](#).

[Learning Hub for Coaches](#)

[UK Coaching](#)