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| **E F T** | **Triathlon training through lockdown easing** |
| **Updates:**

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| Date | Section - Issue | Reason |
| 28/09/2020 | 3 - Swimming | Added: Swimming (pool) - in order to cover re-opening of indoor pools |
| 05/10/2020 | 3.1 - Face Masks | Clarification: Coaches to wear masks at indoor pools |
| 22/10/2020 | 3.0 - Pool entry6.0 - Self-Isolation | Update: Late entry to pool may be denied by pool staffExpanded: Members encouraged to self-isolate if returning from high risk areas to maintain safe training for all  |
| 21/12/2020 | General review and6.0 - Link to TS Tierguidance added | Guidance on Tier level restrictions following Scottish Government Christmas announcement  |
| 04/04 2021 | 1. - 1.2 Training numbers

4.0 Group cyclingWeb links updated | Return to training at Phase 4 level (until 26th April?)Up to 9 - as recommended by Scottish Cycling |

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| Governance/Rules: | Additional Advice/Considerations: |
| **Planning** | 1.0**All** | **Phase 4** - Outdoor group coaching for organised triathlon activity can take place for a maximum of 15 people (Young People & Adults) and 30 (under 12s) at any one time (including coaches and helpers) - although advice from Triathlon Scotland is for ratio of 1 coach per 15 so proper monitoring of athletes can be carried out while returning to fitness.Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised sports activity and the field of play outdoors. For older children (Young People) aged 12-17 a ‘field of play bubble’ can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines (2 metre rule) will however apply before and after the activity takes place. Outdoor contact sports allowed but non-contact indoors.Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club will consider appropriate mitigating actions as part of any risk assessment.  | \* Subject to guidance that may vary from time to time. For latest Scottish Government rules visit:<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/protection-level-4/>The focus of activity at this stage will be non-competitive, essentially a return to training.Coaches not limited to number of bubbles/households they coach in a day.**Training ‘bubbles’:****Adults (aged 18+)**– Maximum of 15 participants including the coach/deliverer(s).**Young People (aged 12 to 17)** – Maximum of 15 participants including the coach/deliverer(s).**Children (aged 11 and younger)** - Maximum of 30.Focus on limiting participant numbers and duration of activity.Note: Supplementary Guidance offered by Triathlon Scotland: <https://www.triathlonscotland.org/wp-content/uploads/Level-4-Stay-Local.pdf> |
|  | 1.1**Athletes**Resume from 26th April? | At **formal training** sessions meet only in small groups - no more than 15 people in total (30 if children under 12) at any one time - still observing social distancing.Usual Government advice applies for athletes wanting to carry out **informal training** or activities such as running or cycling be it with friends or other club members, ie not part of official organised club session. So can only meet in groups of up to 2 households outdoors up to a maximum of 6 people observing social distancing.When at an indoor venue such as a swimming pool, observe rules set out by venue operator and remember to wear a mask at all times before and after activity, unless exempt for health or disability reasons.During participation, all members will be required to strictly follow current physical distancing and hygiene rules, dependent on age (see above). If you don’t agree with them or don’t follow them then please train on your own or only attend the online sessions.A registration system for all sessions will operate to ensure social distancing can be met.If you do not feel well in any way, then do not come to training. If a coach does not feel comfortable coaching you (or your child) due to a perceived risk\* they will be able to ask you not to attend the session. If this does happen then please do the following1) Leave the session immediately without argument2) Contact the Head Coach 3) A call will then be organised to discuss the reasoning and a return to training plan | Children aged under 12 do not need to follow these rules.Read any guidance and advice/rules for training session sent out by coaches. Ignorance of guidelines will not be tolerated and athletes may face expulsion from venue if not complying fully.Sign up in advance required - not allowed to just turn up at training without pre-registering - expect to be turned away if not registered.Sign up to include coaches and helpers for T&P reasons.\*perceived risk could be illness, comments made, known breaking of guidelines on social media, etc. While all the above may seem dramatic, we all take part for fun and for our health, so when so little is known about the virus we should continue to look after each other until it is safe to return to full normality. |
