



COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020



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### **1. Disclaimer:**

The following policy recommendations are not complete and should only be used to supplement National Public Health guidelines, policies and procedures. The timing of the phased return to training will be variable according to a variety of factors including geographic area, disease burden, recent trends, documented immunity, local restrictions, player age / level and individual health risks of participants.

### **2. Introduction:**

With the return to indoor sport being a possibility very soon, this document outlines the Brighton Stormers roller hockey club planned return to training policy.

The phased approach back into sport is in line with British Roller Sports Federation (BRSF) requirements which are dictated by government advice on the resumption of indoor physical activity.

This document also incorporates risk assessment requirements published by the British Inline Puck Hockey Association (BIPHA) which has been approved by the BRSF. For full details see Appendix 1.

This document will be reviewed and updated as further government guidance is released.



### 3. Brighton Stormers Club Requirements

- Brighton Stormers are committed to the wellbeing of their Players, Coaches, Officials and Parents. If anyone in any of these groups display any symptoms associated with Covid-19 (ie cough, temperature, difficulty breathing, loss of taste/smell) or are awaiting a Covid-19 test result, they should stay at home and follow Government guidance.
- Hand sanitizer will be available at Stormers training sessions and all participants and spectators will be required to use it both on entering and leaving training sessions.
- Participants, spectators and coaches will ensure that social distancing requirements are met and not to cluster in groups before/after sessions.
- Participants, spectators and coaches are expected to take reasonable personal responsibility when taking part in physical activity.
- **Track & Trace** - Participants must update their club contact details using the form at <https://brightonstormers.com/blog/members-area/player-registration-form/>
- **Track/Trace/Covid** - Participants must confirm their attendance and fitness to train in advance of every session they attend, using form at [https://docs.google.com/forms/d/19VTPZ2K42DUUnb1Cv9TPqvIkH7y9RKfkPaSIKQu8q98/viewform?ts=5f08d9b9&edit\\_requested=true](https://docs.google.com/forms/d/19VTPZ2K42DUUnb1Cv9TPqvIkH7y9RKfkPaSIKQu8q98/viewform?ts=5f08d9b9&edit_requested=true)
- Participants and spectators will be required to arrive at sessions on time and pre-kitted as much as possible such that they can commence training straight away. There will be minimal changing areas available on sites.
- Participant body temperatures will be taken before training.
- Participants and spectators will be required to depart sessions as fast as possible on completion, this such that facility staff can complete their enhanced cleaning regimes.



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

- There will be a minimum 10 minute gap between sessions such that high contact surfaces can be cleaned.
- A club First Aid kit including plasters / ice packs etc will be available for every training session. Surgical masks must be worn by those delivering and receiving First Aid.
- Face masks are mandatory for all spectators and non-playing officials / members in phases 3 and 4.
- Spectators are only allowed in exceptional circumstances in phases 3 and 4.
- Any person attending a training session that subsequently receives a positive Covid-19 test result, must advise the club immediately. All those attending same sessions will be asked to quarantine for 14 days.

### **4. Training premises requirements**

- Southwick Leisure Centre, King Alfred Leisure Centre and My Skateworld are all committed to the wellbeing of their staff and customers. If anyone displays symptoms of Covid-19 in their premises (ie cough, temperature, difficulty breathing, loss of taste/smell) they will be required to return home to follow Government guidance.
- Traffic flow systems will be in place and must be followed.
- Hand sanitizers will be on offer (or people will be directed to where they can clean their hands).
- No more than one person in the toilets at any time to ensure social distancing. Face masks mandatory for anyone not participating in physical activity.
- Users and visitors of facilities are expected to take reasonable personal responsibility when in the building.
- Staff will carry out regular cleaning of high-contact touch points throughout the premises.
- Where possible external doors and windows will be left open to improve ventilation.
- Training premises management reserve the right to ask anyone to leave the facility if Covid-19 requirements are not being followed.



### 5. Summary of return to training phases

The BRSF Return to Play Roadmap can be found at <http://www.brsf.co.uk/covid-19>

The following table illustrates the club’s approach to phased return. It combines the requirements of the BIPHA Return to Play Risk Assessment at Appendix 1 and the BRSF Roadmap. Note that phases 1 to 3 of the BRSF Roadmap refer only to outdoor activity. Phase 4 will be the first phase in which our club players will be allowed to train indoors. The roadmap was updated on 26<sup>th</sup> September to reflect new indoor team sports government requirements announced on 22<sup>nd</sup> Sept.

