

V2019.1

The logo for SportCheer Wales is centered in a red-bordered box. The word "SPORTCHEER" is in red, and "WALES" is in green with a white outline. The letters "W" and "A" in "WALES" are stylized to incorporate the red and green colors of the Welsh flag.

SPORTCHEER WALES

SportCheer Wales
Co-Vid 19 update 1
July 12th



SportCheer Wales Co-Vid 19 update

Version 1 July 12th 2020

Official policy update

From July 13th 2020, the Welsh Government is making changes to the regulations to allow larger gatherings of up to 30 people outdoors only where these are organised and supervised by a responsible person for sports and other leisure activities and classes.

SportCheer Wales Guidance

BEFORE you commit to outdoor classes, please ensure you have balanced benefit and risk for your programme. Having outdoor sessions at a 2m distance could benefit your programme and achievement, however it could also be more difficult to manage, and online sessions are achieving the same goal.

We recognise the importance of social interaction between athletes – even at a distance – and the benefits this can bring for both physical and mental health and wellbeing. Before you change all your current activities to outdoor sessions, a combination of both online and outdoor sessions may be a better fit for your programme and athletes.

Following the announcement from the first minister on July 10th 2020, sporting activities are now allowed to resume for outdoor lessons. As we assume some cheer and dance programmes would like to take advantage of this change, we have released the following guidance to assist you.

1. Before starting or advertising outdoor lessons, you need to contact your insurer to confirm that your policy will cover you for these lessons. Ensure you get an updated written policy that confirms your lessons will be underwritten by your insurance broker for your records.
2. You need to contact the landowner to ensure you have permission to run classes in your chosen location. It is advised you get this information in writing BEFORE advertising classes.
3. Review, and update if necessary, your safeguarding policy. Does the change of location introduce new risks? How will you monitor all athletes safely in the space you have?
4. Consider your health and safety policy and associated policies. You need to ensure you are still meeting the national requirement for keeping people safe. This includes assessing any potential risks that may arise from holding outdoor sessions and considering how you will deal with potential first aid or emergency aid situations.
5. No common equipment should be used for sessions – athletes can bring their own equipment to use – such as a mat or towel, but you must make consideration as to how these will be cleaned and sanitised before and after sessions. Each athlete must bring their own water bottles for use. These should not be shared.
6. Groups of up to 30 people are allowed. This includes coaches and any parents who remain in the area. Ensure you include these people in your class sizes. Try to avoid coaches teaching multiple sessions to decrease potential risk of infection spread.
7. PPE should be used where necessary. Anti-bacterial gel should be used regularly in sessions – including after athletes touch the floor with their hands.
8. GDPR regulations need to be followed, and this may be more difficult in an outside venue. You need certain information on hand at all times, but this must be stored in a secure way.



9. Public toilets are not open in Wales in most areas. Consider the need for comfort breaks for athletes, and if this is manageable in the location you are in.

10. Follow the Welsh Government and Public Health Wales guidance for dealing with Co-Vid 19

<https://gov.wales/coronavirus>

<https://gov.wales/protect-yourself-others-coronavirus>

Affiliated documentation

1. A sample outdoor risk assessment has been created. A copy of this has been sent to each Welsh Programme for adaptations. Please note, that this should include a much wider variety of issues including;

- Any risks associated with being outdoors
- Any potential problems with shared spaces – particularly grass areas where dogs are walked
- The risk associated with coaching with the pandemic still existing
- The effects of inclement weather – this could be good or bad – on your provision
- How this affects your safeguarding policy
- How you might deal with a potential emergency or first aid issue

2. An action plan has been created for you to use in case an athlete or coach is exhibiting signs and symptoms of Co-Vid 19.

3. An emergency action plan for outdoor sessions has been written for you to adapt and use.

4. A guidance for athletes and parents has been created that you can share