

Coach Hand Notes

Club : Bandon Athletic Club

Date : 12th June 2020

Objective

This is a one pager with the key notes to help a coach when facilitating a training session. The main thing to note is that we all do know enough to keep safe, and not to over worry about slips here and there. We talk and aim to achieve 100% in best practice, and the reality is, that there will be times even for split seconds or minute that it will be challenged, but no one will get as a result, so its important not to be hard on your selves if and when situation occur. We are all dedicated to our athletes, and no Covid should not and will not interfere with that. We understand the threats, and the controls

SOCIAL DISTANCE – SANITISE – WIPE DOWN- AVOID TOUCHING FACE – AWARE OF RESPIRATORY ETIQUETTE

P R E P A R E	<i>Has each section a bag of specific sports gear for the training session</i>
	<i>Have you got your Sanitiser, Wipes, Masks in the bag</i>
	<i>Only equipment you require for the session in the bag</i>
	<i>Roll Call sheet</i>
	<i>Adequate cones for zoning athletes as well as for drills</i>
	<i>Important everyone has a whistle, to help call athletes and control them.</i>
	<i>Have you adequate support with you for your session</i>
O P E R A T I O N A L	Optional: <i>Zoned area for athletes to reside until session commences (2 metres in distance)</i>
	<i>Ensure to allocate athletes in to groups, and record the names in each group, for close contact tracing</i>
	<i>Warm ups are done in individual groups that allows consistent physical distancing.</i>
	<i>Remind athletes at the start, of their responsibilities to each other</i>
	<i>Allocating separate equipment to each athlete</i>
	<i>If same equipment being used by different athletes, ensure YOU sanitise it before further use</i>
	<u>A tip for run drills.</u> <i>Run four across 6+1 lanes (+ 1 = outside perimeter nearest centre of field) Option await the first four to return in their same lane, or they walk back outside the outer lane (Lane 7) in single file two metres apart. This allows more runs and reduces time wasting. This is particularly for the hero 100 mtr section nearest the road, as the runs and walk backs are longer, and more time being lost..</i>
	<i>Only drills that can achieve physical distancing is permitted, unless the group is divided in to a smaller one, with another coach.</i>
	<i>Ensure to use all PPE in the event of an injury. Avoid close facial contact at all times where possible.</i>
	<i>No warm down contact games are permitted</i>
	<i>Ensure all athletes bring home their personal belongings</i>
<i>Stay with your athletes until they have exited the gate in to their cars</i>	

Key Watch Outs

<i>Ensure Social Distancing at all times</i>
<i>Particular awareness with challenging athletes who may keep forgetting about the importance of social distancing</i>
<i>Correct any athlete who wavers with social distancing, touching face, or issues with respiratory etiquette.</i>
<i>Aware of Mingling which also leads to issues with social distancing</i>
<i>Unsupervised athletes even for minutes</i>
<i>Athletes sharing water, as some have a habit of forgetting their bottles</i>
<i>Be mindful or casually aware of any athlete showing symptoms, that might not have been picked up at home .</i>
<i>Help or remind other coaches, who might not observe an issue for a genuine reason, such as caught up in the moment, as we are all in this together, and any help like this to be taken the right way as a backup.</i>
<i>No Phones allowed during training, or even at water rest breaks.</i>
<i>Always mindful of all equipment used</i>
<i>If using the cross country outer lane, never let an athlete out of sight</i>
<i>No parents if any are present to be standing close to the cross country run. The entrance always to be kept clear.</i>



Safety Officer

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