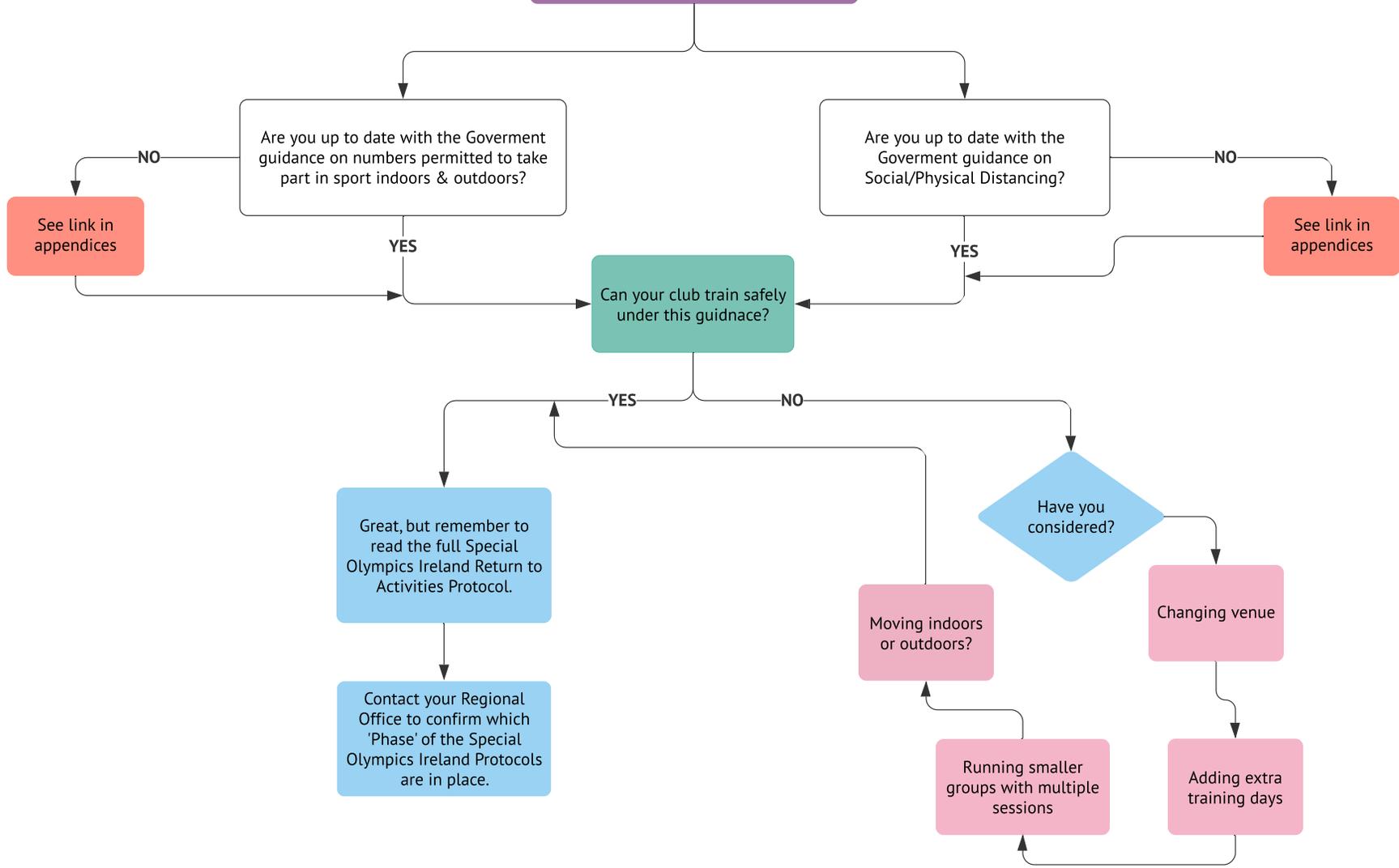


# DISTANCE



# 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