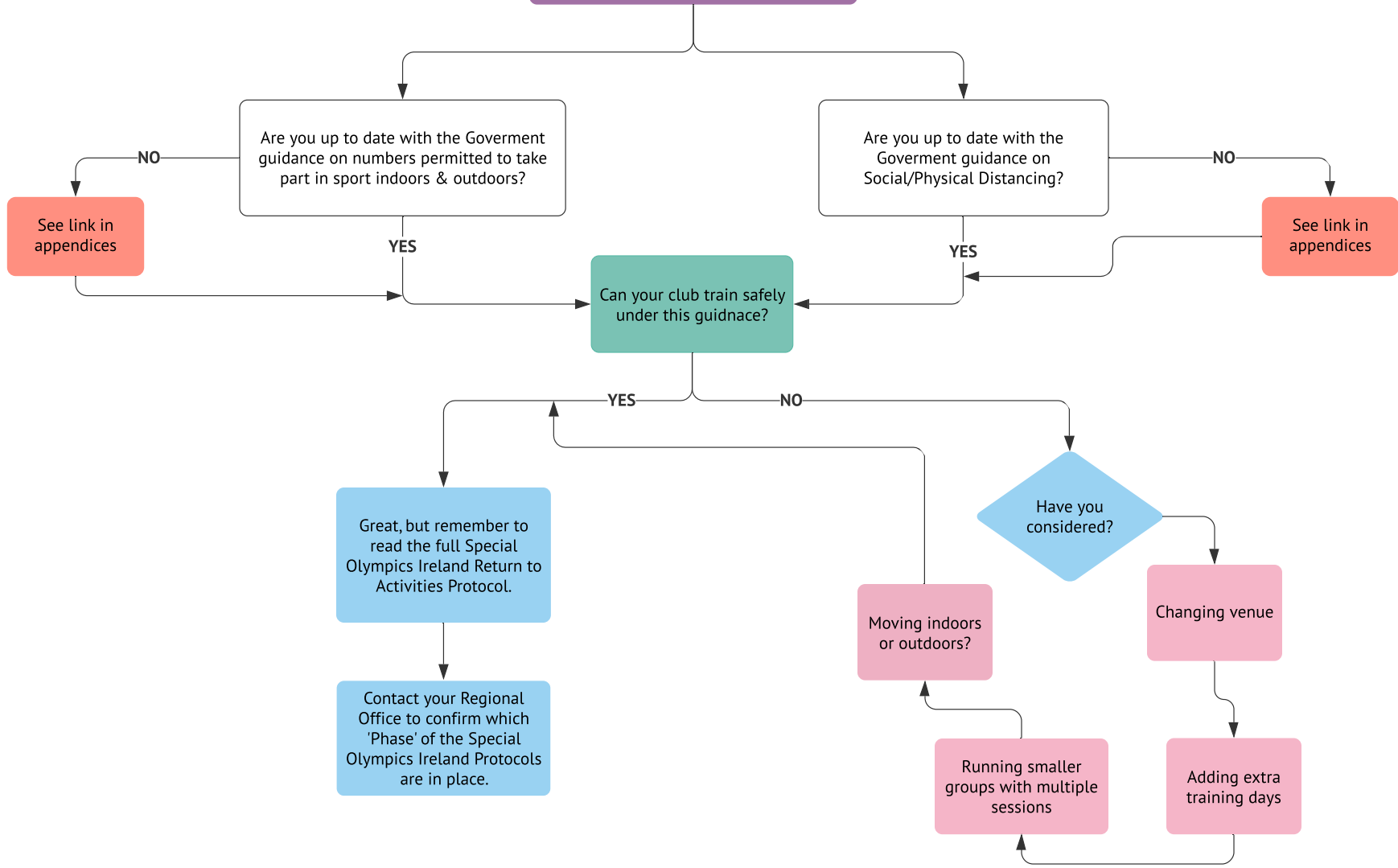


# DISTANCE



# ACTIVITY

Whether you are returning to sports specific training, general fitness, young athletes athletes leadership or health promotion. All activities should take on board the below.

Are you using equipment?

YES

**Personal Belongings**  
must be clearly labelled and not exchanged between attendees

## Sports Equipment

1. Limit the use in the first few weeks
2. Only a coach should handle equipment
3. Disinfect equipment between each attendees use (where practical).
4. It is advisable not to use a whistle or bibs.

