

COVID-19 RETURN TO TRAINING BRIEFING DOCUMENT

Participants are reminded that it is their responsibility to be sufficiently fit and healthy to participate in the planned activity.

They should think about any pre-existing medical conditions that they may have (as listed in the participant Health Screen Survey) and, if they are in any doubt, they should seek further medical advice before participating

Due to lockdown, a participant's level of fitness may have changed, particularly in terms of swimming where they may have been unable to access pools. They should think about their perceived level of fitness and ensure that they feel confident to participate fully in the planned activity. If, at any point, they feel overly fatigued or unwell during the session they should make the coach leading the session aware and either take a break from the activity or withdraw from the session, as agreed with the lead coach.

It is as yet unclear what impact COVID-19 will have on the long-term health of those who contracted the virus. As a precaution the following steps should be taken:

- If any participant was hospitalised due to COVID-19, they should undergo a form of health screening prior to taking part in club activity.
- This screening is best led by a doctor with specialist training in sports medicine. However, other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
- If any participant was not hospitalised due to COVID-19, but self-isolated having shown symptoms at any time, they are also recommended to undergo a form of screening.
- If any participant has felt at all unwell during the pandemic, they are not routinely recommended to undergo health screening, but it is something to be considered as part of normal health monitoring for the health-conscious competitor!

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to. U18s who are shielding should not take part in U18 group sessions where "field of play bubbles" are created and social distancing rules are relaxed for the duration of the session.

People who are symptomatic should self-isolate for 10 days; household members for 14 days; or as per current NHS guidelines.

No one who is self-isolating should attend a sports facility / activity. GPs should be able to guide participants directly on what level of screening they may require and who is the best person to assist them in the process.

For older children 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 will, however, apply before and after the activity takes place. 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 Lead COVID-19 Officer should consider appropriate mitigating actions as part of the risk assessment. 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.