

# COVID-19 Action Plan for British Triathlon Clubs

#### INTRODUCTION

The action plan below has been designed so that you can follow a process for each section, depending on the position of your club, its size, the facilities the club may own/rent/use and its financial situation. Not all sections will be applicable to your club, so if it's not applicable remove it from the action plan. Also, even if a particular activity cannot re-start, such as indoor swimming, you can still go through these to be prepared for when they will be. Before starting on the action plan:

- It's advisable to start off by getting in touch with the people involved in your club to understand what level of offer you may be required to provide and whether there'll be sufficient levels of support from volunteers and coaches.
- Once you know the level of demand, you can then start to look at what your activity plan can look like and how this can be undertaken safely.
- Finally, you can then assess the financial and operational logistics required to achieve this, alongside working to prepare your facilities.
- If you hire facilities or use indoor facilities (e.g. leisure centres) then there are useful prompts in the facilities sections for considerations you may need to make.
- Alongside all of this you should maintain regular communications with all the people involved in your club and external partners.

If you are unsure of how you should proceed contact your Regional Manager who will be happy to support you as your club returns to activity.

#### **OVERVIEW**

Chiltern Tri
Chiltern Tri COVID 19 Action Plan August 2020
Emma Warren, Club Safety Officer and COVID19 Officer
Swimming
Swittlining
Run and Cycle
Liaision with Chesham Open Air Pool and confirmation of ability to adhere to their requirements and BTF
Attached to private FB group for all members
Electronic copies stored on FB group and Safety officers laptop. No hard copies as all club documents are
electronic. May also be able to add to website files area
When COVID 19 guidance is updated - ongoing
Emma Warren, 07765 248233
All club members. BTF if requested.

UNDERSTANDING YOUR PEOPLE

TASKS: COMMITTEE, VOLUNTEERS AND COACHES	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Appoint a Club COVID-19 Officer to act at the club lead for all COVID-19 matters relating to all club matters.  - A template for this role can be found <a href="here">here</a> .		Complete - Club Safety Officer appointed	Cttee	Aug 2020	Complete
Identify all the coaches/volunteers and any delivery partners that are required to support your return to activity and how this may change as more people/activities are able to return.  - Think about the essential personnel that are needed to operate sessions, for example a First Aid-trained individual, an individual with safeguarding training, qualified coaches etc.  - Consider any changes to your usual roles and responsibilities needed to manage the changes you have made and the additional social distancing and hygiene responsibilities.	Done	Club coaches and committe members providing support as required. First aid provided by pool staff in accordance with their NOP/EAP	OAP	Aug 2020	Complete
<ul> <li>Engage with your volunteers and coaches to understand their feelings on returning -</li> <li>Their desire to return to the club and in what capacity?</li> <li>Do they have or have they had symptoms of COVID-19?</li> <li>What concerns do they have with returning to the club and how could they feel supported?</li> <li>Have they had any contact with parents / members / other volunteers and whether they have anything to share?</li> <li>Is there anything that the club can do to support with their overall mental wellbeing during this time?</li> </ul>	Done	Cttee meeting held. Discussion had re anxieties etc. Decision to delay from July to Aug to allow time to settle and allow OAP to settle with requirements. Any concerns to be discussed as time progresses. Option to go to non coached session as per BTF guidance	Ctteee	Aug 2020	Complete
Explore and plan for the formal/informal training or development needs of your volunteers/coaches to support good levels of:  - Health and safety - Hygiene awareness - Social distancing - Sport specific adaptations - Safe use and storage of equipment - General development		All coaches are able to access webinars as given by BTF. All are accustomed to requirements of hygiene re COVID - hand washing, etc. All equipment to be swimmers own. If cones used on poolside, coach will bring own equipment	Cttee	Aug 2020	Complete
Check whether any coaches or volunteer's qualifications (coaching, first aid, safeguarding) or <a href="DBS">DBS</a> have expired or are due to expire across the next six months. Create a simple plan to:  - Track whose qualifications/training needs updating, by when and what needs to be done.		All good.	Cttee	Aug 2020	Complete