	<b>Phase 3</b>	<b>Phase 4</b>	<b>Phase 5</b>	<b>Phase 6</b>
<b>Max Participants</b>	Up to 6 (inc. coaches)	15-20 (inc coaches)	Up to 30 (inc coaches)	No Maximum
<b>Social Distancing</b>	1m+ Distance - Outdoors	1m+ Distance - Indoors	Stay Alert!	Stay Alert!
<b>Changing Facilities</b>	Outdoor only – no communal changing	None allowed on site (except skates)	At rink changing permitted, no showers	Full changing facilities and showers
<b>Activity</b>	Small Group No Scrimmage	Large Group No Scrimmage	Normal Activity with some caveats	Regular Activity fully resumed



**6. Revised guidance issued by BRSF on 26<sup>th</sup> September can be seen at <http://www.brsf.co.uk/covid-19>**

With effect from 24th September, adult indoor sport must only take place in groups of up to 6 people. Indoor team sports for under 18s remain exempt from the ‘rule of six’ social distancing restrictions. Specifically guidance states the following:

- Junior training – Aged 17 and under - unaffected, continue at the BRSF’s Return to Play **Phase 5** without the ‘rule of six’.
- Senior training – Aged 18 or over move back to the BRSF’s Return to Play **Phase 4 but with six-person limit.**
- 18 and over - team sport – the DCMS have confirmed that multiple adult groups of six can participate in the same venue provided the groups do not mix, are in separate zones and use separate access and exit points.

See additional control measure risk assessment introduced for adult training sessions at page 17 of this document.

**The following sections detailing phases must be read in conjunction with the above revised guidance:**

**Phase 4 to 5 Requirements**

- All participants to re-confirm their contact details with the club using club form at <https://brightonstormers.com/blog/members-area/player-registration-form/>
- Participants to confirm attendance / fitness with their coach in advance of any session using club form at [https://docs.google.com/forms/d/19VTPZ2K42DUUnb1Cv9TPqvIkH7y9RKfkPaSlKQu8q98/viewform?ts=5f08d9b9&edit\\_requested=true](https://docs.google.com/forms/d/19VTPZ2K42DUUnb1Cv9TPqvIkH7y9RKfkPaSlKQu8q98/viewform?ts=5f08d9b9&edit_requested=true) **NOTE THIS FORM HAS TO BE COMPLETED BEFORE EVERY TRAINING SESSION ATTENDED**
- Participants to arrive at prescribed time for formal session registration.
- Participants should wash or sanitise hands before and after each session.



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

- Participants should only use personal equipment including water bottles and all hockey protective equipment.  
***PLEASE ENSURE PLAYER NAMES ARE ON WATER BOTTLES.***
- Participants with any risk factors or illnesses must not attend sessions.
- Any player who is exhibiting any Covid-19 symptom, or are part of a household where anyone is awaiting a Covid-19 test result, are asked not to enter the training premises.
- Please alert Cliff Munn, Adam Pearce or Phil Eeles if you exhibit any Covid-19 symptoms after attending training.
- All player clothing (jerseys, long pants and socks) should be washed after each training session.

### Phase 4 Specific Requirements

- Participants to arrive fully kitted at training premises (except skates).
- Participants to leave premises immediately after training session.
- No spectating without prior arrangement (then max 1 per player).
- Spectators to remain socially distant and within identified viewing areas.
- No body checks or body contact.
- Social distancing to be practiced during training.
- Drills selected to avoid players standing in line.
- Chalk and talk sessions to be minimised.
- Changing rooms and player benches not to be used.
- No scrimmage.

### Phase 5 Specific Requirements

- Socially distant indoor changing allowed.
- Training premises cleaning, sanitising, distancing, mask wearing and one way systems to be fully complied with.



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

- Participants to leave premises ASAP after training session (to allow for cleaning).
- Previous session participants must have left facility before next session participants enter.
- Spectators to remain socially distant and within identified viewing areas.
- Non participants and spectators to wear face coverings.
- Coached sessions only - drills, skills and team based training.
- Very limited use of changing rooms, in line with premises requirements.

