

Coaching & Covid

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Current situation



- Organised orienteering events and activities are currently suspended across the UK because of Covid.
 - Travel restrictions for individuals vary between home nations
- The material that follows applied to the gradual relaxation of lockdown that happened from July 2020 onwards.

Government/SportScotland requirements summary



- Tier/level specific requirements
- SportScotland approve submissions from individual sports
- Clubs appoint Covid officer(s) – one named & involved for each club activity/event
- Covid risk assessment performed for all activities/events – 3 authorisations required
- Participant information collected & stored in case Test & Locate need to contact them.

Tier/level specific requirements



- Topics addressed include
 - Organised Events
 - Travel
 - Coaching – distinction made between requirements for juniors and adults
- Tiers/levels apply to local authorities – travel restrictions across these boundaries have caused some issues/strange outcomes.
 - Juniors attending coaching sessions have greater freedom for crossing boundaries, as do coaches.

SportScotland approve submissions from individual sports



- The Scottish Government sets out requirements and local authority levels
- SportScotland provide guidance for sports and sports clubs in Scotland based on government requirements.
- Individual sports propose their route to abiding by the guidance
 - Address what parts of their sports might run and with what precautions in place
- SportScotland assess inputs and, if satisfied, authorize the activities.
- Sports revise their proposals when requirements alter and again seek approval.

Clubs appoint Covid officer(s)



- Each club wishing to hold activities/events must appoint one or more Covid Officers.
- These Officers advise on Covid precautions, check that appropriate actions are in place and sign the Covid risk assessment.
- On-line training has been provided (approx. 1 hr) by SportScotland, who record completion of the course and validation.
- Club lead Covid officers (& interested others) are members of a network: there is a Zoom call roughly every 6 - 8 weeks (hosted by the SOA lead Covid officer).

Responsibilities of a COVID Officer

- Ensure that a documented COVID-19 risk assessment is in place, sign it and forward it to a committee member to also sign it. All appropriate mitigations need to be in place for your club before any event or activity is undertaken
- Ensure an accurate record of all attendees, including coaches/officials, is created for all events and activities in line with Scottish Test & Protect requirements (as a minimum include the name of each participant/official, a contact email or telephone number, and the date/time of the session).
- Retain these details for 21 days after the event/activity and then delete or destroy the information (note that the risk assessment should be kept by the organiser/club for 5 years)
- Ensure that the event team/(coaches for coaching activities) understand the requirements for control of COVID-19 and the need to involve the Covid officer in the risk assessment. Also explain the disinfection approach for equipment in use.
- Raise relevant COVID-19 related issues with the club committee.
- Ensure that stocks of sanitiser/disinfectant and necessary PPE for providing protection against coronavirus are maintained and available. This should include any special requirements for first aiders.
- Review delivery and effectiveness of COVID-19 related precautions as set out in the risk assessment and update as required.
- Maintain contact with and contribute to the SOA COVID-19 officer network, to ensure good spread of experience and knowledge

Covid risk assessment performed for all activities/events



- This risk assessment is additional to the normal one for orienteering events.
- Authorisation includes a club committee member's approval.
- Focus is on potential routes for transmission of coronavirus and actions needed to mitigate these routes.
 - E.g. use a remote download unit and publish results later rather than have a person minding a splits printer or results computer.
- Hazards/risks to address in assessments evolve based on advice and experience from other activities/events.
- Template risk assessment provided to clubs.

Hazards	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation - What control measure?	Mitigation - Person responsible for delivery
Covid -19 infection			
Participants bringing the infection	Potential transmission to others with variable consequences but could be fatal. Potential further transmission by people after leaving the event	<ol style="list-style-type: none"> 1. Communicate to participants (including coaches and helpers) that people currently exhibiting one or more Covid-19 symptom must not attend even when accompanying someone else or assist in setting up exercises. 2. Also state that people in Covid -19 related quarantine/isolation must not attend. 3. Mention that people in the higher risk categories, as set out by British Orienteering and Government, need to be aware that attending places them at increased risk. 	<ol style="list-style-type: none"> 1. Organiser 2. Organiser 3. Organiser
Participant to participant and participant to/from members of the public transfer of infection through contact <ul style="list-style-type: none"> • Social interactions at start & close of day, and during breaks 	Failure of physical distancing requirements leading to the same consequences as above	<ol style="list-style-type: none"> 4. Keep numbers at manageable levels for avoiding group limits being exceeded in the group being coached (including the number of coaches). Particularly with junior coaching inform parents that persons delivering and collecting participants need to remain well clear of coaching groups to avoid them being part of the numbers counted for coaching. 5. Also communicate in advance that the 2m distance rule applies before and after the activity including where people gather, and any walking to and from car parks and coaching areas. 6. Supply hand sanitiser for use by participants. 7. Upgrade record keeping for people attending to include contact details that might be required for 'Test and Locate' (name, phone numbers and email addresses). 8. Communicate to competitors in advance that the 2m rule must be observed with members of the public. Particular care is required around avoiding people at stiles and gates. Also avoid contact with dogs. 	<ol style="list-style-type: none"> 4. Organiser 5. Organiser 6. Organiser 7. Organiser 8. Organiser

Participant information collected in case Test & Locate need to contact them.



- Requirement is to have contact details for participants – email and phone numbers.
- Collect this information before the activity or event using a Google form – avoids issues with reading handwriting.
- Provide all participants with name and contact number of Covid officer (to provide to Test & Locate if the person is diagnosed with Covid).
- Delete the file 21 days after the activity or event.

Location, Date Covid-19 compliance and trace & protect

This form needs to be completed by competitors to provide evidence of communication and agreement with additional precautions. It should be sent within 48 hours of the event starting and no later than the evening before the event. Should someone develop Covid-19 symptoms after submission of the form, please do not attend the event.

Accompanying persons are people who attend the event and participate in part of it but are not competitors (e.g. helpers, people shadowing competitors, event officials)

****You will not be able to participant in the event if the entry team has not received this form**

Email address *

Valid email address

This form is collecting email addresses. [Change settings](#)

List names of all people in group entering (including accompanying people in brackets) *

Long answer text

Contact telephone number for Trace & Protect *

Short answer text

Impact of more recent Covid strain



- Basis of approach to keep transmission low is to keep people apart and out of doors. This is unchanged and effective
- Area of concern identified in a review is First Aid provision
 - First aiders are more likely to get close to someone ill or injured
 - Providing advice from 2m away is preferred option
 - Some suggested additions to first aid kits to be discussed at next SOA Covid/Coaching Zoom call

First Aid qualification expiry



- A valid first aid certificate for appropriate terrain is required to hold a Licence to Coach.
- Coaches need to renew this certificate every 3 years
- The Covid pandemic has disrupted availability of suitable courses and opportunities to attend them
- What to do about this is currently under discussion in British Orienteering
 - Doing nothing will limit availability of licensed coaches in the months after relaxation of Covid restrictions.

Questions so far



- Other clubs – what are they doing & learning arising
- British Orienteering Guidelines & differences between sports
- Newcomers/new members at events/activities
- Suggestions/alternatives for exercises (non map based?)
- Impact on vaccination on return to orienteering

Key aspects of coaching in Covid times?



- Location
- Ages in group
- Health
- Separation
- Contacts