.

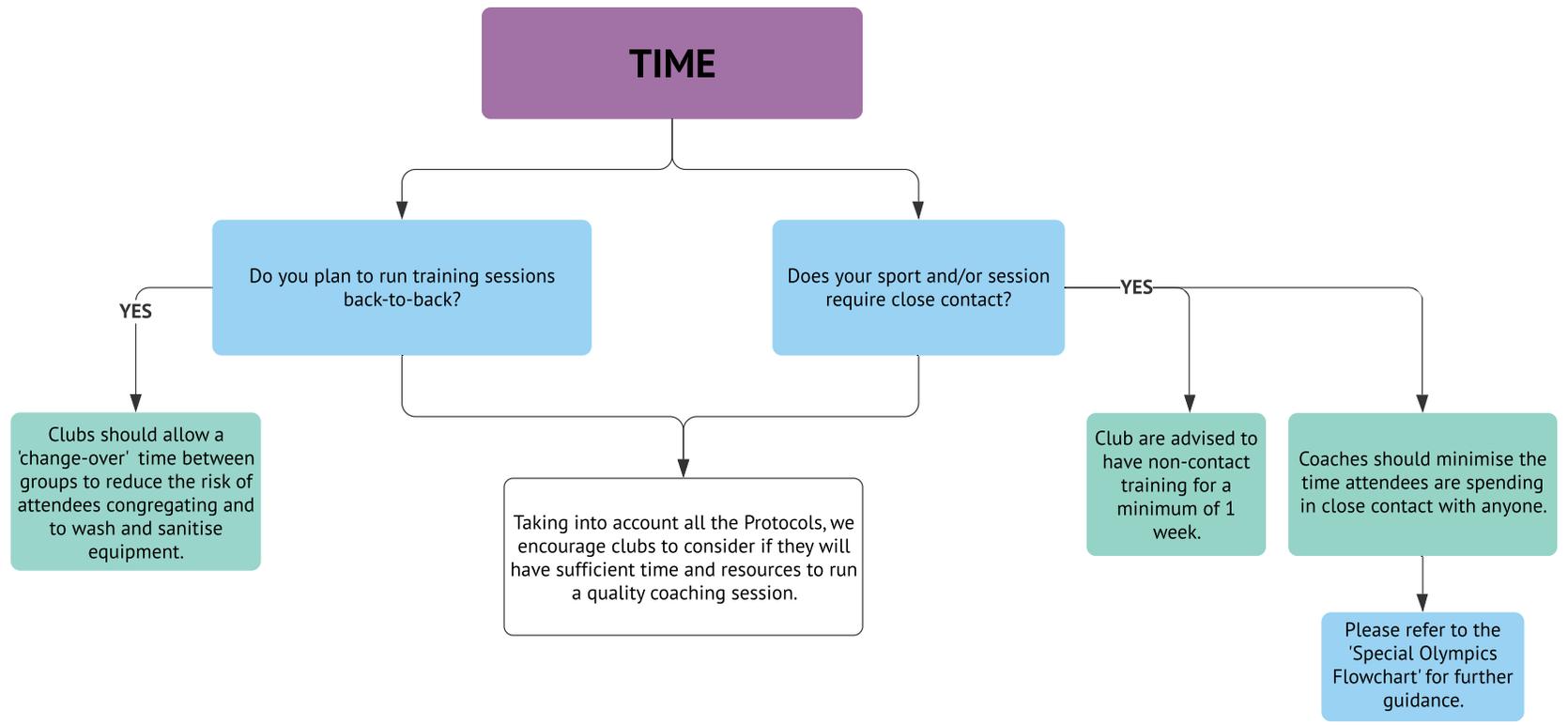
Will attendees be in new groups?

