Coronavirus: Return to Coaching

Panel: Kate O’Sullivan, Peter Sheppard, Vicky Parry, Rachel Hooper
ARE YOU READY?
Confused
Frustrated
Lethargic
Worthless
Vulnerable
Anxious
Safe
Relaxed
Relaxed
Relaxed
Optimistic
Angry
Confused
Depressed
Energised
Relieved
Safe
Worthless
Lethargic
7 STAGES OF PANDEMIC GRIEF

<table>
<thead>
<tr>
<th>Stage</th>
<th>Emotion</th>
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<tbody>
<tr>
<td>Excel</td>
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<td>Acceptance</td>
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<td>Sad</td>
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<td>Negotiate</td>
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<td>Frustration</td>
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<td>Surprise</td>
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<td>Ignore</td>
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Sometimes you need to put everything aside and just look after yourself
Putting yourself first

It’s allowed!

- Manage the expectations of your ‘team’ club/athletes/parents/family.
- You are allowed to say no.
- Ask for help and build a support team.
- Be cautious of spreading yourself too thinly.
- Don’t underestimate what you’ve been through.
- Looking after yourself may mean less water time for your athletes, and that’s ok.
- Allow yourself to be vulnerable
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Clubs and Coaches working together

The role of the coach
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What does a coach do?

Plan ➡ Brief ➡ Water work or S & C ➡ Debrief ➡ Review
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Other tasks

- Mentoring
- Managing equipment
- Managing the program
- Administration
- Athletes’ welfare
- Safeguarding
- Athlete wellbeing
- First aid
- Risk assessment
- CPD
- Budgeting
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Additional tasks around Covid-19

- Social distancing
- Reviewing guidance
- Being under scrutiny
- Managing expectations
- Environment hygiene and PPE
- Athletes’ mental health
- Coach’s wellbeing
- Athletes catching up
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If you are a coach:

What is the one thing you need that will help you feel supported in your role?

Please write your answers in the chat box.
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If you are a club member or official:

What one thing could you do personally, or as a club, to support your coaches?

Please write your answers in the chat box.
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The club and coach relationship

Communication

Support each other

Look after your coaches
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Club offering support

- Would the coach like a Mentor?
- Can someone else help with admin or IT systems?
- How is the coach feeling?
- First aid up to date?
- Would the coach like more CPD?
- How can equipment best be managed?
- Difficult athletes: are you Codes of Conduct and DS&G procedures up to date?
- Are there any health concerns?
- Is CWO available to discuss safeguarding or athlete concerns?
- Is support needed with Risk assessment?
- Are there financial concerns?
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Who else could help?

Physio

Doctor

Nutritionist

Cox

IT expert
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What have coaches and clubs been doing?

There has been some creative work around the clubs and regions:

• Technology
• Coaching hubs
• Coaching groups
• Sharing risk assessments, competency assessments and procedures
• Website focusing on the what the future may look like
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Take it a step at a time

- Plan
- Brief
- Try it out
- Debrief
- Review
Question Time