

Coach Bowls Guidance for Coaches

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Effective from August 10th 2020

Updated Government guidance states that personal training or coaching is permitted, both indoors and outdoors providing:

- If **outside** social gatherings of up to 30 people are now permitted, as long as all social distancing is maintained, this will allow up to 30 on or around a green in total.
- Each group can consist of 2 households, (Social bubbles) or up to 6 from individual households.
- People are a minimum of two metres apart (or 1 metre plus with mitigations, including the use of face masks)
- There are gatherings of no more than six people from different households (social bubbles)
- If Inside, no more than 8 people are on a rink or 4 people on or around a short mat

Coach Bowls has reviewed the guidance and at this stage state the following additional factors in order to keep coaches and bowlers safe:

- Social distancing with people from outside your household must be respected at all times (i.e. a minimum of two metre gap or 1 m plus with mitigations)
- All NGB guidelines for the code you are coaching should be adhered to

Whilst these guidelines are in place, Coach Bowls **further recommends:**

- **Outdoors**, you coach **no more than four people from different households at any one time**, regardless of their ability, with the **addition of a further independent adult** for Safeguarding and Health & Safety reasons (who should remain socially distanced)
- **Indoors**, coaching remains at a **1:1** ratio with the **addition of a further independent adult** for Safeguarding and Health & Safety reasons (who should remain socially distanced)
- For flat green bowls, you should coach on no more than two rinks at any one time, to ensure quality of delivery is maintained
- Indoors, all people should wear a mask or face covering where possible
- All Coaching aids must be thoroughly cleaned and sanitised between sessions and **only one person should touch a piece of equipment** (including the bowls, jacks, mats) during a session
- Try to use technology where you can to help you, especially for explanations which would generally include a 'hands on' approach
- Coaches can meet with different bowlers in a single day, if it is in gatherings as outlined above and you are maintaining social distancing

NB You are advised to check whether local restrictions regarding COVID-19 are in place in your area that could supersede the above advice, eg Leicester. Further 'local lockdowns' are very possible in future.

We suggest that coaches, who are coaching in England, continue to fully read, understand and adhere to the **latest Government and NGB advice** and follow the key points below:

- You are at higher risk of being directly exposed to respiratory droplets released by someone talking or coughing when you are within two metres of someone and have face-to-face contact with them. You can lower the risk of infection if you stay side-to-side rather than facing people.
- There is no physical contact between the coach and their bowlers, eg handshakes, 'high-fives', etc

Coaches whose participants have been shielding should read the latest updated guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19.

- If a coach or their bowlers show symptoms of Coronavirus (COVID-19), eg a new continuous cough; a high temperature; loss of taste and or smell, they and their household should isolate at home and cancel any scheduled coaching activity.

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