



**PHASE 3**  
VERSION 3

# COACHING BUBBLES

EFFECTIVE FROM MONDAY 24TH AUGUST 2020



NOT REQUIRED TO PHYSICALLY DISTANCE  
COACHES AND ADULTS REMAIN AT 2 METRES

**COACH/ATHLETE RATIO: 1:8**



NOT REQUIRED TO PHYSICALLY DISTANCE  
DURING TRAINING BUT MUST DO BEFORE  
AND AFTER ACTIVITY

**COACH/ATHLETE RATIO: 1:10**



PHYSICALLY DISTANCING MUST BE IN PLACE  
BEFORE AND AFTER TRAINING

**COACH/ATHLETE RATIO: 1:12**

COACHES AND OTHER ADULT HELPERS REQUIRED TO PHYSICALLY DISTANCE AT ALL TIMES

**AT ALL TIMES BEFORE AND AFTER TRAINING STAY ALERT**

ATHLETES TO TAKE THEIR OWN SANITISER/ SUITABLE ANTIVIRAL WIPES  
ANY EQUIPMENT USED MUST BE CLEANED BEFORE AND AFTER USE  
NO SPECTATING SHOULD TAKE PLACE APART FROM ACCOMPANYING PARENTS WHO SHOULD ADHERE TO 2 METRES DISTANCING

ONCE TRAINING FINISHES EVERYONE SHOULD LEAVE PROMPTLY AND MAINTAIN PHYSICAL DISTANCING  
IF BECOME UNWELL AFTER TRAINING CONTACT GP/NHS 24 AND INFORM YOUR COACH

ONLY THE COACH SHOULD PLACE AND TOUCH ANY MARKING CONES  
PERSONAL EQUIPMENT SHOULD NOT BE SHARED

REMEMBER TOILET FACILITIES MAY NOT BE OPEN AT CHOSEN TRAINING VENUES  
WEAR A FACE COVERING IF USING PUBLIC TRANSPORT TO ATTEND SESSIONS

## BOOKING TRAINING SESSIONS WITH THE COACH

**UNDER 18 ATHLETES**

SESSIONS ARE BOOKED BY COACH  
AND ATHLETES CONTACTED

**STAY  
SAFE**

**STAY  
FIT**

**STAY  
WITH  
IT!**

**OVER 18 ATHLETES**

SESSIONS ARE BOOKED BY ATHLETE  
COACHES GIVEN COPY OF BOOKING

ATHLETES WILL BE REQUIRED TO DECLARE FIT FOR SESSION ON BOOKING EITHER BY COACH OR BY THEMSELVES  
ATHLETES WILL ALSO BE ASKED AGAIN AT THE START OF EACH SESSION  
IF ANYONE TAKES UNWELL THEN YOU NEED TO BOOK A TEST IF HAVE SYMPTOMS AND CONTACT THE CLUB  
THE CLUB WILL THEN ALERT OTHERS TO SELF ISOLATE

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