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- Who needs to be contacted for any clarification?				
<ul> <li>Who is responsible for overseeing this?</li> </ul>				
Explore whether new roles may need to be temporarily created to support the return to activity. This may be needed to support additional cleaning, support to coaches, additional marshals at events or communication to members.	Cttee discussed. All ok but individuals free to raise concerns via FB group or email if required	Cttee	Aug 2020	Complete
Share relevant hints and tips with your volunteers and any staff to support their mental health and wellbeing where possible.	All guided to BTF website for updates	Cttee	Aug 2020	Complete
Update your Codes of Conduct, get these approved by the committee (which may require an EGM/AGM) and signed by your volunteers / coaches / committee.				
Plan and deliver a volunteer/staff/coaches/committee re-induction (virtually or at the club/organisation) before activities take place.	Cttee will discuss requirements. COVID/Safety officer will provide risk assessment for use on website / bookings	Cttee	Aug 2020	Complete
Arrange to have more volunteers available when bringing groups back to the club, so there are more personnel available to support the movement of people arriving, transitioning around and leaving the club.	Coaches will manage the session. Cttee members may well be participating in the session and will support as required. Clear guidance provided to members that adherence to BTF is mandatory, If they are not happy to comply then they do not have to attend the session	Cttee	Aug 2020	Complete
Create a <u>risk register</u> and use it to record and resolve any issues your				
committee/volunteers/coaches encounter.				

TASKS: MEMBERS AND PARTICIPANTS	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
For any activity that you plan to run, check the current <u>British Triathlon COVID-19 guidelines</u> for the most up to date playing guidance.		Checked	COVID officer	Aug 2020	Complete
Consult with your participants / members / parents and carers (if applicable) to understand:  - Whether they are in a high-risk group or shielded?  - Whether they intend to return to activities immediately or later?  - What they are most looking forward to about coming back?		All members are invited to rejoin club activities. Many have been participating at open water locations.  Members only need to attend when they feel		Aug 2020	Ongoing

<ul> <li>Any concerns they have about returning?</li> <li>What would help to support and encourage their return?</li> <li>If they are unable to return yet, do they need help being active from home and staying connected socially?</li> <li>Whether they would be willing to take on any volunteering roles to support the club?</li> </ul>	ready to. No payment will be taken if they do not wish to attend. Regular updates will be given via the FB group and email	
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## **CREATING YOUR ACTIVITY OFFER**

TASK	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Develop an inclusive plan for phasing the return of your club members which sets out your approach for different age groups / abilities / groups. The following tasks will help you to do this.		Session plans will be organised by the coaches. It is recognised that sessions will need to be eased back into as many haven't done structured training since the start of lockdown		Aug 2020	ongoing
Consider whether timings and formats of sessions or activities need to change and consult your members on any plans.  - Appendix A is a template for how you can map out your offer across different groups		Timings governed by OAP	Cttee	Aug 2020	done
Consider the maximum number of participants that can take part at any one time based on the space available, volunteer/coach/staff availability and amount of equipment. Advice is available in the <a href="British Triathlon COVID-19">British Triathlon COVID-19</a> guidelines.		BTF guidance adhered to along with Swim England and PHE guidance for OAP	Cttee	Aug 2020	ongoing
Consider how to best design your activities and the use of equipment to ensure that social distancing and hygiene measures can be adhered to. Make sure that guidance is put in place and shared with members/participants and spectators.		Pool layout will be maximised. Coach location will change from end of pool to the side to improve communication	Coach es	Aug 2020	ongoing
Create a booking / registration system so that you are aware of how many members/participants are expected. Where necessary you may need to limit numbers / split groups. Consider using If you do not have an online system British Triathlon club affiliation benefit <a href="ClubSpark">ClubSpark</a> .		Vice chair to organise booking system to be set up on club website	Cttee	Aug 2020	ongoing

