



## FOR COACHES

**Hi Coach!**

**We want to start by saying Thank You!**

**We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.**

**We also know that you are all facing this same challenge – you are worried about your families, your own health, your jobs and of course your athletes. We are aware that many of you are already making plans for how to support them and we want to try to provide some support to you!**

### Education

Education is the first step in the preparation of sports resumption. Chapters will retain responsibility for providing training to coaches and volunteers that aligns with provincial/territorial programs and their own return to play plan. These trainings should include considerations outlined in this document as well as guidance from the Provincial/Territorial health authorities.

We hope that by providing additional useful resources, strategies and ideas, that we can help you and your athletes through this challenging time and be ready to get back training in an environment that is safe for all.

### COVID Specific Training - Special Olympics International COVID-19 eLearning Course

This course takes around 25-30 minutes to complete.

Step 1: Go to this link: <https://www.specialolympics.org/health-professional-training>

Step 2: Follow the instructions on the page and complete the course.

Step 3: Once you are logged in, click on CATALOGUE, look for the “**Coronavirus: What you need to know**” course.

## Coaching Requirements for Return to Sport and Programs

Each coach should review and undertake the following actions to allow a return to training at Phase Orange and Phase Green:

Area	Coaching Requirements (for activities under Phase Orange)	Coaching Requirements (for activities under Phase Green)
<b>Off-field Preparation</b>	<ul style="list-style-type: none"> <li>• Complete COVID-19 specific coaching training as outlined by your Chapter.</li> <li>• Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan.</li> <li>• Inform the Program coordinators of the plans for training to recommence. Ensure that plan aligns with all Provincial/Territorial Health guidelines and P/T Sport guidelines</li> <li>• Understand the restrictions for each localized sport and training venue.</li> <li>• Ensure athletes are prepared to "Get in, train, get out".</li> <li>• Advise players, coaches, and volunteers not to attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness)</li> </ul>	<ul style="list-style-type: none"> <li>• Inform the Program coordinator of plans to continue to train.</li> </ul>
<b>On-field Preparation</b>	<ul style="list-style-type: none"> <li>• Modify training conditions to support social distancing.</li> <li>• Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitizer, tissues, antibacterial wipes and signage.</li> <li>• Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell.</li> </ul>	<ul style="list-style-type: none"> <li>• Modify training conditions to support expanded sporting activity that can be conducted in groups of any size including full contact.</li> </ul>

<b>On-field Preparation</b>	<ul style="list-style-type: none"> <li>• Group athletes into smaller groups over a greater number of sessions to comply with Provincial/Territorial guidelines.</li> <li>• See sport-specific recommendations</li> </ul>	
<b>Emergency Action Plan</b>	<ul style="list-style-type: none"> <li>• Update EAP to ensure alignment with any new venue/facility guidelines or restrictions</li> <li>• Ensure First Aid Kit is equipped with PPE in the</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to update EAP in alignment with venue/facility operations</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>• Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Phase Orange.</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• "Get in, train, get out"</li> <li>• Maximum participants as advised by your Provincial/ Territorial health authority</li> <li>• Use defined training areas for each training group</li> <li>• Ensure correct conduct of personal hygiene principles</li> <li>• No sharing of personal equipment.</li> <li>• Complete attendance protocol and tracker at each</li> </ul>	<ul style="list-style-type: none"> <li>• For larger team sports, consider maintaining some small group separation at training.</li> <li>• Sanitizing requirements continue from Phase Orange.</li> <li>• Continue to encourage personal hygiene</li> <li>• Continue to complete attendance protocol and tracker.</li> </ul>
<b>Personal Health &amp; Hygiene</b>	<ul style="list-style-type: none"> <li>• Avoid coughing, clearing nose, spitting and sharing of uniforms.</li> <li>• Remind athletes to launder own training uniform and wash personal equipment.</li> <li>• Distribute information and posters for safe hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Phase Orange.</li> </ul>
<b>Management of unwell participants</b>	<ul style="list-style-type: none"> <li>• Understand and comply with guidelines for management of COVID-19 and communication protocol for positive tests.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Phase Orange.</li> </ul>