## Cleaning & Disinfection Measures

1. One coach should be responsible for cleaning and disinfecting equipment before and after training sessions.
2. Disinfect equipment between use by different attendees (where practical).
3. Jerseys should not be swapped and should be washed at a high temperature after use.

Have you considered?

Does your club have sufficient equipment to 'assign' items to each attendee (racquets, javelin, floats)?

Can you allocate equipment to 'groups' of attendees and identify the equipment so it is always used by the same attendees?

Coaches should inform attendees about how training will run.

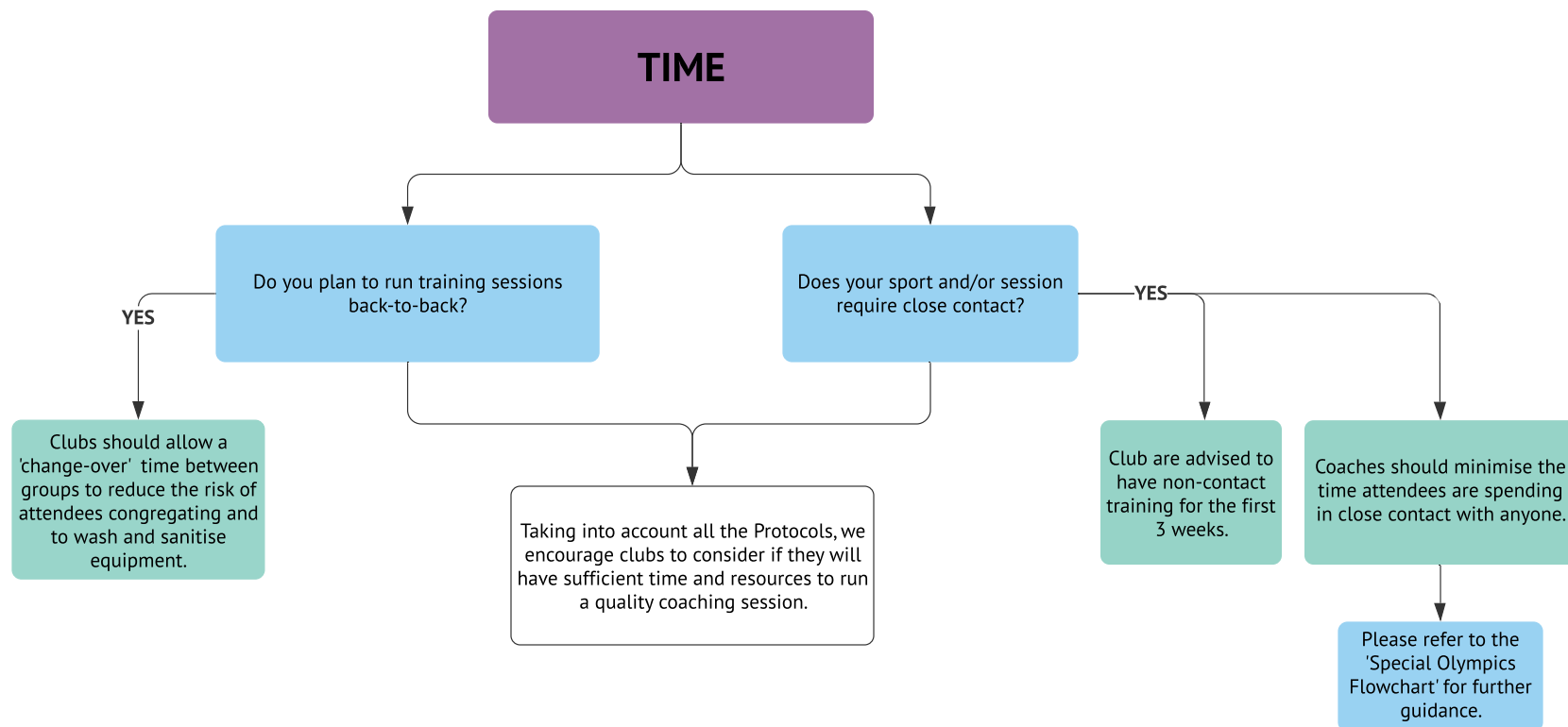
Will attendees be in new groups?