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

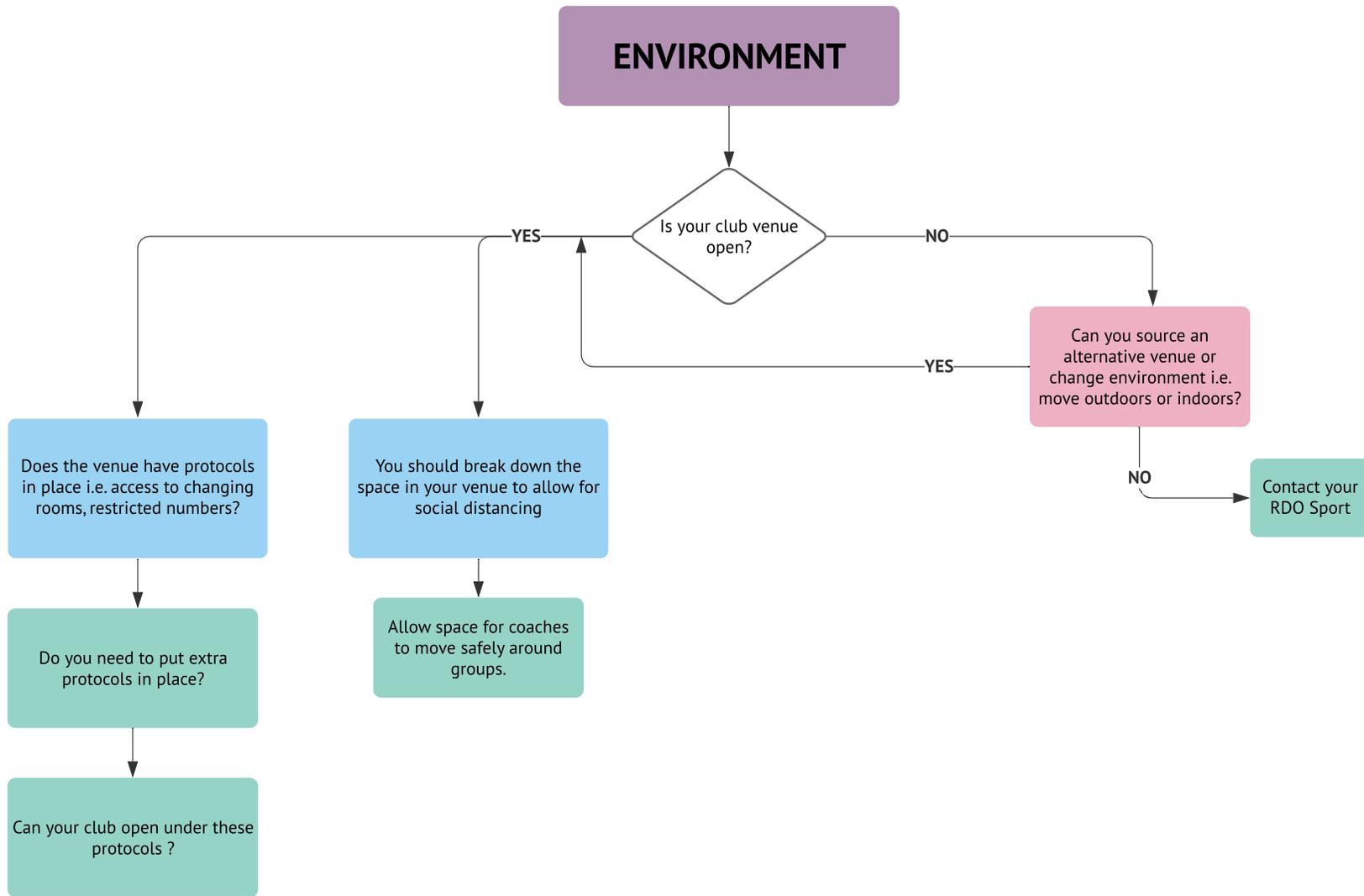
What will replace the high-fives?