|  | 1.2**Coaches** | **Outdoor group coaching for organised triathlon activity can take place for a** **maximum of 15 people at any one time (30 if Children (under 12’s)**.Coaches should plan appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.Maintain a register of training sessions, who attended, where and when. This information may be necessary for the Scottish Government ‘Test and Protect’ scheme. Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to track and trace. As before; At all times coaches must continue to observe rule of working on a 1:1 ratio only if suitably qualified, ie L2 Diploma and L3.Be familiar with Triathlon Scotland guidance: Return to Swim, Bike, Run Activity: <https://www.triathlonscotland.org/wp-content/uploads/TS-Club-Coach-Return-Guidance-v8.pdf>**If coaches are not comfortable delivering the training under the current conditions, for example for social distancing reasons or they would not like to administer first aid, please do not resume activity at this stage.** | Consider multiple coached sessions - now no time limit! One coach for each group working through swim, bike & run training, ie one group swimming while another cycling, etcReview number of coaches and helpers required over different stations/areasParticularly with regard to Junior section, coaches should:* Focus on creating a fun and enjoyable atmosphere which allows children and young people to reconnect
* Develop training sessions that take into account the fitness levels of participants, which may have been impacted by lockdown

Remember for u18s; up to 1 hour only for single activity and 2 hours if multi-activity.**Use of on line sign up is mandatory** eg Signup Genius or ClubSpark. Data including name, contact number and time/date of event required for ‘Test & Protect’. Copy of session registers to be forwarded to Covid Officer immediately after - amended as necessary if no shows, etc. Data will be held for at least 2 weeks as required by T&P.See Sport Scotland ‘Getting Coaches Ready for Sport’<https://sportscotland.org.uk/media/5972/coaches-get-ready-checklist-july-2020.pdf> |
|  | 1.3**All** | Observe social distancing (ideally 2m) and other COVD-19 safety rules before, during and after activity as well as when taking breaks.Practice good respiratory hygiene during any activity, eg when coughing - sneeze into a tissue or the crook of an elbow and avoid spitting, etc. | Length of sessions – no toilet facilities!Adverse weather – if not indoors!Location – large open training area preferableAthletes to turn up no more than 5 minutes beforeNo relaxation on 2m rule yet - but even if reduced to 1m+ as in England, given effects on respiratory system by hard exercise probably best if the 2m rule maintained as best practice. |
|  | 1.4**All** | When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face. | All club members should familiarise themselves with the relevant government’s guidance:<https://www.gov.scot/coronavirus-covid-19/>Don’t use benches or share kit, water bottles, wear face masks indoors, etc |
|  | 1.5**Coaches** | Communication by coaches – clearly state what equipment is needed and what is expected of athletes - including procedures to manage risk | Also; use toilet before leaving home,bring water, own refreshments, etcStagger arrival and departure times if necessaryAll guidance and rules for session to be forwarded along with sign up details for session and main points reiterated along with safety/health check prior to activity commencing |
|  | 1.6**Parents** | Parents should reiterate communication from coaches regarding arrangements and advice to their children pre-training.For social distancing reasons, while Government advice is for no spectating, one parent/guardian should remain during the activity in case emergency or first aid assistance is required for their child/charge. | No car sharing  |
|  | 1.7**Lead Coach** | It is the responsibility of each venue, club and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.\* | \*as stipulated by Sport Scotland**Risk Assessments for each activity/venue required** and circulated to coaches/helpers as necessary |
|  | 1.8**Coaches** | Ensure you have access to first aid and emergency equipment. Until there is access to indoor facilities you should know where the first aid equipment is stored. Please check in advance that the first aid equipment is appropriate for the COVID-19 pandemic.  | In event of accident, eg injury by falling off bike. Do all coaches and helpers have appropriate PPE to allow closer inspection/first aid in emergency?Coaches and helpers should have PPE suitably handy to allow for immediate reaction to athlete injury/assessment; Mask and gloves at least. |
