

COVID-19 FAQs for Clubs

Why has Welsh Triathlon made the decision to open up clubs and closed activity?

In line with the Welsh Government update on the 14th of September 2020, a maximum limit of six on the number of people who can meet indoors at any one time. They must be from the same exclusive household group - or bubble - which can be made from four households joining together. Children under 11 will not be included in this rule of six.

From Monday 14 September, all residents in Wales over the age of 11, will be required to wear face coverings in indoor public spaces, such as shops. There will be exemptions and exceptions, which will be set out in guidance

We have produced strong guidance for clubs and coaches which set out how training environments are to be made Covid-19 Secure compliant. Central to this is the adoption of three mandatory practices. In addition, the guidance refers to four suggested scenarios we think cover many settings. However, they can be tweaked as long as the three practices are not broken. Central to operating is the number of qualified coaches each club/coached activity has, particularly Level 2 qualified. This basically dictates how many bubbles (and overall numbers of people) can be coached/in a club setting. There are also specific things that clubs MUST DO, for example having a Covid-19 Officer and producing an Action Plan and Risk Assessment.

What do I need in place to get activity back and running at my club?

1. All community clubs must appoint a named Covid-19 Officer.
2. All community clubs must develop a Covid-19 Action Plan and Risk Assessment.
3. All clubs and coaches must comply with Welsh Government, and additional local government guidance around social distancing before, during and after activity.
4. All clubs and coaches must capture pre-activity health questionnaires, including participant contact details which can be shared upon request with the Welsh Government's Test and Trace initiative.
5. Clubs and coaches must ensure everyone at the session maintains good hygiene and that provisions are in place to allow for this.
6. Sessions that include children and young people under the age of 18 should be more meticulously planned to ensure their needs are catered for.

Where can I find further information for first aid requirements during Covid-19?

Further information on first aid can be found on the St John's Ambulance website [here](#).

Can we use single discipline coaches in our coaching sessions?

Yes, but only where the triathlon club has one or more Level 2 or above triathlon coaches already in place. It is the club's responsibility to check the single discipline coach's coaching qualification(s), DBS status and insurance. Insurance for these coaches is not provided by British Triathlon so the club is only insured to use them if they are independently insured either through another NGB or through private means. To safeguard our sport and ensure the overall integrity of the club's operations, the Lead Coach for the triathlon club (who is the/a nominated Level 2 qualified coach or above) should review and keep a record of the session plan of any single discipline coaches being used to support and lead sessions. In these instances, the Lead Coach (or any other Level

2 triathlon coach or above aligned to the club) is not required to be on site during the single discipline coach's session.

Who can lead club sessions?

Welsh Triathlon's guidance for coaches who can lead sessions differs to that of the other home nations. Please see the '[Return to Play Guidance](#)' which will provide you with the coaching ratios for the sessions which you plan on running.

What will happen if there are local lockdowns?

Local lockdowns are being put in place across Wales. You can continue to facilitate club activity as long as you stay within the local authority. Participants should only engage in activity if they live in the same local authority as the activity. If the local authority is in lockdown, participants, coaches and volunteers should not travel into another local authority to take part, similarly they should not enter a local authority that is lockdown for activity. Should you have coaches in another local authority they are not allowed to travel into the local authority which is in lockdown. Please sign post members or coaches who may be in this place to Welsh Triathlon's [Club X-Over](#), aimed at supporting those who may be in a local lockdown and can't access their club as a result.

What if clubs do not want to open up their activity in this way?

The guidance is meant to support clubs and coaches who do wish to open up their activity in a safe manner that will allow their members and new participants to access the sport. It is in no way mandatory.

How will I know if my risk assessment and action plan are appropriate?

Through the Insport Tri platform we are allowing affiliated clubs the opportunity to upload their risk assessments and get some advice from Welsh Triathlon as to whether their risk assessment or action plan is appropriate for their proposed activity. If you have not registered to Insport Tri please email stephmakuvise@welshtriathlon.org

What if we do not have enough coaches?

If you do not have enough coaches please contact Welsh Triathlon's workforce officer, Amy on amyjenner@welshtriathlon.org who will help you in identifying appropriate courses for your volunteers to go on to support club activity

What if we cannot fund coaching courses at the moment?

Sport Wales' Be Active Wales Fund is aimed at supporting clubs by protecting them and preparing them as they start to return to activity. You may be able to apply for funding to put people through coach education courses as well as for any equipment that will help make your sessions safe in line with the Return to Play Guidance. To find more information on Be Active Wales click [here](#)

Is our club insured under this guidance?

Yes, clubs and coaches (who hold Welsh Triathlon coach membership) are insured to operate in line with the Return to Play Guidance produced. YOU ARE NOT INSURED if they do not operate within the guidance.

Coaches operating outside of a club setting and not holding Welsh Triathlon coach membership are not insured. Coaches who do not hold a Welsh Triathlon qualification are

also not insured to lead main session as lead coach whether they are coaching in a club, commercial setting, or any other setting.

Why do we need a Covid-19 officer?

A Covid-19 Officer is required to meet the needs of our insurers. It is also a government requirement for all community sport clubs. If clubs cannot recruit this role, they won't be insured to operate.

Our club needs an online club management platform to help manage our club

As part of your affiliation to Welsh Triathlon you get free access to ClubSpark, an online club management platform that can help you schedule sessions, build a club website, and also run your club membership. We also recommend that you use ClubSpark to manage your Track and Trace records

To get set up on ClubSpark please email stephmakuvise@welshtriathlon.org

We have some new coaches and need to get DBS checks done

Welsh Triathlon qualified coaches can get a free DBS check. To request a DBS pack please email db@britishtriathlon.org.

Can we continue to run virtual activity as a club?

Yes, you can continue to run any virtual activity as a club, we would also encourage you to keep a look out for any virtual events that are on offer to the wider triathlon community in Wales.

Can a club coach facilitate virtual activity and remain insured?

Yes, if the session being delivered is within the coach's remit and government guidelines.

In respect of any coaching or instruction that is undertaken remotely, it is strongly recommended that the insured coach should:

1. at the commencement of the session, advise participants:
 - that by participating they are doing so at their own risk;
 - a suitable, non-slip floor space is required and any potential obstructions in the vicinity are removed before they participate;
 - to avoid activities if they have, or suspect they may have any current health concerns, injuries, aches and pains;
 - avoid the use of blades, weapons or sharp instruments of any description;
 - avoid physical contact with other participants and where appropriate, adhere to social distancing guidelines;
2. ensure that sessions are conducted for the benefit of existing members/participants/contacts only who have demonstrated sufficient suitability to participate;
3. continue to only instruct activities in which you are qualified to do so;
4. record the session. Retaining the recording for a period of up to thirty-six (36) months may assist in any claim made against you;

What if I need any additional help and support?

Please do not hesitate to get in touch with Welsh Triathlon via email admin@welshtriathlon.org we will then be able to direct you to the right person who can help with your query. Welsh Triathlon will also be hosting regular virtual forums to help support clubs with any advice guidance and support.