

Advice to Clubs, Coaches, Athletes and Parents Regarding Land Training Activity and Delivery at Home.

The Covid-19 situation is clearly unprecedented and challenges us all to find ways to keep our members active and training whilst respecting government guidance.

One clear opportunity is the delivery of online activity from the coach to the athlete(s) either via live connection, recorded content or social media interaction.

The following guidance sets out how a coach delivering on behalf of a club can deliver online / virtual training and ensure that they are operating within Swim Wales parameters and the club is covered by their Swim Wales insurance policy for this activity.

Level of coach

Coaches should only deliver activity for which they are trained. In all of the instances below, coaches should apply good coaching practice. They should risk assess the activity, ensuring that it is appropriate for the developmental stage of participants and also take into account the fact that they will not be in close proximity to the athletes or directly supervising them in the same way as a face-to-face environment. Adjustments should be made accordingly.

a) **Coaches with a recognised land training or strength and conditioning qualification**

These coaches can deliver land training activity online as long as they risk assess the activity appropriately, ensure as far as possible safe practice on behalf of the participant and work within the level for which they are trained. Extra care should be taken to ensure the activity is safe for the athlete.

b) **Coaches with a recognised aquatic qualification (but not a land-training qualification)**

It is clear that land based activity is going to be the main form of training for most participants at this time. If the coach has been educated to deliver pre/post pool dryland activity, and/or the Swim Wales skills progression framework, then they can use this in their online training, ensuring that they deliver appropriate technique and ensuring that the volume and intensity is within healthy limit for the participant.

c) **Coaches with no recognised qualification**

These individuals should not be delivering online / virtual content.

d) **Activity outside of the scope of the qualification**

If the coach wants to utilise techniques that are out of the scope of their qualification then ideally they would use a person with a relevant qualification to deliver this as per (a). If this is not possible, then they could refer the participant (or their parent if Under-18) to relevant and reputable content available elsewhere. There will be content available on

the Swim Wales website. It should be made clear to the participant / parent that the club, coach and Swim Wales accept no liability for any injury or issue arising from following such content.

Safety

Safety of the participant must be paramount. Delivering online / virtually can bring extra challenges that should be addressed. The following guidelines should be followed:

- The coach should consider all of the usual safety considerations for the training they intend to deliver.
- Consider the environment that the athlete will be training in and ask the swimmer (over 18) or their parent (under 18) to check it and confirm that it is appropriate for the training they are going to undertake. The following are examples of what should be considered:
 - What is the floor like? Is it safe and will it stay so when wet?
 - Is the area well ventilated?
 - Do they have a mat?
 - Can they exercise outside?
 - Is there furniture they may bump into—can it be moved?
 - Have they got enough space to exercise safely?
 - Are there any trip hazards?

NB: Any equipment used should be wiped clean before and after use

- A responsible adult should be in proximity of the athlete at all times to deal with any issues that arise and to stop the athlete training if there are any health / safety concerns.
- The swimmer / parent for U18s should confirm to the coach that the athlete is fit and healthy for the intended training or seek medical advice if in any doubt.
- Appropriate clothing should be worn including suitable footwear, no jewellery etc.
- There is a mechanism for the athlete to feedback to the coach any problems or issues with the session and have a session debrief if possible.
- The coach and athlete should stay hydrated.
- Ensure the athlete keeps pets and any other distractions away during exercise.

Safeguarding

Just as with any other form of coaching, implementing good safeguarding practice is extremely important to protect the coach and the participant. All usual safeguarding considerations should be taken into account. In addition, the following guidelines should be followed:

- Gain written consent from parents and explain what the purpose of the training is, when it will be done, on what platform etc.
- As per the safety guidance above, ensure that a responsible adult is in proximity to the athlete (if under 18).

Swim Wales wishes to show their appreciation to Swim England for sharing content for this communication



- Use an online-share platform – that way the coach will not necessarily need access to the children’s contact details and only use it for the purpose of the training.
- Ensure appropriate privacy settings and that images of the athlete are not shared online.
- Do not make contact with athletes outside of the training unless with parental consent.
- Ensure that you and the athletes wear appropriate clothing at all times.

For further guidance and information please refer to both Swim Wales Child Safeguarding Policy and Swim Wales Adult at Risk Policy which are on the Swim Wales website in Key Documents/Safeguarding.