



EXPECTATIONS OF COACHES FOR COVID 19 TRAINING SESSIONS

COVID 19 SPECIFICS

- Coaches should have received and read a personal risk assessment document from the club.
- All Coaches must have returned an opt in form.
- Nobody should feel under pressure to be involved in the provision of netball.
- The Coach will not come to training if they are unwell, if they or a member of their household has COVID19 symptoms (see symptoms below) or they have been told to isolate through track and trace.
www.nhs.uk/conditions/coronaviruscovid19/symptoms or they have been told not to be at work for Covid19 related reasons.
- Download the COVID19 app when it is up and running.
- Coaches should make themselves aware of the risks of training with COVID19. See the England Netball Risks of Covid19 in netball sheet.
- Coaches will take and pass an infection and hygiene course specific to COVID 19.
- Coaches must inform the Team Covid Officer if they are unable to attend training due to COVID19 related issues.
- Team Covid Officers must be informed before a return to training following a COVID19 related absence. GP advice must be followed.
- Any Coach who develops Covid19 symptoms within 48 hours of a Leeds Athletic netball session must report to track and trace and to the Team Covid Officer who will inform the other attendees.
- Any Coach shielding is advised not to attend training sessions or matches.
- Athletes must know and understand the stage 4 netball rules.

BEFORE TRAINING

- The Coach will shower at home changing facilities are not available at venues.
- They will wear clean Leeds Athletic kit.
- Take plenty of water, water fountains must not be used.
- All equipment for a session will be sanitised and packed in a bag to ensure hygiene levels are maintained.
- Hands will be washed in anti-bacterial soap just before leaving home.
- Do not travel in a car with a person who is not from your household unless you can observe social distancing.
- Coaches using public transport should abide by the Government guidelines.

ARRIVAL

- On arrival Coaches will have their temperature checked and use hand sanitiser.
- Coaches are responsible for knowing each venue restrictions, protocols and one-way systems before arriving to coach.
- Only use the specified toilet facilities for your group.
- Observe the venue rules.
- Coaches will ensure a nominated adult registers each player, Coach and volunteer, asks if they are well using a symptoms checker poster and takes their temperature with a non-contact thermometer.
- Coaches will check a nominated adult completes a COVID 19 risk assessment form for the training area and surrounds, ensuring safety and hygiene for all participants.
- The Coaches should ensure the posts are sanitised on arrival.
- Coaches must ensure that any athlete feeling unwell or having a high temperature leaves the facility immediately, taking into consideration other safeguarding issues.
- Wear face masks in the general area at Leeds Beckett University.
- Coaches will wear a mask or face covering at the training session.
- Coaches must check that hand sanitiser is available for every coach and player before, during and after training.
- If any payment is required this will be done directly to the Leeds Athletic bank account to avoid the Coaches or administrators handling money.
- Coaches must not allow more than 30 athletes, volunteers and coaches on court at any time.

DURING THE SESSION

- Athletes must be directed by the Coaches to take their own kit space 2m from others.
- Athletes must be guided to sanitise their hands every 15 minutes during ball sharing activity.
- Shared balls must be sanitised every 15 minutes.
- Activities at these sessions will be prepared by the Coach to give maximum training benefit and maintain permissible distance between athletes.
- Matchplay must conform to the England Netball stage 4 rule modifications.
- Coaches must give clear verbal instructions to players about the rules of Stage 4 netball and social distancing especially to younger athletes (U12).
- All games including during training must have two umpires.
- No shouting, hi fives and hands in will be allowed.
- Face to face marking will result in sending off during matches Coaches must raise awareness of this with athletes.
- No sharing of snacks is permitted including birthday cake.
- If First Aid treatment is required the Coach will sanitise their hands before and after treatment, use gloves and a face covering.
- Coaches will ensure the First Aid kit is replenished and sanitised after each use.

- Coaches must make sure the post is sanitised if a player comes into contact with it.
- Coaches must instruct players not to reuse bibs.
- All bibs will be placed in the Coach or Team Covid Officers laundry bag at the end of training, bibs will be kept for 72 hours and washed after before re-use.
- 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.
- Coaches will not allow spectators other than Team Admins and Covid Officers.

FINALLY

- On completion of the session coaches will sanitise their hands.
- If the Coach has a second session, they will ensure players leave promptly before the next session. This will allow the Coach to prepare themselves, the facility and any equipment for the next group.
- There should be no cross over of athletes and no waiting around at the facility.
- At home Coaches must shower and change into clean clothes.
- Coaches should report any serious or continual breaches of these expectations and Government guidelines to the Covid Officer.
- Any breaches of Government guidelines or Leeds Athletic expectations will be discussed for action with the Covid Team. Serious breaches will be taken to the committee.

The activity must cease if it cannot be managed safely.

Covid-19 Athlete Checklist

Main symptoms

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

Other known symptoms

- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Abdominal Pain
- Diarrhoea

