



GUIDANCE FOR SNOWSPORT PARTICIPANTS IN ENGLAND

COVID-19 Phased return to Snowsport Activity

Version 3 – UPDATED 14th October 2020

SNOWSPORT
ENGLAND

GUIDANCE FOR SNOWSPORT PARTICIPANTS

This guidance document has been developed in adherence to government guidelines as outlined by the Government through the summer of 2020 and includes information regarding the new tiered system introduced on Monday 12th October 2020. It can be put in place immediately unless otherwise stated. All Snowsport England guidance will be updated as per government guidelines when they are made available or as soon as possible thereafter.

These guidelines apply to England only and are based on those detailing the use of Return to Sport activity, and exercise. [More details are available here](#). We recommend that you always stay up to date with Government guidance.

Government guidance supersedes all advice given by Snowsport England and must always be followed. It is important to say that any snowsport activity must take account of local conditions and any risk assessments have been amended to take into account Covid-19 controls required for a Covid Secure Environment.

The safety and wellbeing of all snowsport users, coaches and the wider community is at the heart of any guidance that Snowsport England is distributing.

The guidance that follows provides sport specific advice to help engage snowsport users

This guidance has been published on the understanding that it is an interpretation of government guidance relevant to all snowsport activity. It is likely to change at short notice, in which case we will publish updates through the [Snowsport England](#) and social media channels.

We have indicated the key additions and updates to these guidelines within this document with **[NEW]** and **[UPDATED]** on the following pages.

Any measures that snowsport facilities put in place to enable snowsport activity to resume need to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.

As lockdown restrictions evolve, Snowsport England's guidance, in line with Government legislation and guidance, will shift in focus to ensuring that facilities and clubs can provide COVID-19 secure environments, recognising the different operating contexts that organisations face. Snowsport Facilities across the country are all different and operate in different ways. Assessing whether a safe environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each club, coach, and facility to make that assessment based on their local environment.

Please also read our other guidance documents:

- Guidance for Snowsport Instructor and Coaches – Phased return to activity
- Guidance for Snowsport Instructors/Coaches – Phased return to activity
- Guidance for Snowsport Facilities
- Health and Safety Guidance: Return to Activity
- Covid Secure Environment
- Restrictions to Snowsport Activity in England - COVID-19 – Local Tiers document

IMPORTANT: Where a local lockdown / higher tier is in place alternative measures and guidelines may be in place, please [check here](#) on the Government guidelines and local restrictions.

STAY UP TO DATE

- Guidelines will be updated as we progress through the different phases of Government measures, Snowsport England remains in discussions with Government, so we recommend you check at <https://www.snowsportengland.org.uk/covid-19-resources/> on a regular basis to stay up to date of the latest recommendations.
- **[NEW]** With the introduction of the Governments tiered alert levels further restrictions may be imposed on activity. Please see the **Restrictions to Snowsport Activity in England - COVID-19 – Local Tiers document** on how these affect snowsport activity within the various tiers.
- Government information around social distancing is available [here](#) and should be read in full
- Before leaving home to participate in snowsport, all participants should undergo a self-assessment symptom check for any COVID-19 symptoms [using the information on the NHS website](#)
- If you or somebody living in your household is displaying COVID-19 symptoms or has a confirmed COVID-19 infection you should remain at home and not go out to participate in snowsport, follow [NHS and PHE guidance on self-isolation](#)
- If you are required to self-isolate for any other reason, then you should also not exercise outside your own home or garden and should not exercise with others. This includes if you have been asked to isolate by NHS Test and Trace because you are a close contact of a known COVID-19 case, or if you have returned from a [travel destination not included on the Government's travel corridor list](#). In all of these instances, you should not leave your home to participate in snowsport activities.
- If you are in a [clinically vulnerable group](#) (e.g. over 70) you can participate in snowsport but should be especially careful and diligent about social distancing and hand hygiene
- If you are classified as [clinically extremely vulnerable](#), you can consider doing snowsport, always maintaining social distancing and with robust hand and respiratory hygiene.

