



### **COVID 19 : Coaches Guidance for 1:1 Coaching sessions during phased return to activity**

The information below outlines the steps we are taking to keep our members and coaches safe while following the latest [Government](#) and [Sport England guidance](#) on public spaces, outdoor activity and exercise.

These guidelines have been developed following the [Government guidance for personal trainers and coaches](#). Please ensure you are familiar with these. Please also ensure that you are familiar with the SHC guidance for members on 1:1 coaching [here](#).

**It is the responsibility of each coach to ensure that the guidance is being followed and that the pitch and club environment is continually monitored to ensure the safety of all users.**

We understand that you may not be comfortable coaching at this time, if this is the case please advise Will that you would prefer not to take part. To opt in please complete the attached "Coaches agreement " form.

#### **Coaching Activity**

- All activity should be consistent with government guidance following health, travel, hygiene and social distancing at all times.
- You are now permitted to carry out 1:1 coaching sessions; no group sessions.
- You can carry out multiple coaching sessions in a single day.
- Sessions are only available to Club members.
- All Colts from U9/10 upwards and adults can participate.

## Maintaining social distancing

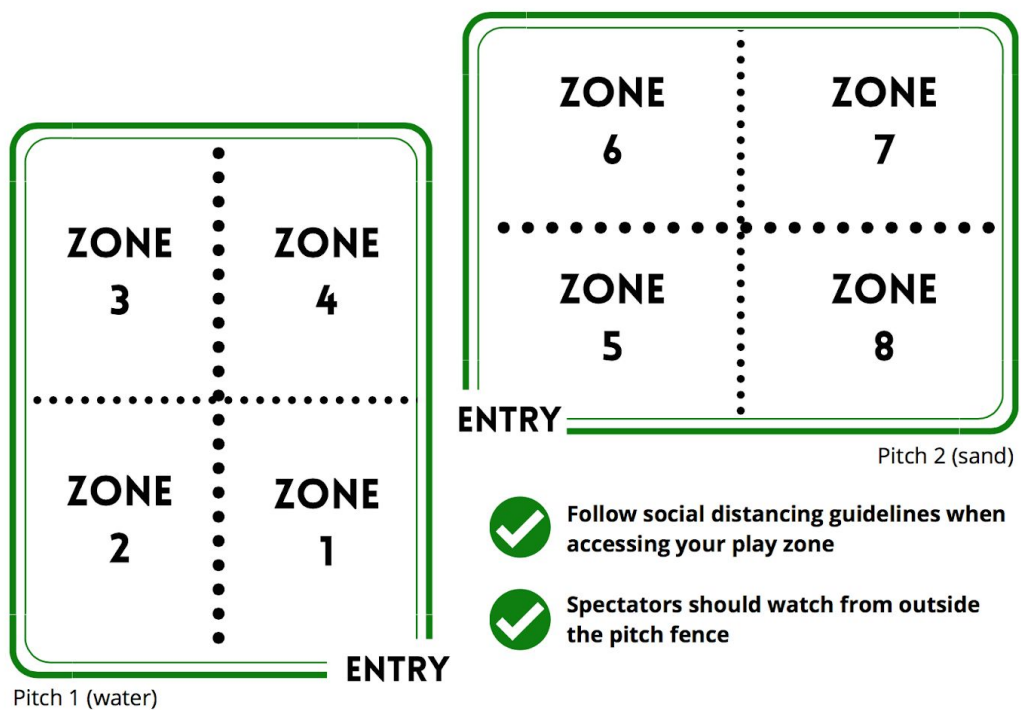
- Avoid congregating at the club entrance, pitch side or in the grass area in front of the Club House and maintain your 2 metre distance at all times.
- Adaptations to drills and how you give instruction/feedback may be needed to ensure social distancing rules are being adhered to.
- We will operate a 15 minute gap between sessions to avoid too many people gathering during session cross-overs.

## Health, Safety and Hygiene

- Follow guidelines on hand hygiene carefully. Hand sanitising gel will be available but you are encouraged to bring your own.
- The club house will be open for coaching staff to use the disabled toilet facilities only. Sanitising spray and wipes will be available and must be used to assist in disinfecting taps and handles etc after individual use. *Entry into other areas of the club house is prohibited.*
- No refreshments will be available, please bring your own.
- Bring your own water bottle, we will not be able to refill water bottles and the water fountain will be out of use.
- Access to First Aid and emergency equipment must be maintained - these will be available in the porch and pitch side.
- Advice on administering First Aid during the coronavirus pandemic can be found on the [St John Ambulance website](#).
- Please do not come to the Club if you have a raised temperature, are experiencing any Covid-19 symptoms, are self-isolating or living with individuals that are self-isolating.
- If you exhibit any signs or symptoms in the days following your session, please ensure you inform Will Fulker in case we need to do any contact tracing.
- If during the coaching session you are not happy with the conduct of the trainee you may finish the session and request that the individual leave the premises. Such instances must be reported immediately to Will Fulker.
- Parents/guardians have been asked to remain on site all children 16 and under for you to refer to should there be any accidents/incidents involving their child.
- As a coach you will be aware of your safeguarding duties which remain unaltered during this time. Please refresh yourself with [England Hockey](#) and [Surbiton HC](#) Safeguarding procedures.

## During coaching sessions

- Each pitch will be divided into quarters and will be marked with nets or tape. Players/coaches should not cross into adjacent pitch zones.
- A two metre distance between coach and player must be maintained at all times.



## Equipment

- Equipment must not be shared between players and coaches; nor will equipment be lent by the Club (with the exception of balls/cones, please see below).
- Hockey balls will be provided by the Club and must only be handled by the coach.
- Use new / "fresh" balls for each coaching session. Consider using the minimum amount of balls in each session so that it is easier to keep on top of hygiene requirements.
- Balls must be regularly disinfected between sessions. Disinfectant sprays, wipes and disinfecting solution will be available. Where possible, submerge the crate of balls in the trough of bleach solution that will be pitch-side.
- Players should only touch the balls with their sticks.
- Use of coaching equipment eg. cones should be limited and must be cleaned and wiped down after use.
- Gates to the pitches must remain open at all times. Please avoid touching gates and adjacent pitch side fences.
- Use of the dugouts is prohibited. Please do not leave your equipment on the pitch side benches.
- The handles to the storage container should be regularly disinfected each day.
- Ensure all equipment is removed, cleaned and stored safely at the end of the last session.
- A record of cleaning must be completed every day and it is the responsibility of the first and last coaches on site to ensure this is done. Forms will be left in the porch.

## **Booking**

- All bookings are being taken online on behalf of Surbiton Hockey Club.
- No privately run coaching sessions are to be run.

## **Future steps**

We are very pleased to be able to get some activity happening back at the club, but the priority is the safety of our members and coaches.

Please work with us to ensure that the guidelines are being followed so that we can all be safe. This includes raising any issues that you may have with Will Fulker, whether that is with the set-up of the coaching during this time or with the attitude of our members.

We will be reviewing the club usage daily and will make necessary changes if we feel the guidance isn't being followed.

Additionally, we will continue to follow Government guidance and will be prepared to curtail or expand our activities at short notice should there be any changes to the Covid-19 situation.

Surbiton Hockey Club

27 May 2020