<ul> <li>This must be maintained for at least 21 days in case of a need to Track and Trace.</li> </ul>	
Plan for re-inductions (virtually or at the club) before activities take place.	These will be organised Cttee Aug ongoing using Zoom platform 2020
If your club owns or is permitted exclusive access to privately owned open water the club is deemed to be acting and operating as an open water venue and as such should follow our <u>guidance here</u> . They must also follow all social distancing restrictions that are in currently in place. They are also strongly advised to undertake our open water venue accreditation scheme; SH2OUT. More information on this process can be found <a href="here">here</a> .	n/a
When all plans and club logistics are complete, publish training plans for all members and include options for training virtually, solo or at the club to ensure everyone remains included	Club sessions can be Coach Ongoing ongoing uploaded to FB group es

# PROTECTING YOUR PEOPLE

TASK	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Consider any safeguarding risks and issues associated with new ways of working (i.e. online activities, changes in coaching ratios, 1 to 1 training etc) and follow British Triathlon guidelines. If you are unsure on any safeguarding issue		None currently	Cttee	Ongoing	ongoing
contact <u>British Triathlon</u> .  Review and update your health and safety policies and procedures, linking them to the latest advice from the <u>Government</u> , <u>Health and Safety Executive</u> , <u>Public Health England</u> , manufactures and other relevant bodies and regulations. Make sure these changes are communicated to all your club members.		Risk assessment written to manage covid 19 risk	Covid / safety officer	Aug 2020	ongoing
Establish procedures to determine the course of action should anybody at your club/organisation become ill during the pandemic. For the latest guidance on what to do if someone has symptoms, visit the NHS website.		All to adhere to PHE guidance	All	Ongoing	ongoing
Ensure that <u>social distancing protocols</u> are in place and are clearly communicated to all members/participants, volunteers and any guests prior to attending the venue.		Information provided to all via OAP venue	OAP	Ongoing	ongoing

Develop, agree and communicate enhanced <u>cleaning practices</u> and <u>hygiene</u> <u>practices</u> for your club. Cleaning should be regularly scheduled for any public spaces, touch points (e.g. door handles or gates), workspaces and equipment.	All to adhere to requirements of OAP. Any members not wishing to adhere to this will be	All	Aug 2020	ongoing
For guidance on cleaning and PPE please visit the government website <u>here.</u>	advised not to return at this time			
Consider the need/requirement for additional training for cleaners and arrange this where necessary.	n/a			
Update <u>hygiene and infection control processes</u> and communicate these to all club members.	na			
Arrange for any equipment that is used to be thoroughly cleaned and introduce measures to ensure it is cleaned between sessions or during sessions if shared between participants,	Club not providing any equipment. Individuals can bring own equipment and must keep it away from others.	All	Aug 2020	ongoing
If possible make relevant personal protective equipment (PPE) and hygiene and cleaning products available and <u>provide instructions for their use.</u> If this is not possible then ensure all members taking part in a session use their own PPE and bring their own products for hygiene and cleaning.	Coaches to bring masks, gloves and sanitiser if required. Participants to provide own PPE if required	All	Aug 2020	ongoing
Develop an inventory for all cleaning products, PPE and hand sanitiser. Appoint a dedicated person to be responsible for making sure stock is in place and ordering more as needed.	n/a			
Provide <u>hand sanitiser</u> , which is readily available for all members/participants, volunteers and guests.	n/a. OAP will provide.			

