**Guidelines for ON ICE training face to face under current government restrictions:**

**Risk Assessment**

Please study the risk assessment available on the /covid19 resources page at iskatecoach.co.uk.

**Medical conditions**

Please update or inform me of any changes or current medical conditions that may affect your training in Appendix A.

**How do you feel about meeting in person?**

If you have any concerns or questions please just contact me. Please do not attend training if you have any symptoms or have been in contact with anyone who has had symptom of corona virus in the past 14 days.

**Reducing risk of spreading or catching corona virus:**

1. **Washing hands.** All athletes and carers are advised to wash hands before they arrive for training. On arrival anti-bacterial hand gel is advised to be used before training commences.
2. **Touching surfaces.** Payment will be BACs or contactless card payment only. All drinks bottles and anything brought by the athlete or carer is advised to be cleaned before arrival. The ice rink have a responsibility to clean all surfaces around the ice pad, ie barriers, gates, seating etc.
3. **Social distancing.** Cones will be used to separate a minimum 2-meter space between athletes and carers who chose to spectate. In case of emergencies: minor emergencies will be expected to be managed by the carer, more serious emergency first aid care where necessary will be administered by carer or myself with mask and gloves to reduce the infection risk. A first aid kit will be available if needed. Carers are advised to bring your own to reduce risk of infection.

**Group sizes:**

Groups no bigger than 5 (plus myself) will be training until guidelines change. 1-2-1’s are fine to book.

**Travel**

I must discourage any non-essential journeys for skaters with high risk family members. Please do not attend. Please also avoid car sharing or offering lifts to skaters from other families.

**Mental health**

Can affect people in different ways. Please see the appendix B for general advice on your own mental health, and how to approach the mental health of your children returning to training. If there’s ANYTHING at all i can do to help with mental awareness or support for you or your skater please just ask or talk to me about it. I can point you in the direction of some great resources available to you if you need them.

**Register:**

A record will be kept of athletes and carers who attend sessions. This will allow me to notify you should any attendee make us aware of any symptoms of coronavirus.

**Parent / carers:**

Awaiting on Planet Ice guidelines but possibly may be asked to not spectate or to sit 2m apart.

**First aid:**

A first aider will be available if needed. Carers are advised to bring your own to reduce risk of infection. Mask and gloves will be worn if contact is needed.

**Payment:**

Contactless pay will be available or BACs only - no cash payment will be accepted.

**Emergency** - In an emergency, a facemask and gloves will be used to help those who need assistance.

**What to bring?**

* All drinks and snacks must be provided by athletes and brought in sealed containers or flasks and cleaned before arrival
* All medication needed
* If possible put your boots on at home or in the car, leave bags and any items that are not necessary at home.
* Bring your own protective items if needed (Mask, gloves, hand sanitiser, etc)

**BIS Training guidelines**

* Coaches should use verbal cues when instructing students rather than physical contact.
* All warm-ups should be done outside of the building, weather permitting, where possible and if safe to do so.
* Lesson plans should be adopted to ensure skaters and coaches are keeping a distance of at least 2 metres. Utilize markers on the ice and new activities to ensure spacing is maintained.
* All skaters must bring their own personal items (gloves, facial tissues, water bottles, etc.)
* No hands-on assistance unless a safety issue arises. Coaches should use verbal cues when instructing students rather than physical contact.

**More Information from BIS here:**

[**BIS Returning to training guidelines**](https://wixlabs-file-sharing.appspot.com/api/files/view?instance=cqoLdlPEt_oda0n1Mnu0KzQWO_WVAFLrtJ5D3abd444.eyJpbnN0YW5jZUlkIjoiYmRmYmZjODMtMzlhMi00N2RiLWE4N2QtMzRhNzVhODJjOTMyIiwiYXBwRGVmSWQiOiIxNTM3YjI0ZS0yOWQxLTZkOGYtYjhlMS1kNjg2MGYyZjcwYjkiLCJtZXRhU2l0ZUlkIjoiOTY1NjhhYmYtZTU5MC00MzFjLWE0OGItMWRiOTNkMDY1NzM4Iiwic2lnbkRhdGUiOiIyMDIwLTA3LTEwVDE0OjUyOjAxLjc5MFoiLCJkZW1vTW9kZSI6ZmFsc2UsImFpZCI6IjM0MmFiMjAxLWQwZjctNDM1Yi1iYTFmLWVjNWNlOGQxODU2NiIsImJpVG9rZW4iOiIyYmFkNzYzYy1kYzMyLTA0YzctMGNmNi0yOTFlNjc4NDllMGEiLCJzaXRlT3duZXJJZCI6ImVkYzc4YjVlLWE0N2ItNDU2MC1iZDFiLTcyMTQxOTM1MWExNCJ9&compId=TPASection_jvo0pynf&libraryItemId=c988b532-8f24-43d5-8688-37d64fb6d324&errURL=https%3A%2F%2Fwww.iceskating.org.uk%2Fresource-centre%2F)

[**BIS Resource hub**](https://www.iceskating.org.uk/resource-centre/2a8cf205-de2a-48a9-9dfe-0a518f2bceea)

**Appendix A** – Medical form

I am committed to meeting the requirements of people with disabilities and learning difficulties. Please let me know if you are happy to do so if you have any of the following:

|  |  |  |  |
| --- | --- | --- | --- |
| Visual impairment |  | Temporary disability after illness or accident |  |
| Hearing impairment |  | Profound complex disabilities |  |
| Disability affecting mobility |  | Moderate learning difficulty |  |
| Other physical disability |  | Severe learning difficulty |  |
| Emotional / Behavioural difficulties |  | Dyslexia |  |
| Other medical condition (ie. Epilepsy, asthma, diabetes) |  | Dyscalculia |  |
| Mental health difficulty |  | Other specific learning difficulty |  |
| Asperses syndrome |  | Multiple learning difficulties |  |
| Autism Spectrum disorder |  | Other disability or difficulty - please specify |  |

Please contact me in any way possible to notify me of medical changes.

**Appendix B** – Mental health support



**Appendix B** Continued:

