



RETURN TO SPORT:

An Inclusive Guide for Clubs

Introduction

In partnership Disability Sport Wales, Welsh Government, The Welsh Sports Association, Sport Wales and a range of Welsh leisure facility providers, have and are developing robust frameworks and guidance to support a safe and measured return to sport.

This guide has been developed to supplement these, to ensure that an equitable and inclusive approach is considered with specific considerations and engagement with and for disabled people. Returning to sport for disabled athletes and participants may vary dependent on the sport, the environment which the sport or activity is played in or whether an individual has any underlying health conditions which may have resulted in shielding.

We are currently in an Amber phase of lifting lockdown measures (as of 17 August 2020). This means 'Team and individual sports, non-contact sport and games in small groups indoors and outdoors. Some outdoor events with limited capacity and events behind closed doors for broadcast'.

Sport Wales provide guidelines for taking part in sport and exercise in Wales from 14th September: [Link →](#)

Sport Wales also have a '**Be Active Wales Fund**' to protect and prepare sport clubs and community organisations, to restart, respond to, or grow participation, in direct response to COVID-19: [Link →](#).

Returning to your usual venue may be slightly different if you are based in a Community Centre setting. Up-to-date guidance for **Safe use of multi-purpose community centres (COVID-19)** is available via the Welsh Government website: [Link →](#)

We would advise each club to conduct risk assessments for their sport, environments and members in line with Welsh Government guidance: [Link →](#)

All clubs must connect with their National Governing Body (NGB) to ensure that club activities link to the NGB's Return to Sport/Play plan.

Guidance for Participants



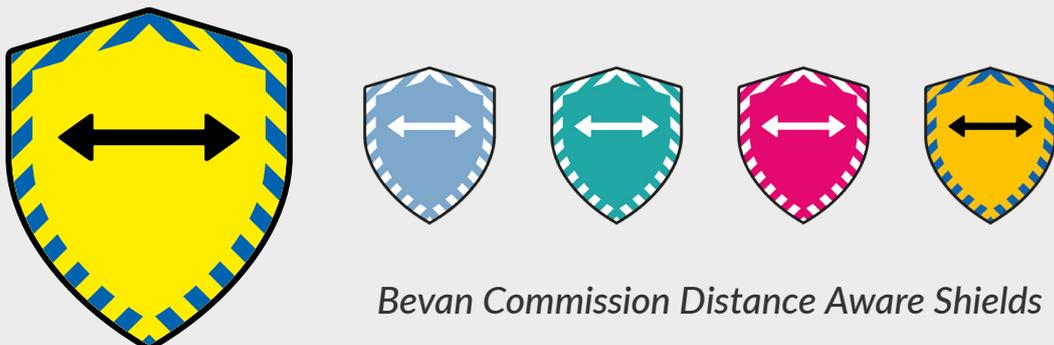
Individuals should not leave home to engage in sport or physical activity if they, or a member of their household is experiencing symptoms of COVID-19. Welsh Government guidelines should be adhered to in relation to self-isolation periods.



For those individuals who have been **shielding** or can be defined on medical grounds to be extremely vulnerable, up to date advice can be found on the Welsh Government website here: [Link →](#).

From 16th August, the need to shield will pause for all individuals unless the number of COVID-19 cases in the community starts to rise significantly.

Individuals should make themselves aware of the 'Distance Aware' campaign: [Link →](#), which enables individuals and organisations to politely prompt ongoing distancing and respect of individual social space (for themselves and others).



Bevan Commission Distance Aware Shields

Guidance for Participants (continued)



If travelling by car, this should only be with members of your extended household, or carer/personal assistant. Please ensure that parking allows social distancing.



Please follow Government guidelines when travelling in any modes of public transport (rail, bus, or taxi): [Link →](#)



Take your own sanitiser, hydration and food to sport and physical activity sessions in case options are limited at your venue or club. **Do not share food or drink with other participants or use water fountains.**



From 14th September individuals over the age or 11 need to wear a face covering in all public indoor spaces [Link →](#)

You may be exempt if:

- you are not able to put on or to wear a face covering because of a physical or mental illness, or because of a disability or impairment;
- you are accompanying somebody who relies on lip reading where they need to communicate; or
- you are escaping from a threat or danger and don't have a face covering

Guidance for Club and Session Organisers



National Governing Body / National Partner Organisation

All clubs must adhere to guidance and recommendations set out by the NGB of your sport – it is very important that you make contact to ensure what you are doing fits with the sport NGB Return to Sport Plan.