BEFORE LEAVING HOME & AFTER YOU RETURN

- Wash your hands with soap and water for at least 20 seconds before leaving home to go to the snowsport facility (use an alcohol gel if washing hands is not possible)
- Arrive at the venue changed and ready to participate – even when the changing facilities are opened use of these should be avoided where possible
- If you have additional needs, you may wish to speak to the venue or activity organiser in advance to ensure your needs are accommodated and appropriate facilities are open
- Where possible pre-book and prepay for your sessions
- Check with the facility / club on rules and guidance they have put in place
- Please note that to support NHS Test and Trace, facilities and clubs may need to take additional details from you when booking so that they have appropriate temporary records in place to assist this service

EQUIPMENT

- Take hand sanitizer with you
- Use your own equipment where possible.
- Only take the minimum amount of equipment with you that you need
- Clean and wipe down your equipment before and after use
- Ensure you take all your belongings with you at the end of the session and do not leave anything on the slope or around the building

TRAVELLING TO AND FROM SNOWSPORT ACTIVITY

- You can help control COVID-19 and travel safely by walking and cycling, if you can. Where this is not possible, use drive or use public transport – [safer travel guidance is provided on the Government website](#)
- Arrive at the time the facility or club have told you to be there.
- Regular hand washing after you come into contact with high touch points (door handles etc)
- After your session do not congregate and leave to help prevent bottlenecks within the facility.
- Be aware that onsite toilet facilities may not be open. Where they are open, participants are advised to take particular care when using them and clean hands thoroughly after use
- Avoid using changing rooms where possible, other than for participants with disabilities or special needs whereby changing/shower facilities should be made available
- If takeaway catering facilities are open at the venue, respect social distancing whilst queuing for food and drink.
- For indoor bars and restaurants, be aware that the Government guidelines for meeting people indoors differs from that for outdoors, Attendees will also be required to wear face coverings except when seated at a table to eat or drink

ORGANISED GROUP SESSIONS

- **IMPORTANT:** While informal social/ recreational group size is limited to a maximum of six people by law, the government has confirmed that organised activity for larger groups, including coached sessions, club nights and competitions, is permitted as an [exception to the limit of six](#). This is provided the activity is in accordance with the COVID-19 Secure guidelines published by Snowsport England for facilities, instructors and coaches and athletes/participants.
- The Government has made it clear that organised larger group snowsport activity is only permitted where this is the case
- **[NEW]** Restrictions on group numbers vary depending on if the activity is informal recreational snowsport or organised group activity, and if it is outdoors or indoors. The location of the facility will also impact group sizes
- **Organised group activity is defined as being activity organised by a national governing body, club, registered instructor/coach, business or charity, where in all cases organiser**

must conduct a risk assessment and take all reasonable steps to limit transmission of the coronavirus by reference to that risk assessment and all relevant COVID-19 Secure guidance. Further details are provided on the [Government website](#)

- **[NEW]** When participating in any snowsport activity indoors or outdoors, participants must not mingle in groups of more than six before and after the activity, while maintaining social distancing with those from another household at all times. If an organiser is not able to ensure this (including when arriving at or leaving activity or in any breaks or socialising) then such events should not take place. Attendees must avoid social interaction with anyone outside the group they are with, even if they see other people they know, always during their visit.
- **[NEW]** For limitations and restrictions on group sizes for **outdoor** and **indoor** snowsport Facilities then please see the [Restrictions to Snowsport Activity in England - COVID-19 – Local Tiers document](#)
- **[NEW]** Organised **indoor** group snowsport activity for adults (including coached sessions and club nights held indoors) can still take place in larger numbers in COVID-19 secure venues if the facility is in Tier 1 (medium risk). For indoor facilities in a Tier 2 or Tier 3 zone then only Under 18s, disability snowsport groups and educational groups (colleges and universities) can do snowsport activity.
- There is an exemption for indoor snowsport activity for disabled people, which can take place in any number, and organised group indoor activity for children is unaffected by this change and can continue as before in line with the limits below.

PARTICIPANT GUIDANCE

YOUNGER PARTICIPANTS (under 18 years of age)

- A coach can carry out a coaching session with a group, the group sizes should be agreed with the facility and ensure the sizes of the groups does not impact ability to ensure Covid Control Measures are followed.
- Young people (under 18's) should be coached / led in groups of no more than 15. More info can be found via [Department for Education](#)
- Instructors / Coaches must ensure they have the permission/agreement of the responsible parent or guardian of an athlete /participant who is under the age of 18 to coach that athlete/participant
- Coaching of young athletes / participants should only be undertaken **in sight of** the parent or guardian.
- Guardian (non-participant) or carer attendance is permitted and is not counted as part of the maximum group size, but should be off slope and limited to one per child where possible, with social distancing observed while watching the session
- **[NEW]** Coaching of under 18s can take place indoor and outdoor through all 3 tiers.
- **Social distancing guidance must always be maintained.**

