

GUIDE FOR COACHES

Please read this guide carefully.


If you have Covid symptoms

- Get a test
- Stay at home until you get your result
- Don't have visitors

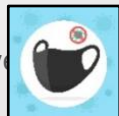


We have taken the following precautions to make the gym as safe as possible for everyone.

- ✓ Entrance and exit routes into/out of the building with 2 metre floor markings.
- ✓ 2 metre work stations marked with tape.

- ✓ Several sanitising stations
- ✓  Filling water stations for filling bottles - one in each of the changing areas. No access to the kitchen.
- ✓ Disinfectant wipes, cleaner and paper towels. *Please follow the recycling procedures when disposing.*
- ✓ **Do I need to wear a face mask?**

This is optional. So long as the 2 metre rule is followed a face cover is not required.



However - if you need to attend to a serious injury please wear gloves and visor and follow hygiene safety. For minor injuries please contact the parent who will attend.



WELCOME BACK!!



BEFORE LEAVING HOME

- Wear clean training kit.

AFTER TRAINING

- Parents should be waiting outside - ask members to text their parents to say they are ready to leave.
- Members go to the safe areas to collect their belongings.
- Members line up 2 metres apart to accompany them down the **EXIT** meet their parents - making sure they stay socially distant.



- If any child does not have a mobile - please text their parent yourself.
- Use the disinfectant spray to wipe down all the equipment used ready for the next session.



BEFORE TRAINING

- Use the risk assessment you have been given to assess the gym for potential hazards.
- Put on protective gloves and use the disinfectant spray and paper towels to thoroughly clean all the equipment which will be used.
- Set up the session.
- Sanitise your hands.
- Parents must present their child at the main



DURING TRAINING

- As members arrive show them to the designated safe zone where they leave their belongings.
- Stay 2 metres apart from everyone throughout the session.
- Only take a register if a member (or if a child - their parent) is unable to scan NHS code.
- Clearly explain how the session will be run, managed and finished.
- Encourage members to regularly sanitise their hands.
- There must be no pad work, sparring or physical contact at any time.