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| **Swimming** (open water) | 2.0**All** | In this current phase, indoor and outdoor swimming pools are in process of opening up\*. Members thinking about open water swimming are encouraged to consider the risks. For coached open water swimming activity, parents and/or guardians are not required to accompany U18s in the water however parents and/or guardians of U16s must remain on site for the duration of the session. Throughout the session, the coach and water safety team are in charge of ensuring the safety of the children and young people taking part in the coached session.  | \*planned to be phased opening of sports facilities during Sept & Oct.Risk assessment of open water to be made by lead coach to be reassessed each time on day to include:Unsupervised area? Other users?Blue algae? Water quality tested?Environmental conditions? Water temperature?Staggered entry in and out of pool for separate households |
|  | 2.1**Athletes** | Due to the inherent dangers and therefore increased risk of open water swimming, you may be placing a higher burden on the NHS and emergency services should you need assistance.  | Very important to declare any injuries/impediments |
|  | 2.2**Coaches** | No new starts to outdoor swimmingIt would also be impossible for rescue crews and members of the public to socially distance whilst performing a rescue and any necessary lifesaving actions. | Cold water shock? – wetsuits needed |
| **Swimming** (Pool)**Resuming 26th April?** | 3.0**All** | There are strict guidelines and operating procedures produced by each Sports Centre and everyone should be familiar with Fife Sports and Leisure policies for each pool they are visiting.There will be no, or at least very limited, changing facilities - turn up ready to swim, follow guidance, eg one way systems in and out of venue and expect to shower and change after at home.Toilet facilities should be available. | Numbers in pool are limited and spaces will be allocated on first come first served basis via electronic sign up.**If not signed up beforehand there will be no access to session.**Turn up on time, but no more than 5 minutes before to stop congestion with other users.5 minute entry allocation - be aware that latecomers may be denied access by pool staff.Remember to wear face mask entering and leaving facility. |
|  | 3.1**Coaches** | Be familiar and plan training with regard to Triathlon Scotland guidance ‘Return to the Pool’: <https://www.triathlonscotland.org/wp-content/uploads/TS-Club-Coach-Return-to-Pool-v2.pdf>Be familiar with FS&L policies for each pool.Lead coach to submit Risk Assessment to FS&L and periodically review as government or TS guidance changes.Face masks to be worn by coaches at all times poolside. | Communicate before each session to athletes (& parents) what policy is required for entry, swimming and exit each facility.Try to avoid overcrowding/bunching up in lanes.Limits to numbers depending on number and level of qualification of coaches.Order of swimmers in lanes set by competency.Any club equipment shared to be disinfected.Consideration to be given to intensity of early sessions being set according to standard of participants re-engaging with sport after a long break. |
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| **Cycling** | 4.0**All** | Members should consider the ‘aerosol effect’ in training. Aerobic activity such as cycling will cause a person to expel air and therefore droplets to a distance of up to 20 metres behind them. If you cannot maintain this, you should think about how safe it is to cycle with another person.\* | \*British Triathlon guidanceTry to avoid group/peloton cyclingStaggered startsBest practice is to observe non-drafting rulesScottish Cycling currently recommending maximum group sizes of 9:<https://www.britishcycling.org.uk/zuvvi/media/SC_Guidance_Tier_4-_Stay_Local.pdf> |
|  | 4.1**Coaches** | Consider circular routes to avoid passing close to others. | Avoid narrow routes |
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| **Running** | 4.2**Coaches** | Running alongside another person carries slightly less risk but wind direction is an important factor to consider – are the expelled droplets and moisture likely to be blown across onto another person?\*Where the training group involves 2 or more athletes they must run single file and maintain 5m distance, unless there is sufficient space where they can leave 2m between them while running side by side.\*\* | \*British Triathlon guidance\*\*Scottish AthleticsConsider circular routes to avoid passing close to others. Avoid narrow routes and busy/popular paths - respect social distancing rulesAthletes could run in order of ability with the fastest athlete starting first to minimise overtaking |
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| **Spectating** | 5.0**Parents** | No spectating should take place other than where a parent is supervising a child or vulnerable adult, and physical distancing guidance should always be followed. Respect should be given to the activities of athletes, coaches and other members of the public. | At least one parent/guardian should remain during the activity and remain vigilant to be on hand should first aid be required.Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.  |