## GETTING READY TO USE A FACILITY - OWNED OR HIRED FACILITIES

TASK	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Arrange for appropriate signage and other markings to be displayed around your site to direct members/participants, volunteers and guests to maintain social distancing measures.		All members to adhere to OAP signage			
<u>Perform a risk assessment</u> , making sure to schedule any repairs and remedial work identified. Use the following points to help:		Risk assessment undertaken by covid / safety officer.	Covid/ safety	Aug 2020	Complete
<ul> <li>Carry out a facility risk assessment: identify the issues and associated actions to mitigate them (incorporating the Club's operating and maintenance manuals) and the items set out below.</li> </ul>		OAP have provided all documents incl. NOP, EAP and risk assessment.	officer		
<ul> <li>Record and communicate key issues/changes: Advise members/participants, staff, coaches and volunteers of their responsibilities. This could include temporary changes to reception or key-holder procedures, changes to regular cleaning and hygiene</li> </ul>					

arrangements, use of personal equipment only, restrictions on bookings and access to changing and toilet provision as well as observing social distancing rules.	
- <b>If you hire facilities:</b> you can request confirmation that all relevant risk assessments have been carried out and request the details of the specific risks associated with your club/organisation's operation.	
Perform routine checks and testing of plant, installations and equipment where appropriate. Use the following short checklist and links to guidance to help:	Updates to be provided by OAP on request
<ul> <li>Electrical Installations: Guidance on checking electrical installations is available <u>here.</u></li> </ul>	
<ul> <li>Fire Alarms / Escape / Doors: Review your risk assessment and check on fire alarms, means of escape, fire doors. More information is available from the Health and Executive <a executive.needings<="" href="https://executive.new.new.new.new.new.new.new.new.new.ne&lt;/td&gt;&lt;td&gt;&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;&lt;ul&gt;     &lt;li&gt;Heating Systems: Arrange inspection and servicing of gas and oil&lt;br&gt;heating systems by a suitably qualified person.&lt;/li&gt; &lt;/ul&gt;&lt;/td&gt;&lt;td&gt;&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;&lt;ul&gt;     &lt;li&gt;Kitchen Equipment / Fixtures: arrange for appliances to be checked&lt;br&gt;by a suitably qualified person (e.g. gas safe contractor or electrician)&lt;br&gt;and agree a suitable servicing programme where necessary.&lt;/li&gt; &lt;/ul&gt;&lt;/td&gt;&lt;td&gt;&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;&lt;ul&gt;     &lt;li&gt;Portable Appliance Testing: Arrange for PAT testing to be carried out&lt;br&gt;by a competent person or Electrical Safety Contractor. More guidance&lt;br&gt;is available from the Health and Safety Executive &lt;a href=" https:="" td=""><td></td></a></li></ul>	
<ul> <li>Other Considerations: Arrange for any specialist air conditioning and air handling checks, tests, servicing and filter cleaning to take place if needed. If appropriate, arrange for any water supply and maintenance works, such as a service check by a specialist contractor, or monitoring and maintenance by a suitably qualified engineers with particular attention on measures to prevent Legionella. Further guidance is available from the Health and Safety Executive </li></ul>	

<ul> <li>Carrying out general condition surveying, based on internal and external visual inspection, and drafting a schedule of repairs.</li> </ul>			
For further guidance and support, use the following links:			
- Sport England building maintenance overview			
- <u>Sport England building maintenance checklist</u>			
Notify your insurers, landlords and other organisations with a vested interest in your club facilities / operations to advise of changes in circumstances and operation. Relevant bodies you need to contact can include:  - Insurance companies - Mortgage lenders	n/a		
- Licensing authorities			
- Public bodies			
- Landlords / tenants  If you hire facilities - Maintain regular contact with your host organisation			
and observe, support and adapt to any reasonable changes made to reduce or eliminate risks.			
Review the condition of any outside sports surfaces condition and arrange any repairs and maintenance work. This can include:	n/a		
<ul> <li>Checking entrance gates and perimeter security, equipment and fittings and checking surfaces for damage - note, record and report for planned maintenance.</li> </ul>			
<ul> <li>Checking for litter and debris, organising manual collection or removal. Debris and litter should be collected on a regular basis, ideally daily. If left to stand on the surface, debris will accumulate, decay and contaminate the surface. Regular brushing to remove build- up of moss and algae.</li> </ul>			
<ul> <li>Referring to <u>Grounds Maintenance Association</u> (GMA) guidance for natural turf.</li> </ul>			
<ul> <li>Referring to <u>Sport and Play Construction Association</u> (SAPCA) guidance for Artificial Surfaces.</li> </ul>			
<ul> <li>Referring to your relevant National Governing Body (NGB) for sport specific accreditation and quality standards.</li> </ul>			
Explore further sector guidance to make sure you have taken all relevant considerations into account. Use the below links to help:		Keeping up to date with BTF guidance	Done
- <u>Sport Governing Body Guidance</u> - Contact or visit the website of your Sport's governing body and review and apply relevant guidance to your club's operations.			

