

Hi Coach!

We want to start by saying Thank You!

We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.

We know how disappointed you and they are, that your season was interrupted by this global crisis. We know that many of your athletes are confused, frustrated and lonely. We also know that the skills, confidence, resilience and determination that you have helped them to develop, will help them through these challenging weeks and months – and so we want to thank you!

We also know that you are all facing this same challenge – you are worried about your families, your own health, your jobs and of course your athletes. We are aware that many of you are already making plans for how to support them and we want to try to provide some support to you!

Education

Education is the first step in the preparation of sports resumption. We have made a range of resources available to help you take these first steps.

We know that you, the coaches are the most vital resource for our athletes. They depend on you every day to show up for them, to plan their training sessions, to help them grow and learn, to be their friend, their teacher and their supporter. Now, they need you more than ever.

We hope that by giving you some useful resources, strategies and some ideas, that we can help you, and your athletes, through this challenging time and be ready to get back training once these restrictions are lifted.

We hope that these recommendations provide you some simple ideas and strategies, which might help you and your athletes prepare to return to sport.

COVID specific training

Australian Department of Health COVID-19 Training Module

The course takes around 30 minutes to complete and you will receive a certificate upon completion.

Step 1: Go to this link: <https://covid-19training.com.au/login.php>

Step 2: Create an account with the Department of Health

Step 3: Enrol in the course 'Infection Control Training – Covid 19'

Step 4: Click the 'Launch Course' button and complete the course

Step 5: Print out the completion certificate or take a photo.

Special Olympics International COVID-19 eLearning Course

This course takes around 25-30 minutes to complete.

Step 1: Go to this link: <https://www.specialolympics.org/health-professional-training>

Step 2: Follow the instructions on the page and complete the course.

Coaching through COVID resources

[SOA Learn](#)

We've developed a free online learning hub that will help you grow and enhance your skills and ability to interact with people with intellectual disabilities and autism and provide them with greater sporting opportunities. SOA Learn will help you improve the delivery of sport and physical activity for people with an intellectual disability and autism.

[Sport Specific Coaching and Training Resources](#)

Here you will find a series of links, by sport, to a variety of coaching and home training resources. Some of these are provided by International or National Sports Federations, others are fun and engaging YouTube videos, games or activities, which may be useful to you. Please share with us any tools you think can help other coaches.

[Our Top 3 Tools for Virtual Coaching \(Video Calls\)](#)

For newcomers to video calls, it can be confusing and quite daunting. We have created some simple Step-By-Step instructions to walk you through our three favourite free video call tools. We show you how to create a free account and how to set up a call with your team.

[Your first Virtual Coaching Session](#)

This is new to all of us. We have never experienced a situation like this. Introducing virtual coaching sessions to your team is likely to be a new experience for everyone. We share with you some great tips for your first training session, which we have adapted from some great advice given by John Leath of Unleash the Athlete on a recent Changing the Game Project webinar.

[Our Top Ten Ideas for Virtual Coaching Session](#)

In this guide, we share 10 great ideas of activities or topics you can use for your team's virtual coaching sessions. Some will require sports clothing and a little space, others a pen and paper, and others you will need nothing for. Take these ideas and make them your own!

[Keeping on Coaching without Technology](#)

Not all of our coaches or all of our athletes have access to technology and reliable internet access. This short guide will provide you with some simple ideas of how you can stay connected with your athletes and help them stay engaged with their sport, training and Special Olympics.

Coaching Requirements for Return to Sport

Each coach should review and undertake the following actions to allow a return to training at Level B and Level C:

Area	Coaching Requirements (for activities under Level B)	Coaching Requirements (for activities under Level C)
Off-field Preparation	<ul style="list-style-type: none"> • Complete COVID-19 specific coaching training listed in this plan. • Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan. • Inform the Club committee of the plans for training to recommence. • Understand the restrictions for each localised sport and training venue. • Ensure athletes are prepared to “Get in, train, get out”. • Advise players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> • Inform the Club committee of plans to continue to train.
On-field Preparation	<ul style="list-style-type: none"> • Modify training conditions to support social distancing. • Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitiser, tissues, antibacterial wipes and signage. • Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell. • Group athletes into smaller groups over a greater number of sessions to comply with State guidelines. 	<ul style="list-style-type: none"> • Modify training conditions to support expanded sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.
Communication	<ul style="list-style-type: none"> • Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols • Encourage athletes, coaches, members, volunteers and families to download and use COVIDSafe app. 	<ul style="list-style-type: none"> • Requirements continue from Level B.

