

RETURN TO SPORT

COACHES COURSES AND WORKSHOPS

Pre-Course

All candidates to be sent education information helpful with preparation for the course they attend. This should now include infection control information in fact sheets – sent attached to enrolment emails.

- Venue to be sourced on safe course candidate numbers
- Venue checklist to be completed by GNSW. Size, access, facilities, cleaning before and after, breaks.
- Venue to be cleaned prior to arrival.
- Sanitizer/Soap available always.
- Signs in place to direct candidates to appropriate expectations around distancing and hygiene.
- Candidates advised prior to course that all food and drinks/course materials must be brought to the course – no kitchen access – no sharing of equipment. Pens, calculators etc
- Candidates advised to bring personal hand sanitizer
- Candidates may need to bring their own handouts – emailed to them prior to the course
- Presenter briefed/trained on current health advice and expectations. Some course material will need to be modified so social distancing is followed for all activities
- Check with venue regarding cleaning post course

Day/Weekend of the Course

- Presenter to arrive 30 mins prior to course start time to inspect premises each day.
- **STOP** sign on venue main door to alert anyone experiencing symptoms.
- Handwashing/sanitising on arrival by all – each day.
- Course housekeeping greeting to include – expectations around safety and hygiene and social distancing
- Candidates must fill out a Health Screening Questionnaire prior to attending course
- Breaks to be taken outside the building where practical.
- Mandatory hand wash before and after breaks
- Presenter will need to modify games and demonstrations to ensure candidates are 1.5m apart
- Equipment use to be minimised and cleaned, as required.

Start Here, Go Anywhere!

Additional things to consider

BEG & INT CC

- *Presenter must check candidate lesson plans- consider single sided documents so presenter can view and assess without touching paperwork*
- Course and workshop numbers will need to be limited to **10** to allow for social distancing rules

Advanced CC

- *Advanced courses require each coach to have a personal demonstrator (gymnast)*
- ADV course spotting assessment- demonstrators **cannot** be shared. Must be the participants athlete that they personally coach- not from another training group
- ADV TUM & Spring Module – Course and workshop numbers will need to be limited to **6** candidates plus their demonstrator to allow for social distancing rules

