

# **#ReadySteadyGoAgain**

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## **RESTART GUIDE**





# CONTENTS



**Guide Overview**

**Page 3**



**Clubs**

**Page 4 - 6**



**Coaches**

**Page 7 - 8**



**Participants**

**Page 9**



**Parents**

**Page 10**



**Useful Links**

**Page 11**





# GUIDE OVERVIEW



Glasgow Sport has developed this Recovery Guidance to support clubs as they work to understand government protocols and start to think about how we will move on to the “new normal” post-lockdown.

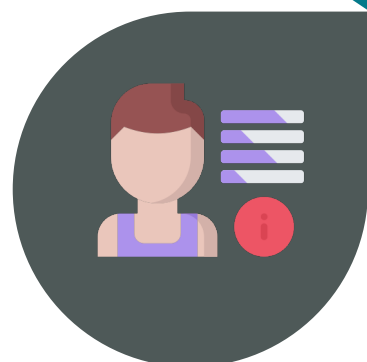
The guide focuses on four key aspects (clubs, coaches, participants, and parents/stakeholders) and aims to assist and give further consideration to steps clubs may take when sport can restart.

Above all, Scottish Government and National Governing Bodies guidelines should be adhered to, and Glasgow Sport has developed this guidance to provide support and share good practice. Should your club require any advice, our Sport Development Officers are always on hand.



**CLUBS**

**COACHES**



**PARTICIPANTS**

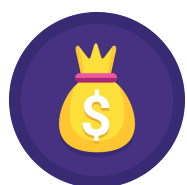
**PARENTS**



# CLUBS



Review and, if necessary, update your current risk assessment, ensuring it takes account of current guidelines - particularly on social distancing. Be sure what your insurance allows and covers you to do as a club. Maintain contact with your governing body. Click [here](#) for a draft example risk assessment



Review the club's financial operating model, particularly Income vs Expenditure in line with current Government social distancing guidance. Click [here](#) for funding support and [here](#) for an emergency finance template to plan your finances

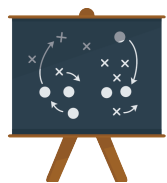


Consider the venues you regularly to train and/or play in and think about what you need to do as a club with social distancing measures in mind. If you have your own venue, please follow Governing Body/sportscotland guidance [here](#).

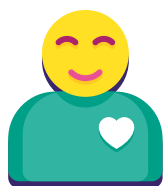


In line with NGB guidance on social distancing and safeguarding, agree how you will use the training space you have available.

# CLUBS



Provide adequate training space for all sessions which will allow participants to socially distance. Your Sport Development Officer can support on planning and liaising with your Governing Body where necessary.



Consider creating a voluntary position of 'Covid 19 Club Coordinator' to help your club implement some of the advice in this document. Where possible, try not to add this workload to a volunteer with existing duties.



Provide all stakeholders with guidance and updated Codes of Conduct which include social distancing and [safeguarding measures](#) which are recommended by the Scottish Government.



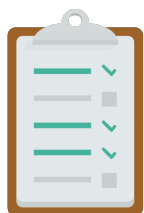
Where possible, support participants who are not yet ready to participate in club activity with alternative opportunities to take part e.g. video calls to catch up, quiz nights, video training sessions, Q&A with coaches, regular chats, etc.

# CLUBS



**Advise all coaches, parents and participants on the protocols which will be taken by the club to ensure a safe environment to play, including, but not limited to:**

- Plans for drop offs/pick ups**
- Journey from this area to the training area**
- Maintaining registers of attendance**
- Training**
- Games (when safe to do so)**
- Planning of sessions to ensure social distancing**
- Regular cleaning of equipment**





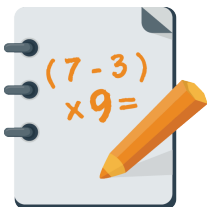
# COACHES



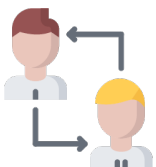
Remember not all your participants and/or parents will return when it is deemed safe to do so. Consider how you engage with your participants who do not attend training. How do you alleviate their concerns?



Where appropriate, ensure only one coach is handling equipment. If the selected coach changes, then equipment should be cleaned e.g. cones , SAQ equipment, etc.



Ensure practices adhere to social distancing, safeguarding, and the appropriate coach to player ratio guidance from your NGB.



Understand that participants may get caught up in your training session and forget social distancing guidelines. Be on the lookout for this but, most importantly, be patient and encourage the importance of social distancing.

# COACHES



Please avoid hand shaking, high fives, fist bumps or any group celebrations/commiserations before, during, and after play. Use verbal methods only.



Highlight to all parents the designated drop off/pick up area. This can be done through a map and highlighted area or by selecting a well-known point within the facility grounds.



Clean all sports equipment before the first training session and then after every other training session to reduce the possible spread of the virus. Click [here](#) for further guidance.

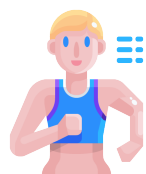
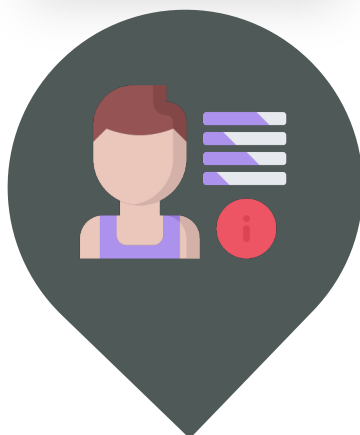


During training sessions ensure bibs are never swapped to reduce the spread - plan your session including teams to prevent any swaps.





# PARTICIPANTS



**Come changed ready to train.**



**Make sure you wash your hands before and after training, and wear clean training kit each session.**



**When you are at training:**

- Place all of your kit in a bag labelled with your name**
- Label your drink with your name**



**Remember social distancing before, during, and after training.**



**If you do not feel comfortable coming to training, then let your parents or your know and they will understand.**



# PARENTS



If you do not feel comfortable bringing your child back to the club, then you don't have to. Inform the coach and enquire how your child can still take part in activity from home.



Make sure training bags are checked and all kit is cleaned after every session:

- Check all of your child's kit in a bag labelled with their name
- Check your child's drink is labelled with their name



Inform your child's club and coach if you or your child start to have any symptoms of Covid-19. Do not attend training if you or anyone in your household feels unwell or displays any symptoms.



Adhere to the club's social distancing and safeguarding protocols:

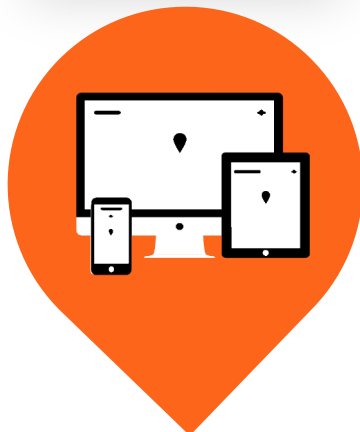
- drop off/pick up points
- training
- games (when safe to do so)



Find out from your club what protocols are in place such as a designated drop off/pick up area for your child.



# USEFUL LINKS



[COVID-19 Support #ReadySteadyGoAgain](#)



[Coronavirus \(COVID-19\) information and resources](#)



[sportscotland & Harper Macleod guidance for clubs](#)