COACHING ADULTS

- Coached sessions for adults may take place indoors and outdoors for venues and coaches that are COVID-19 secure, in line with Government [guidance on organising outdoor sport and physical activity events and for providers of grassroots sport and gym/leisure facilities](#)
- The Government has made clear that businesses and venues following COVID-19 secure guidance can host larger groups. This is also the case for events in public outdoor spaces that are organised by businesses, provided they take reasonable steps to mitigate the risk of transmission in line with COVID-19 secure guidance and including completion of a risk assessment.
- You can meet with different clients/groups in a single day as long as you are maintaining social distancing
- **[NEW]** Coaching adult groups at **indoor** snowsport facilities may be impacted by the tier level that the facility is located. Please refer to [Restrictions to Snowsport Activity in England - COVID-19 – Local Tiers document](#) for further information.

OLDER PARTICIPANTS

- All guidance applicable to coaches and athletes in this document is relevant to older participants.
- In addition, government guidance on vulnerable persons should be adhered to, if relevant, and taken into account by coaches and individual participants.

DISABLED PARTICIPANTS

- Higher Risk: Participants in the higher risk groups should follow any medical guidance they have been given about ensuring good health and welfare. If there are further concerns, please consult with your medical or national organisations for support and best practice.
- General Assistance: disabled participants requiring support are permitted to bring one carer with them to training provided this person is part of their normal 'family' unit. This could include participants with an intellectual impairment, participants needing support fastening boots, changing, stretching etc. Coaches should maintain social distancing guidance where possible.
- VI Guides: currently, with the social distancing rule of 1m+ being in place, unless the guide is a family member or part of a family unit then snowsport guiding should only be done if guidelines can be safely followed.
- Equipment: para participants will be permitted to use their personal snowsport equipment. Hygiene guidance should always be followed.
- Accessible Toilets: see our Guidance for Snowsport Venues document, be aware that these may not be open

MAINTAIN SOCIAL DISTANCING

- Other than where players are from the same household or part of a support bubble, follow [Government advice on staying alert and safe](#), and:
- Stay at least two metres away from others they do not live with or are in a support bubble (including during your session as far as possible, when taking breaks and before and after your session)
- Participants should not congregate on or around the slope / building before and after sessions
- Do not make physical contact with others (such as shaking hands or high five)
- All participants are advised to limit their interactions with anyone outside of the group they are attending the venue with (e.g. people on another slope or in a different coaching group)
- For coached sessions, pay careful attention to the instructions of the instructor / coach
- Where you cannot maintain a two metre distance then further precautions should be put in place as part of 'one metre plus mitigations' guidance (see the Government's advice on ['Staying safe outside your home'](#) for more info)

ROLLER SKI SESSIONS IN A PUBLIC SPACE

- **OUTDOOR** Snowsport group activity can continue to take place as long as it is within a COVID secure environment (which can be an outdoor slope, cycle track (for roller skiing), open space such as a park. Where a COVID secure environment is not in place groups will need to be a maximum of 6.
- The Government has made clear that businesses and venues following COVID-19 secure guidance can host larger groups. This is also the case for events in public outdoor spaces that are organised by businesses, provided they take reasonable steps to mitigate the risk of transmission in line with COVID-19 secure guidance and including completion of a risk assessment.
- A coach can carry out a coaching session with a group, the group sizes should be agreed with the facility and ensure the sizes of the groups does not impact ability to ensure Covid Control Measures are followed.
- Coaches and athletes/participants should adhere to all restrictions that may be placed on a public space by the owner of that space.
- A coach can carry out a coaching session with one group and then coach another group after the conclusion of the first session. Coaches should not coach more than one group at any one time.
- Coaches and athletes/participants should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
- Coaches and athletes aiming to access remote public spaces a long way from assistance and emergency services should make themselves aware of any local guidance/considerations prior to travel/training. Consideration of whether the activity could add to pressure on emergency services should be taken.

SUPERVISION & SPECTATING

- Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled participant, it is permitted, but should be off slope and limited to one per participant where possible
- Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance
- Consider marking out specific boxes/areas for this purpose



DISCLAIMER

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Snowsport England (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. Snowsport England and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.