Return to Coaching – Plan

- How can I ensure that people label their drinks bottles and packed lunches properly?
- Will I provide hand sanitiser or will I require the children to bring their own?
- Have I thought about a revised parents’ code of conduct?
- Have I included a section on Covid-19 and the treatment of injuries?
- Am I able to ensure there is no physical contact between myself and the participants (e.g. handshakes, high fives)?
- What additional or existing safeguarding measures will I adopt?
- Can I embed great hygienic practice into the session and beyond?
- Can I ensure that children will apply their own suncream and embed this instruction into the parents’ communications?
- Have I included the expectations about drop off and pick up, and a site map of how I am setting up social distancing with visual cues?
Return to Coaching – Do

- Have I considered the children’s mental well-being?
- How will I cope if the children do not feel confident when leaving their parents at the drop off point?
- Due to staggered drop off times, can I ensure that the children can get involved in activities quickly with minimal instruction?
- How will I address any adaptations I make to delivery from outside activities to indoor activities if the weather is poor, or I only have access to an indoor facility?
- Are bibs necessary? Could children dress in certain team colours on different days?
- Could I run my sessions virtually?
- How can I modify games that positively use social distancing as a rule or constraint?
Return to Coaching – Review

- Did I reconnect well with my participants?
- Did I ask for feedback during the session?
- What would I change next time?
- How many times did I need to change my plans?
- Could I run my sessions virtually?
- What did I learn today?
- How did I feel during the session?