Will you be assigning attendees into area's/lanes?

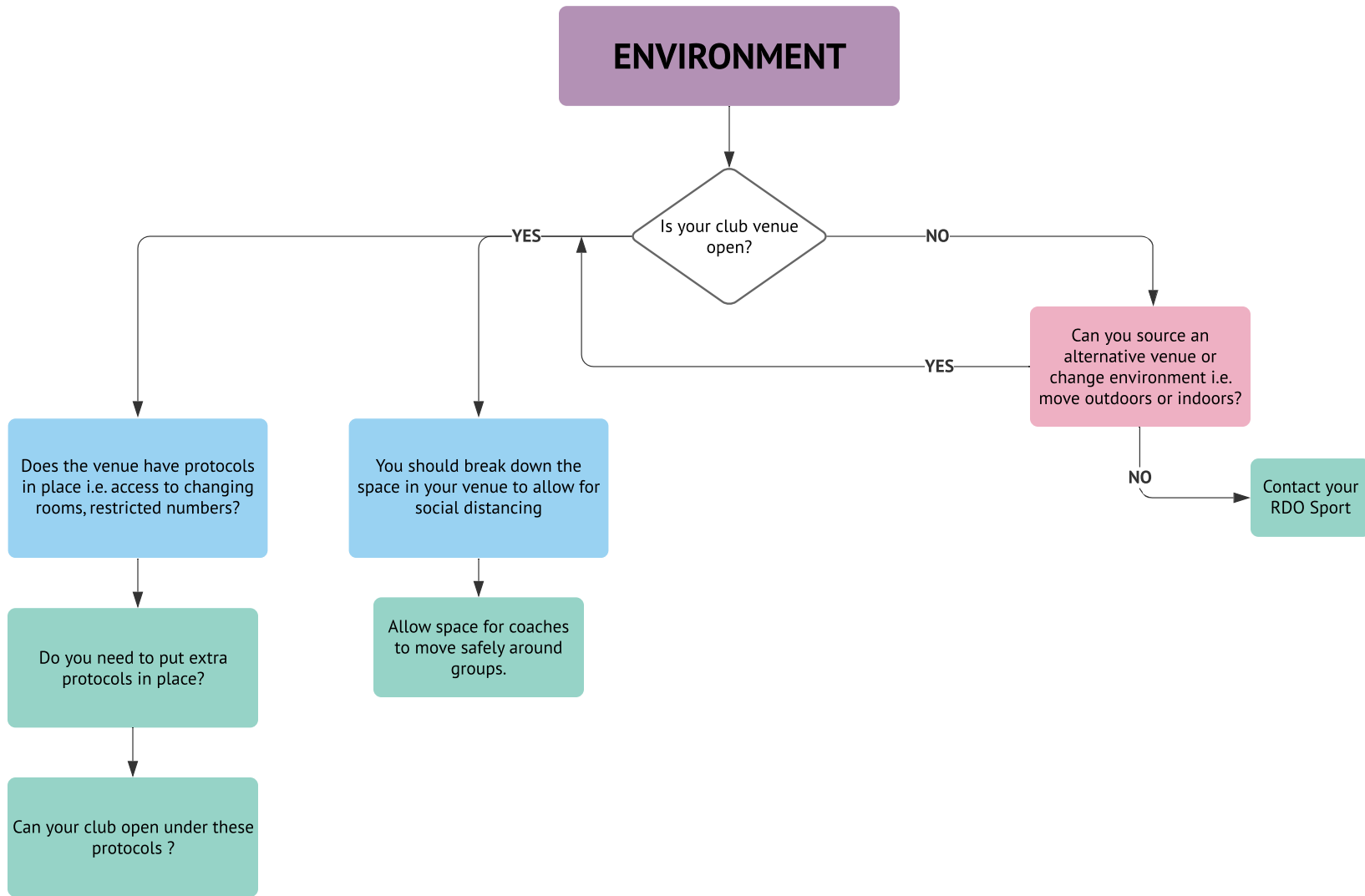
What will replace the high-fives?

Remind attendees of the proper hand and respiratory hygiene (touching face, coughing into elbow etc.)

Are your athletes able to return to club and follow the new protocols?



# ENVIRONMENT



# SPECIAL OLYMPICS