<ul> <li>Guidance for leisure providers - Be aware of sector guidance to operators and consider the implications for your club operations. This may be especially relevant to those renting facilities.</li> </ul>			
<ul> <li><u>UK Active's framework document</u> - For further guidance on operations for Gyms and Fitness.</li> </ul>			
Ensure venues and facilities have been deep cleaned prior to re-opening			

## GETTING OPERATIONALLY AND FINANCIALLY READY

OPERATIONAL TASKS	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Create a <u>risk register</u> to log and assess all of the risks associated with managing, operating and delivering your activities. Identify actions to mitigate against the risks you have identified and appoint individuals to be responsible for their completion.		Risk assessment completed	Covid/ safety officer	Aug 2020	Ongoing review
Review your existing financial plan to help guide your financial management through your recovery period.		Cttee to monitor	Cttee	Ongoing	ongoing
Task key people within your club/organisation with monitoring the latest advice and guidance on managing the Pandemic from the <u>Government</u> , <u>British Triathlon</u> , <u>Public Health</u> , <u>Health &amp; Safety Executive</u> , your Local Authority, facilities providers and other relevant organisations. This information should be fed back to your working group on a regular basis to help shape your planning and delivery.		Cttee to monitor	All	Ongoing	ongoing
Develop a process for reacting to an outbreak of Coronavirus within your club, including planned communications with all members, guests and stakeholders, the closure of facilities and cleaning of facilities and equipment.		Liaise with cttee and OAP	All	Ongoing	ongoing
Check whether you need to review or amend any of your club's governing documents, codes of conduct, club rules or other policies as a result of the changes made to your activities and practices. Where necessary, you may need to hold an AGM/EGM to agree these changes and minute the decisions made.	n/a				
Verify that all your suppliers are able to demonstrate that they are have understood and continue to implement any relevant NHS, Government, Health and Safety Executive and relevant body and industry guidance.	n/a				
Make contact with any contract leads to discuss and agree any changes to your service offer in the future and assess the financial impact of this. New contracts, agreements and terms and conditions are discussed and put in place as required.	n/a				
Research the lead in time for any new suppliers required to support your club services and activity offer (e.g. coaches, kit and merchandise suppliers).	n/a				

Review and amend your data protection and GDPR policies as required if any	Cttee to update as required	Cttee	Ongoing	ongoing
processes (e.g. storage of data) have changed.				
Develop/review a Business Continuity Plan for your club to ensure that you have	Cttee will meet if this	Cttee	Ongoing	Ongoing
plans in place in case of lockdown measures being re-tightened.	occurs. OAP will hold			
	payments as cessation of			
	sessions will be due to their			
	closure			