Members

Work closely with your members to complete individual risk assessments (example attached). This may include their readiness to return to sport. Some members may have been shielding and are anxious about returning, others will be keen to get back to activity with others.



Risk Assessments

This should include a facility risk assessment (make sure you work with your venue), and consideration of each individuals specific requirements when in your club or session.

Please see Appendix 1: Key Questions table to help you get the pace of return right for everyone in your club

Make sure you reflect how individuals will get to, engage in, and leave your session when you do the risk assessment.

Guidance for Club and Session Organisers (continued)



Registers

Do as your Governing Body recommend but ensure that:

- Registers are kept at each session to ensure clubs have an accurate record of which members attended each session.
- If spectators are on site, the register could also be extended to include additional people in case of any need for track and trace.



Work with your venue

Ensure you have as much information as possible to pass on to members regarding key information such as where to go on arrival, whether spectators are allowed, if toilet facilities be available, food and drink options.

Check your Club risk assessment fits in with the facility's risk assessment.



Funding availability

Visit <https://www.sport.wales/beactivewalesfund/> to potentially access funding to prepare your club to return to sport post COVID-19.

Guidance for Club and Session Organisers (continued)



Equipment

Do not share equipment between participants.

Where equipment cannot be easily cleaned, this should be left for a period of 72 hours between uses. This may include items such as sports chairs (Return to Sport table attached).

If equipment can be cleaned between use (i.e. gym equipment) ensure facility guidelines are followed.

Ensure all equipment you have used is sanitised after use.



Support

Now support received from someone outside your bubble / extended household cannot compromise social distancing regulations. We are working with Welsh Government and other organisations to bring about safe change.



Disability Sport Wales Development Officer network

Visit <https://www.disabilitysportwales.com/local-authorities/> to find your local Disability Sport Wales Development Officer. Get in contact with your local officer to ensure that your approach is reflective and supportive of your members and local communities, and that any key communication is circulated broadly through trusted sources.

Guidance for Club and Session Organisers (continued)



Communication and Engagement

Strong engagement and consultation with disabled people, people with health conditions and organisations committed to inclusive practice, at the outset of the development anything new will always help finding solutions.

Consider:

- How you communicate information (easy read, audio, British Sign Language)
- What impact PPE has on communication (Comfortable using face masks? (pertinent for people with Autism); Need to see your mouth? (pertinent for people to lip read)
- Access to technology (can people access technology)

Inclusive Return to Sport: Key Questions

Please ensure that this is used in conjunction with the NGB Return to the Play plan, and any guidance provided by the facility in which the club activities are taking place.

The questions overleaf should be asked of each participant.

The response will guide the decision whether it is safe for the participants, their coaches and their PAs/Carers to return to club activities and sessions.

Key

If all answers are marked:



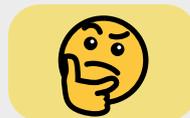
Return to activity

If any answer is marked:



Be patient, not quite safe yet

If any answer is marked:



Please contact your NGB's Return to Sport Play and Risk Assessment

If any answer is marked:



Need to ensure equipment is safe and allow 72 hours between user



72 hours between participants sharing equipment
Important to ensure dog (where applicable) is not patted or stroked by other facility users

Inclusive Return to Sport: Key Questions

Key Questions

Yes

No

Is the participant extremely vulnerable (Shielding) or clinically vulnerable?



Is it medically safe for the participant to return to club activities (excluding considerations raised in the questions below)?



Can the participant access equipment and the club without support from individuals outside of their bubble?



Does the participant own their own equipment (e.g. sports wheelchair, throwing frame) or can the equipment solely be used by one participant during the session?



If not the participant's own equipment, can the equipment be easily cleaned?



Can the participant enter and exit equipment independently? (where appropriate)

