

CHILDREN AND TEENAGERS IN SPORT

RETURN TO PLAY CONSIDERATIONS FOR COACHES

Maintain physical distancing.
Face coverings or masks should be worn by coaches. Minimise sharing sports equipment when possible.



15

Children can take part in non-contact training outdoors. This should be in pods of 15 people or less.



GET THE ENVIRONMENT RIGHT

- The club and sport should be a safe and welcoming place.
- Use first names, smile and be encouraging.
- Take time to re-establish a positive relationship with each participant.

PUT THE NEEDS OF THE CHILDREN FIRST

- Think about what is best for the participant you coach – physically, emotionally and socially.
- The participant may not have been practicing their skills & may be starting from a lower level of fitness.
- A gradual return is best, increase intensity over a period of time.

LISTEN TO THEIR 'VOICES'

- Listen to the participant. Speak with them before and after a session.
- Ask them how they are, and what they want their return to sport to look like.
- Let the session you coach be fun and enjoyable.

BE AWARE OF THEIR EMOTIONS

- Participants will have developed from their last training session. This growth will be physical and emotional.
- Participants may need to work through things, encourage them to talk.

THE DEFINITION OF SUCCESS

- Success should focus on what the participant will get from the coaching session.
- Each participant should have a positive movement experience which grows their love for being physically active.

CHANGES ELSEWHERE

- Take account of the many changes that are occurring in the lives of children and teenagers.
- Cooperate in the community on the scheduling of coaching sessions so that a participant can play a range of sports.

ENGAGE WITH PARENTS

- Parents are a great source of information. Speak to them and let them know the approach the club and coaches are taking.

The social component of sport is a key factor in children's enjoyment of being active

No person (child, parent, coach or volunteer) should attend a training session if:

- they, or any members of their household, are unwell with symptoms consistent with COVID-19
- they are deemed a close contact or awaiting a PCR test result



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