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

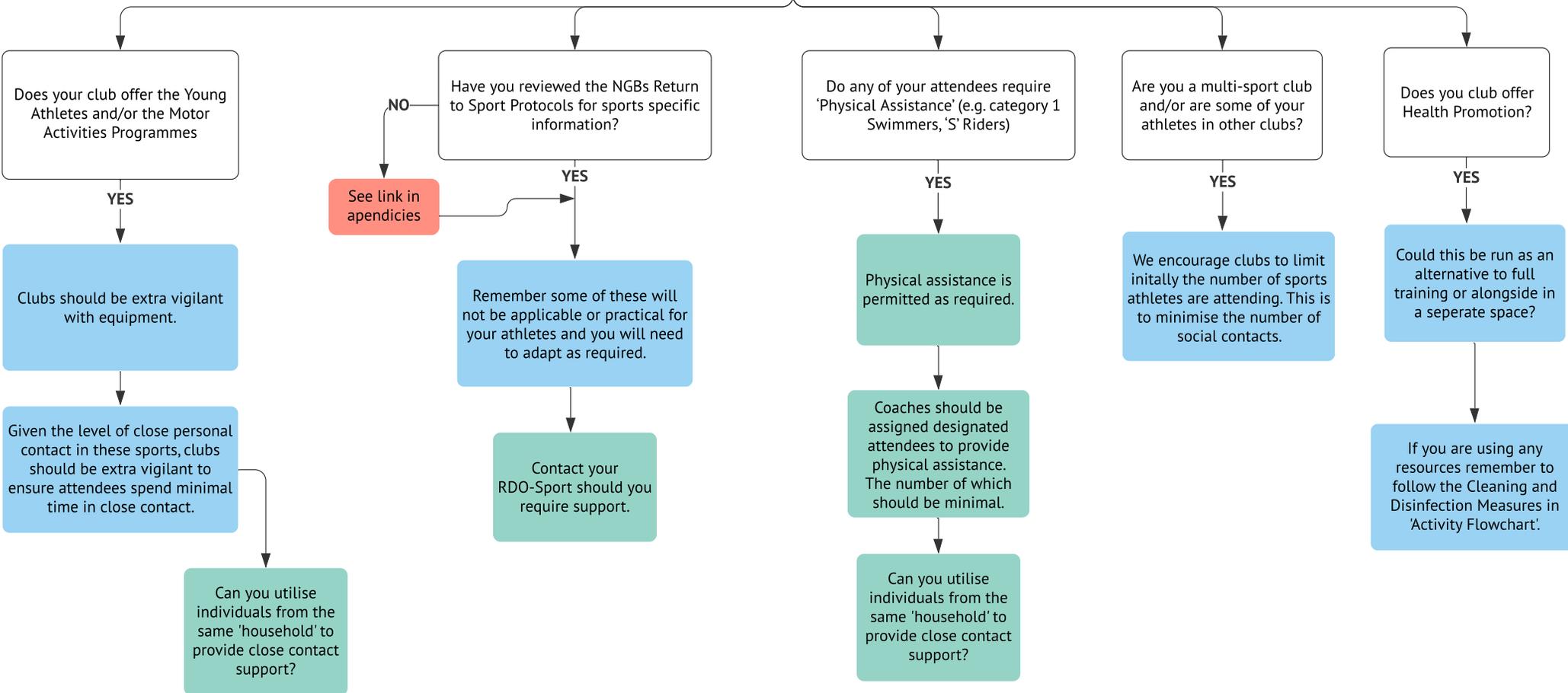
Are your athletes able to return to club and follow the new protocols?



# ENVIRONMENT



# SPECIAL OLYMPICS



Does your club offer the Young Athletes and/or the Motor Activities Programmes

YES

Clubs should be extra vigilant with equipment.

Given the level of close personal contact in these sports, clubs should be extra vigilant to ensure attendees spend minimal time in close contact.

Can you utilise individuals from the same 'household' to provide close contact support?

Have you reviewed the NGBs Return to Sport Protocols for sports specific information?

NO

See link in aperiodics

YES

Remember some of these will not be applicable or practical for your athletes and you will need to adapt as required.

Contact your RDO-Sport should you require support.

Do any of your attendees require 'Physical Assistance' (e.g. category 1 Swimmers, 'S' Riders)

YES

Physical assistance is permitted as required.

Coaches should be assigned designated attendees to provide physical assistance. The number of which should be minimal.

Can you utilise individuals from the same 'household' to provide close contact support?

Are you a multi-sport club and/or are some of your athletes in other clubs?

YES

We encourage clubs to limit initially the number of sports athletes are attending. This is to minimise the number of social contacts.

Does your club offer Health Promotion?

YES

Could this be run as an alternative to full training or alongside in a separate space?

If you are using any resources remember to follow the Cleaning and Disinfection Measures in 'Activity Flowchart'.