

#### EXPECTATIONS ON COACHES FOR COVID 19 TRAINING SESSIONS

- All Coaches will take and pass an infection and hygiene course specific to COVID 19.
- The Coach will invite athletes to a 1:5 netball training session.
- The sessions will vary in length depending on the progression of the players and number of weeks they have been back at training. The timings each week will be stated on the invitation.
- The Coach will not come to training if they are unwell, if they or a member of their household has COVID 19 symptoms or they have been told to isolate through track and trace. [www.nhs.uk/conditions/coronavirus-covid19/symptoms](http://www.nhs.uk/conditions/coronavirus-covid19/symptoms)
- The Coach will download the COVID19 app when it is up and running.
- Each session will allow for a 15 minute break before the next group begins to train.
- All equipment to be used during a session will sanitised if required and packed in a bag to ensure hygiene levels are maintained.
- The Coach will shower before and after training.
- They will wear clean Leeds Athletic kit.
- Hands will be washed in anti-bacterial soap just before leaving home.
- On arrival the Coach will leave open doors and gates where possible, sanitising handles and touch pads as they go to avoid athletes touching these surfaces.
- Where necessary they will position 2m and entry and exit notices.
- Using a COVID 19 risk assessment form the training area and surrounds will be checked to ensure safety and hygiene for all participants.
- The Coach will check their own temperature and use hand sanitiser all over their hands.
- As players arrive the Coach will remind athletes to queue 2m apart and use the entry point.
- On entry the Coach will ask if each player is well, take their temperature with a non-contact thermometer and record the reading on the register.

- Athletes feeling unwell or having a high temperature will be expected to leave the facility immediately.
- Hand sanitiser will be dispensed from a spray to each player.
- If any payment is required this will be done directly to the Leeds Athletic bank account to avoid the Coaches handling money.
- Athletes will be directed to the prep area of the training space and advised to take their own area 2m from others.
- Activities at these sessions will be prepared by the Coach to give maximum training benefit and maintain 2m between athletes.
- If First Aid treatment is required the Coach will use gloves.
- The First Aid kit will be replenished and sanitised after each time it is used.
- The Coach will ensure that only one player uses each bib. Players will keep a bib for a session which must not be used by others and an extra set may be required to allow for changes.
- All bibs will be placed in the Coaches open laundry bag at the end of the training, the Coach will wash all bibs after each use.
- On completion of the session the Coach will again spray sanitiser the athletes hands.
- Coaches will remind athletes to take all belongings and rubbish with them at the end. Any lost property and rubbish remaining will be collected by the Coach and dealt with safely.
- Athletes will be directed to the correct exit point.
- If the Coach has a second session, they will ensure players leave promptly and in time to allow 15 minutes before the next session. This will allow the Coach to prepare themselves, the facility and any equipment for the next group. It will include sanitising door and gate handles and push panels and their own hands.
- When the training area is prepared the Coach will text the next group to enter the facility.
- There should be no cross over of athletes and no waiting around at the facility.
- Another set of equipment will be used if there is a second group.
- On leaving the venue the Coach will wipe clean touch pads and handles.
- Hand sanitiser will be used by the Coach before touching their car.