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| **General** | 6.0**All** | **People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should undertake activity or attend an outdoor sports facility.**There are currently travel restrictions in parts of the UK and travel between high and lower risk areas is not encouraged, eg currently from English Tier 2,3 & 4 areas, Wales and between different Tiers within Scotland. Local hot spots should also be considered, eg affected student halls of residence.Members and coaches at the present time are not encouraged to re-join club activities following travel to any identified risk area not only in order to reduce risk of infection spread, but also to reduce concern about risk of infection, particularly for those members in higher risk categories or those shielding.Guidance should be checked on what is allowed in each Tier - for Triathlon Scotland;<https://www.triathlonscotland.org/wp-content/uploads/Protection-Levels-Overview.pdf> | Coaches to ask before any session starts if everybody well.Members and coaches returning from perceived higher risk areas are encouraged not to attend club activities without a period of self isolation - 14 days, as per Government guidance.There is a need to maintain confidence that members can attend training in the knowledge that all precautions have been taken to make the activity as safe as possible to protect those at risk, those shielding and those that generally have concerns that any infection would affect home or work life.This does rely on honesty and it is hoped all will comply. The need to protect other members of EFT should be at the forefront of all everyones minds and selfish attitudes should not be tolerated.Members may be refused entry to activity if thought to be in high risk category, eg having recently returned from a high risk area without self-isolating as per Government guidelines in order to maintain not only real but perceived risks. |
|  | 6.1**All** | Being constantly aware of social distancing of 2 metres for those that exercise together from separate households. Bear in mind exercise will result in heavier breathing so maintaining good distance from others is more important in these circumstances. | Juniors may need additional supervision particularlyWhile secondary to health issues, all members are reminded that they represent the club and any breaches are likely to be poorly viewed on by passing members of the public. |
|  | 6.2**All** | Follow the government hygiene regulations including regular hand washing for at least 20 seconds.  | Hand gel sanitizer available at any session |
|  | 6.3**All** | Ensure you clean any equipment using antibacterial wash / wipes and avoid sharing training equipment.  | Athletes to bring and use own equipment only - no sharing! |
|  | 6.4**All** | Consider the risks of increasing your physical training load too fast where it might have an impact on your immune system that puts your health at risk. Participating in activities that are beyond your capabilities and put yourself and others at risk that might result in the need to use vital resources such as the NHS is not recommended. | Swimming especially with absence of training for several monthsEnsure access to first aid and emergency equipment is maintained |
|  | 6.5**Coaches** | Safeguarding – members of separate households should ideally be of similar age groups i.e. either they are adults or they are under 18 years of age unless they are from the same household. If an adult club member is training/exercising with an under 18 club member from another household, there should be written parental consent obtained. Clubs should reinforce this message and actively support members in doing this. | No mixed age (Junior/Senior) training |
|  | 6.6**Coaches** | Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.\*Coaches who are shielding are not permitted to deliver at the moment.\* | \*Sport Scotland |
|  | 6.7**All** | Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body COVID-19 guidance.  |  |
|  | 6.8**All** | The organisation must ensure that all members are aware of who their COVID Officer is and how to contact them, should they have to pass on their details to a member of the NHS Scotland Test & Protect team. | The COVID Officer shall not bear sole responsibility for ensuring all hygiene and public health advice is followed – this responsibility will be shared by all.Coaches, helpers, parents etc encouraged to complete Covid-19 Officer e-learning course:<https://rise.articulate.com/share/LlEWUj-o23H_4gC1AF002jdxdrCucQC0#/> |
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| **Insurance** | 7.0**All** | British Triathlon Federation provides insurance cover for all affiliated clubs which provides clubs with public liability cover and the committee members, directors and officers with liability cover. This remains in place but for absolute clarity, is invalidated by any club or member acting against government instruction.  |  |
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| Club COVID Officers | Ewen Sparks 07810 391728 email: eftwelfare@gmail.com | Gavin Waterston 07789 907472(Juniors) |