FOR COACHES

Area	Coaching Requirements (for activities under Level B)	Coaching Requirements (for activities under Level C)
Training	<ul style="list-style-type: none"> • “Get in, train, get out” • Maximum participants as advised by your State/Territory authority • No contact including high fives/ hand shaking, no socialising or group meals. • Use defined training areas for each training group • Avoid high injury risk activity • Ensure correct conduct of personal hygiene principles such as sanitising requirements, hand washing and treatment of shared equipment. • No sharing of personal equipment. . • Complete training attendance register kept. 	<ul style="list-style-type: none"> • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Sanitising requirements continue from Level B. • Continue to encourage personal hygiene E.g. wash hands prior to training, no spitting or coughing, sharing of uniforms. • Continue to complete training and playing attendance register.
Personal Health	<ul style="list-style-type: none"> • Implement a graded return to sport to avoid injury. • Remind players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Avoid physical greetings such as hand shaking and high fives. • Avoid coughing, clearing nose, spitting and sharing of uniforms. • Remind athletes to launder own training uniform and wash personal equipment. 	<ul style="list-style-type: none"> • Requirements continue from Level B.
Hygiene	<ul style="list-style-type: none"> • Adopt safe hygiene protocols • Distribute information and posters for safe hygiene 	<ul style="list-style-type: none"> • Requirements continue from Level B.
Facilities	<ul style="list-style-type: none"> • Understand and inform athletes which parts of facilities are available during Level B restrictions. 	<ul style="list-style-type: none"> • Understand and inform athletes of updated parts of the facilities available during Level C restrictions.
Management of unwell participants	<ul style="list-style-type: none"> • Understand and comply with protocol for management of illness. • Advise players, coaches, volunteers to not attend if unwell. 	<ul style="list-style-type: none"> • Requirements continue from Level B.

PROTOCOL FOR MANAGEMENT OF ILLNESS

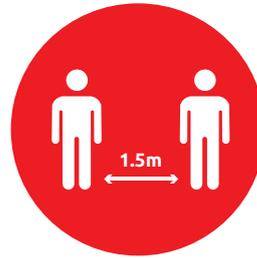
Prevention



Complete attendance register



Practice personal hygiene



Enforce physical distancing



Sanitise shared equipment

Management

If someone feels ill...



Do not attend training



Advise your coach and or carer



Seek appropriate medical treatment



Obtain medical clearance before returning



Follow Government guidelines for isolation, if required



PROTOCOL FOR MANAGEMENT OF ILLNESS

If someone tests positive for COVID-19?

If an athlete tests positive for COVID-19, **within 24 hours of notification**, the athlete or parent/ carer must:

1. Inform carer or support workers of positive COVID-19 test.
2. Inform Special Olympics Australia Club Coach of positive COVID-19 test.
3. Remain in your home or accommodation until Public Health officers advise that it is safe to return to normal activities.
4. Follow Government guidelines for isolation.
5. Obtain medical clearance prior to returning to Special Olympics events.

If a coach, official or spectator tests positive for COVID-19, **within 24 hours of notification**, the participant must:

1. Follow same steps outlined for 'If an athlete tests positive' from Step 2...

When a Coach is informed of a positive COVID-19 case, the coach must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Sport Coordinator.
3. Inform all attendees of any impacted training sessions. This includes:
 - a) Other Special Olympics athletes
 - b) Officials
 - c) Parents, carers or support workers
 - d) Venue manager

When a Club Sport Coordinator is informed of a positive COVID-19 case, the Club Sport Coordinator must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Leadership Team.
3. Confirm with the Coach that all attendees and potentially impacted athletes have been informed.
4. Shut down the impacted sport training for a minimum of 14 days.
5. Advise all persons from the impacted sport they must receive a medical clearance prior to returning to sport.
6. Advise the State Sport Coordinator of positive case and that sport has been shut for 14 days

PROTOCOL FOR MANAGEMENT OF ILLNESS

When a Club Leadership Team is informed of a positive COVID-19 case, they must immediately:
Advise the Special Olympics Australia General Manager, Operations Gareth Hogan.

Gareth Hogan

0477 749 947

garethh@specialolympics.com.au

An Important Note

Be aware of member privacy when disclosing information. The name of the athlete or participant does not need to be announced, only that a suspected or confirmed case of COVID-19 has occurred at a training session.

Contact is considered to have occurred within the period extending 48 hours before onset of symptoms in the patient, until the patient is classified as no longer infectious by the treating team (usually 24 hours after the resolution of symptoms).

COACH CHECKLIST

27 June onward

- Ask athletes to arrive ready to train.
- Review of length and scheduling of training sessions to reduce overlap.
- Maximum number of persons (including yourself) as advised by your State/Territory authority
- No contact including high fives/hand shaking, no socialising or group meals.
- Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Use of sanitising stations.
- Limited use of equipment.
- Sanitise equipment before, during, after sessions.
- No sharing of personal equipment.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Training attendance register kept.
- Graded return to sport to avoid injury.
- Advise all participants to not attend if unwell.
- Advise all participants to launder their own uniforms.

CLUB TRAINING ATTENDANCE REGISTER



Training groups must be limited in accordance with your State/Territory Government restrictions and Special Olympics Australia's return to sport plan and guidelines. Training groups are not to be changed from session to session. Registers must be kept for every session and made available if required.

CLUB NAME			
SESSION DATE		TIME	
VENUE			
COACH NAME		SPORT	

	PLAYER FIRST NAME	SURNAME	FIT/WELL?	NOTES
1				
2				
3				
4				
5				
6				
7				
8				
9				

PARENTS/CARERS		
1.	4.	7.
2.	5.	8.
3.	6.	9.