FINANCIAL TASKS	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Work out the costs of returning to activity for your club and create a 6-month forecast, which should be updated weekly and considers the different scenarios related to your club's activity offer.					
Consider the financial impact of the closure and changes to your activity offer in relation to the financial sustainability of your club (e.g. repayment of any loans, replenishment of reserves etc).					
Discuss and agree with your committee any changes to membership fees and options associated with this. Make sure any changes are communicated to your members so they know an affordable offer is in place for those who need it.					
Put a plan in place to re-start any stopped direct debit payments linked to payment holiday items such as business rates, VAT, rent/mortgage, and TV subscriptions. Ensure that the club is in a suitable financial position before re-					
starting any payments if payment holiday options are still available.  Decide whether it is appropriate to return any petty cash, paperwork, card readers, bank cards, paying in books, cheque books, savings books, and other documents/equipment if these were moved off-site. Documents and equipment should only be returned if they will be regularly used and					
appropriate security measures are in place.  Consider the requirement and practicalities of collecting payments via cashless methods i.e. card payments or electronic transfer. Consider adopting a club					
management system such as ClubSpark which is a benefit of British Triathlon's club affiliation.  Claim all relevant rate reliefs, government grants and insurances for loss of					
income during the period of closure.  Contact your funders, supporters and sponsors to discuss any immediate and future changes to your service offer and work with them to identify and manage any impact on the terms, conditions and financial considerations associated with their support.					

TASKS	N/A	ACTION REQUIRED	BY WHO?	BY WHEN?	PROGRESS
Put in place a meeting schedule and establish virtual methods of communication for these. All discussion points and decisions agreed during meetings should be recorded and distributed to the relevant people.					
Prepare a communications plan to enable you to inform all relevant people and organisations of your plans to restart activities and re-open your facilities. Be clear on what you will restart/reopen, the activities that will be delivered, changes to your service offer and actions being taken to minimise risks.					
Use your club website, social media, newsletters, messaging apps, text messages and other methods to help you communicate messages about your restart and reopening to your members, volunteers and partners.					
Communicate your plans to members/participants and volunteers who are not yet able to return (e.g. shielded groups, 70+ etc) or those who do not yet feel safe to return. Communications should include how you will continue to engage with these individuals and how you can help them to be active and stay socially connected to the club.					
Inform the relevant people and organisations about any planned changes to your services and what this means for them.					
Plan and arrange for communications to be regularly sent to remind members and volunteers about Government advice regarding returning to activity, the extent of your offer and stressing the need to remain at home for the required period of time if they are symptomatic.					
Communicate any new cleaning procedures, hygiene measures, social distancing measures and safety protocols that are in place to all members, volunteers, guests and partners to help reduce fears/anxiety about returning. Use this communication to advise of personal responsibility towards cleaning and hygiene.					
Consider if and when you could develop a re-launch campaign to attract any potential new or lapsed members.					
Gather and share testimonials from those who have returned to activity and share these on your social media/website and via newsletters.					

# APPENDIX A: Mapping your Activity Offer

SERVICE / ACTIVITY OFFER	BRIEF DESCRIPTION	BENEFICIARIES	ADAPTABLE? Y/N AND HOW	RESOURCES	RISKS & FINANCIAL IMPLICATIONS	DESIRED DATES FOR THIS GROUP RE-STARTING ACTIVITY
What you provide and what you do	What's involved	Which groups most benefit from this service?	activity to meet social	What resources are involved in delivering the service?	What are the risks and financial implications?	What is the target date for restarting?
Junior running Session for	Weekly training sessions on a Saturday Morning	aged 11-14	Yes, but with significant changes and booking required by all		come back therefore may	Not possible to predict yet

11-14 year	and group run on a	participants prior to	may need a larger area/more	Booking in advance should	
olds	Wednesday night	session.	track if possible.	help mitigate this but need	
		Staggered training times	Need for people to marshal	to consider the minimum	
This is an		and smaller training	children as they arrive for	numbers to be viable.	
example		groups of five, spread	training and parents should		
and should		across a large area working	remain in cars if possible. Small	Increase in training costs for	
not be used		on running skills/drills.	groups of parents can spectate as	additional volunteers -	
		Likely that age groups will	long as they are in groups of less	online safeguarding training.	
		be bi-weekly.	than 6, maintaining social		
		More volunteers will be	distancing; this should be one per		
		needed to monitor the	child.		
		group to ensure	Clubhouse can only open for		
		safeguarding guidelines	toilets / throughways and signs		
		are maintained.	to be put up.		
		Group runs set of in groups			
		of 5 at staggered intervals.			