



Covid19 Update:

1:1 Coaching Guidance and Checklist

19/05/2020

Following the governments guidance released on the 11th May 2020, the Department for Culture, Media and Sport have confirmed that 1:1 personal training and coaching with clients outdoors is acceptable from 13th May 2020, providing:

- You are only meeting one person from outside your household, you are not travelling with anyone outside of your household, you are conducting all coaching activity outdoors and you are maintaining social distancing, staying more than 2 meters (6 ft) apart.
- You enforce strong hygiene measures. This might be cleaning any equipment rigorously in line with wider guidance on hygiene, for example by using antibacterial spray and washing hands thoroughly before and after use.

It is also acceptable to meet with more than one client in a day, as long as it's only via 1:1 sessions and you are maintaining social distancing.

This advice covers a very broad range of coaching activities, and we strongly suggest that for any Surf Coaches looking to provide 1:1 coaching, they should:

- Only work with clients that are fully self-sufficient in the water
- Only deliver coaching where you can ensure the usual standard of water safety
- Focus coaching efforts on developing intermediate and experienced surfers rather than beginner lessons (which naturally require more or have higher likelihood of contact)
- Ensure as a Surf Coach you have all the pre-requisite qualifications including an in-date recognised Lifeguard Qualification and insurance as would be expected at any time.

Surfing England Enhanced Coach Membership

For surf coaches looking to coach 1:1 Surfing England offer an Enhanced Surf Coach Membership which includes insurance. This insured package has a number of prerequisites:

- You have a valid ISA or previous Level 1 Surf Coach Award or higher.
- You have a recognized Beach Lifeguard Qualification (RLSS, NaRS, etc.)
- Your maximum income turnover from surf coaching does not exceed £35,000.
- You are not operating commercial surf schools.
- You are primarily resident in England, however you may coach worldwide.
- If you spend more than 5 months/year outside the UK, the policy may not be in effect and you will have to contact Endsleigh.
- You must complete Disclosure Barring Checks (DBS) and hold a recent check (within the last two years). You can find more about DBS checks here: [gov.uk/request-copy-criminal-record](https://www.gov.uk/request-copy-criminal-record) for more information.

For more information: <https://www.surfingengland.org/surf-coach-membership/>

For any queries, please contact: membership@surfingengland.org

NOTE: *Guidance is being updated on a regular basis as the government's response evolves. Please check www.surfingengland.org and gov.uk for the latest position.*

SURF COACH CHECKLIST

This checklist is designed to support coaches who are considering delivering 1:1 coaching updating their Normal Operating Procedures, Emergency Operating Procedures and risk assessments.

All activity must be in line with the government's main guidance regarding social distancing, health and hygiene <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing> and on the delivery of 1:1 coaching <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-personal-trainers-and-coaches-on-the-phased-return-of-sport-and-recreation>

It is essential to stress that water safety remains the number 1 priority. Measures taken to manage coronavirus should not detract from your ability to deliver a safe session.

Communications

It is important to ensure clear and consistent communications to show your customers how you are managing the risk and making sure they know what will be expected of them.

- Clear action plan in place detailing the steps you are taking to minimise transmission
- Booking and payments all online
- Clear customer guidance, where to meet, what to bring, behaviour expectations etc
- Customer vetting – ensuring customers have no Covid19 symptoms, are not in high risk groups, are not in contact with anyone with symptoms and they meet the criteria in the guidelines (are self sufficient in the water, have a good standard of fitness etc) and update your client waiver

Managing Hygiene

How will you ensure good hygiene for you and your customer?

- Will the customer be using their own wetsuit and board?
- If hired, what cleaning measures are in place before and after use?
- Do you have hand sanitiser available?
- Are you based out of a school, in which case has the school got appropriate signage, cleaning and hygiene measures in place?

Customer Journey

Making sure you can apply the hygiene and social distancing measures to your customers, with a clear journey from booking their session to post session feedback.

- Do you have a clear lesson plan communicated with clients in advance of their session?
- How are you assessing customer ability in advance of booking? – you should only be working with clients that are fully self sufficient in the water i.e. not assisting clients onto waves
- How are you managing meeting and changing?
- If hiring equipment, is there a safe process for assigning and returning?
- Where can customers use the toilet, what hygiene measures are in place there?

Lesson Plans

What changes do you need to make to your lesson plans to ensure social distancing is in place, whilst still maintaining the highest level of safety for your customer. Lessons should also be adapted to reflect the fact many won't have been in the water for a prolonged period and fitness levels may have gone down

- Has your lesson plan been updated to incorporate the guidelines?
- Is the lesson plan shared with your client in advance?
- Have you included warm up, fitness assessment and water confidence in your plans?
- How are you selecting venues to operate which allow you to spread out and maintain distance from other beach users?
- Have you included instruction on self-rescue and hand signals?

Emergency Operating Procedures

It is essential you consider and update your EOP.

- Do you understand how to spot coronavirus symptoms?
- Plan of action in event of coronavirus symptoms in a customer
- Scenario planning, from worst case to basic first aid administration
- Up to date first aid kit. We suggest inclusion of pocket face mask, ambu bag (if trained to use), gloves, apron and sanitiser if not already included.
- Consideration of other water users and understanding the government guidance for first responders should you be involved in a rescue
(<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>)
- Sharing your procedures with your customer

OTHER CONSIDERATIONS

There are other, important factors that you should also consider before starting 1:1 coaching.

Your local community

There has been tension over the unlimited travel distance that allows surfers from across the country to visit the coast, with some coastal communities having genuine concerns about increased transmission risk.

- Have you considered your local community and their perspective on coaching starting again?
- Are you in an already crowded location, how can you minimise you impact on crowds?
- Many coastal car parks remain closed, how will you and your client access the beach?
- With very limited facilities available, how can your client access basic welfare - toilets, food, etc.
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Covid19 Government Support

There are several government schemes available to support individuals and businesses, if you are planning to benefit from them it is important to consider whether doing some 1:1 coaching will impact your ability to claim.

- If you are employed by a school and currently on furlough, 1:1 coaching via the surf school may put your employer in breach of the furlough rules.
- If you are self-employed, coaching may impact your ability to claim under the Self Employed Income Support Scheme.

Insurance

As a matter of course we recommend you check with your insurance provider that you are covered to coach and what level of cover you have, in what scenarios and with what prerequisites. For instance:

- Are you currently covered to coach?
- What if you need to perform a rescue and give resuscitation?
- What if you are involved in the rescue of another water user?
- What if you catch Covid19 from a client?
- What if you pass Covid19 to a client?

A note on resuscitation

The government have issued guidelines to first responders on CPR, which apply in event of rescue (see EOP section above). If you give resuscitation to an individual in your care (1:1 coaching), given the vetting undertaken before the lesson to minimise the risk they have the virus and considering the immediate threat to life, we suggest use of face mask or ambu bag to deliver breaths. We also suggest, you update your client waiver with your position on resuscitation.