

**GUIDANCE FOR SNOWSPORT  
INSTRUCTORS AND  
COACHES IN ENGLAND**

COVID-19 Phased return to Snowsport Activity

Version 3 – UPDATED 14<sup>th</sup> October 2020

***SNOWSPORT***  
***ENGLAND***

## ***GUIDANCE FOR SNOWSPORT COACHES***

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 12<sup>th</sup> 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 clubs 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 Athletes – 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.

### **INSTRUCTING & COACHING ACTIVITY**

- All activity should be consistent with the government guidance regarding health, travel, social distancing, and hygiene at all times.
- Instructors and Coaches must consider safety first, particularly minimising the risk of infection/transmission. Your facility / club should have completed a thorough risk assessment to ensure staff, volunteers and participants are protected.
- 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.
- The guidance set out for Instructors and Coaches is applicable to both outdoor snowsport facilities and indoor facilities that follow COVID-19 secure guidance. Instructors and Coaches should continue to work closely with the facilities at which they are delivering activity, to ensure that all activity is COVID-19 secure.
- **[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.
- 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.
- It is recommended that a time buffer is built in between sessions to enable social distancing and adequate cleaning, according to guidelines, to take place.
- Check directly with your slope on their policy, slope facilities should only open at the discretion and with the consent of the facility owner, provider, or contractor.
- **[NEW]** ReActivate training for Instructors and Coaches is available [here](#) for free.

### **PRE-ATTENDANCE SYMPTOM CHECK**

Anyone attending a snowsport facility (including participants, coaches, staff and any other visitors), should undergo a pre-attendance self-assessment for any COVID19 symptoms using the [information on the NHS website](#) before leaving home. This should be communicated on booking and asked again on arrival.

No-one should leave home to participate in snowsport activity if they, or someone they live with, has symptoms of COVID -19, currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow [NHS and PHE guidance on self-isolation](#)

## NHS TEST & TRACE

- If a participant you have coached develops symptoms of COVID-19, they should be directed to follow the Government's 'test and trace' guidelines, which can be read on the [Gov.uk website](https://www.gov.uk)
- To support NHS Test and Trace, clubs / facilities should keep a temporary record of your customers and visitors for 21 days, in a way that is manageable for your business, and assist NHS Test and Trace with requests for that data if needed

## 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

## COMMUNICATION AND FACILITY LIAISON

- Coaches and athletes/participants should ensure when they are planning to use a facility that they coordinate all activities prior to coaching to ensure social distancing, as well as health and safety and cleaning protocols, can be carried out.
- This communication should take place between all coaches or coaching coordinators and facility providers.
- Coaches and athletes/participants can access and utilise outdoor facilities with the permission of the facility owner/management. They should not access any facilities if they do not have permission to use and should at all times adhere to any guidance put in place.
- Coaches and athletes should be aware of any restrictions around toilets and specific access issues for athletes with a disability or vulnerable athletes. In all cases they should ensure government guidance is followed and a risk assessment in place before any coaching takes place

## PRE-SESSION GUIDANCE

- In all cases normal coaching practice with risk assessment and high-quality practice should be adhered to as well as implementing any requirements around social distancing and hygiene.
- All coaches and athletes should ensure they have followed government hygiene rules including washing hands and cleaning any equipment prior to use. (See our **Guidance for Snowsport Venues Document**)
- All coaches and athletes/participants must follow any hygiene guidance put in place by a facility.
- Ensure you follow Track and Trace protocols for the specific facility you are coaching at.

## DURING THE SESSION

- Coaches and athletes should ensure they maintain social distancing appropriate for the activity.
- ONE mat gap is not socially distanced.
- Stubbies and full-sized gates can be used by **one** training group at a time provided the equipment is thoroughly cleaned according to club/ facility guidance before and after each session. During the session, only the coach of this session should handle the equipment whilst wearing appropriate PPE.
- Coaches and athletes should ensure all equipment (skis, snowboards, roller skis, helmets/pads and boots) is used by one athlete and then thoroughly cleaned according to guidance before and after each session.
- Moveable freestyle equipment may be used using the group sizes set out above. All equipment is to be cleaned before and after each session and used by one group at a time. When moving equipment social distancing guidelines should be followed and appropriate PPE to be used when cleaning and moving.
- Instructors / Coaches should ensure they maintain social distancing at all times as well as maintain social distancing from any other coaches and athletes using adjacent space.
- Instructors / Coaches are encouraged to be creative around event specific drills and other activities to bring athletes out of 'lockdown' in preparation for a later 'step'.

## 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 should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
- Coaches and athletes/participants should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.

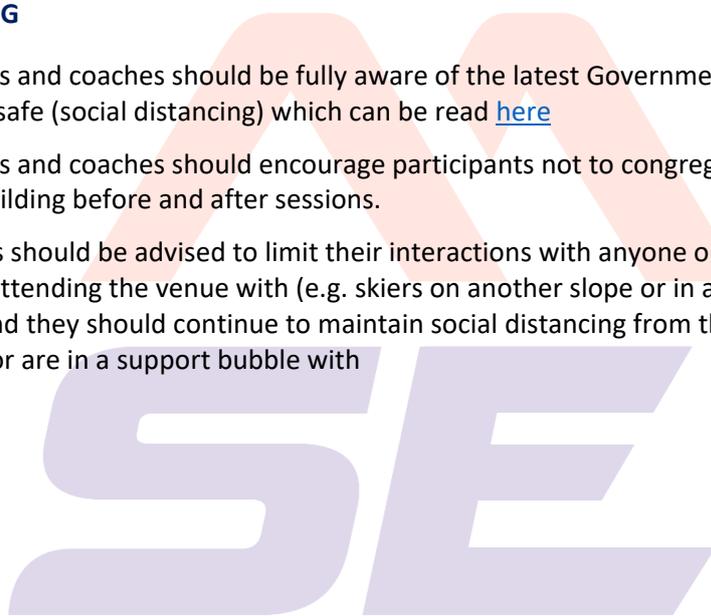
- Coaches and athletes aiming to access remote public spaces a long way from assistance and emergency services should make themselves aware of any local guidance/considerations prior to travel/training. Consideration of whether the activity could add to pressure on emergency services should be taken.

### **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

### **SOCIAL DISTANCING**

- Instructors and coaches should be fully aware of the latest Government advice on staying alert and safe (social distancing) which can be read [here](#)
- Instructors and coaches should encourage participants not to congregate on or around the slope / building before and after sessions.
- Attendees should be advised to limit their interactions with anyone outside of the group they are attending the venue with (e.g. skiers on another slope or in a different coaching group), and they should continue to maintain social distancing from those that they do not live with or are in a support bubble with



## 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.

