

# Advice for Coaches



**Remember not all your participants and/or parents will return when it is deemed safe to do so. Consider how you engage with your participants who do not attend training. How do you alleviate their concerns? You could:**

- *Call them to help answer questions*
- *Record a video of how the session will be set up*
- *Share your procedures and protocols to reduce risks*

**Clean all sports equipment before the first training session and then after every other training session to reduce the possible spread of the virus.**

**During training sessions ensure bibs are never swapped to reduce the spread - plan your session including teams to prevent any swaps.**

**Where appropriate, ensure only one coach is handling equipment. If the selected coach changes, then equipment should be cleaned e.g. sport specific and fitness and agility equipment e.g. cones.**

**Ensure practices adhere to social distancing, safeguarding, and the appropriate coach to player ratio guidance from your governing body.**

**Understand that participants may get caught up in your training session and forget social distancing guidelines. Be on the lookout for this but, most importantly, be patient and encourage the importance of social distancing.**

**Please avoid hand shaking, high fives, fist bumps or any group celebrations/commiserations before, during, and after play. Use verbal methods only.**

**Highlight to all parents the designated drop off/pick up area. This can be done through a map and highlighted area or by selecting a well-known point within the facility or grounds.**

**Inform the club and coach if your child starts to have any symptoms of Covid-19.**

**Do not take them to attend training if you or anyone in your household feels unwell or displays any symptoms. Follow Government Guidance for self isolating before returning to sport.**