### Training – Phase 4

<p><b>Max Participants: 15-20 (including Coaches)</b></p> <p><b>Social Distancing: 1m+</b></p> <p><b>Changing: At Home</b></p>	<p>Large group training allowed to take place including on pad (split into smaller groups of max 6 players).</p> <p>Distance maintained between participants at a minimum of 1 metre.</p> <p>Training sessions to be age group / team specific and not mixed with other training groups / teams. Sessions to be limited to team / age group or other agreed factor.</p>	<p>Training may include:</p> <ul style="list-style-type: none"><li>• Stretching.</li><li>• Tactical work.</li><li>• Technical work.</li><li>• Individual skill development.</li><li>• Passing of puck at distances of greater than 1.5 metres.</li><li>• No contact or drills within 1.5 metres of other participants.</li><li>• No drills that require players to stand in line within 1.5 metres of each other.</li><li>• No scrimmage.</li></ul>
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**Training – Phase 5**

<p><b>Max Participants: 30</b></p> <p><b>Changing: Limited at Risk – no showers</b></p>	<p>Whole team / club training without restriction on player movement.</p> <p>No requirement to maintain minimum distance contact.</p> <p>Contact drills / scrimmage sessions to be introduced.</p>	<p>Training may include:</p> <ul style="list-style-type: none"><li>• Stretching.</li><li>• Tactical work.</li><li>• Technical work.</li><li>• Individual skill development.</li><li>• Progressive sessions in relation to contact.</li><li>• No other restrictions on sessions.</li></ul>
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**Appendix 1 (BIPHA Risk Assessment) follows:**



**APPENDIX 1**

**Covid 19 Risk Assessment for BIPHA – Published 4<sup>th</sup> July 2020 – updated 1<sup>st</sup> Sept & 26<sup>th</sup> Sept**

<b>SITUATION</b>	<b>Training sessions for BIPHA teams inside a venue.</b>
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This should all be considered in line with government guidance on indoor skating rinks and leisure centres being allowed to open and the sport being given the go-ahead to resume. Consideration also needs to be given to any additional requirements requested by venues being used.

Likelihood (L)	Consequence (C)	Risk Rating
1- Rare	1- Insignificant	1 -4 low risk
2- Unlikely	2- Minor	5 - 7 Medium risk
3- Possible	3- Moderate	8 - High Risk
4- Likely	4- Major	
5- Certain	5- Catastrophic	

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
Coming into contact – close contact	Transmission of Covid-19 between individuals.	Players, coaches, parents, , venue staff.	5	4	8	Social distancing rules put in place. At Phase 4 no more than 15 players and 3 coaches in rink hall at any one time. Players to be split into smaller groups of no	Coaches and players	2	2	4



COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
					7	more than 6 including a coach. <b>(26/9 Note - max number allowed increased to 30 at Phase 5 (1/9) But from 24/9 limited to players aged 17 &amp; under only. Adult players remain at Phase 4 and from 22/9 only allowed in separated groups of 6). See additional control measure RA at page 17 and BRSF guidance at <a href="http://www.brsf.co.uk/covid-19">http://www.brsf.co.uk/covid-19</a></b>				
People touching same equipment or sharing equipment	Transmission of Covid-19 between individuals.	Players, coaches, venue staff.	3	4	7	Players to use own equipment only and not touch anything belonging to anyone else	Coaches and players	1	2	3
People touching the same surfaces, i.e. doors, clock, bench, etc.	Transmission of Covid-19 between individuals.	Players, coaches, venue staff.	3	4	7	Venue, coaches and players to ensure all equipment is sanitised before and after session. To sit on chairs that can be easily wiped down Disinfectant and wipes to be used, if necessary, during	Venue Staff, players and coaches	2	2	4



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
						sessions and good hygiene followed.				
Indoors sport with poor ventilation	Airborne transmission of Covid-19	Players, coaches, venue staff.	3	4	7	All doors to be kept open to help with ventilation	Venue staff, players and coaches	2	2	4
Teams coming into contact with other teams in the venue	Transmission of Covid-19 between individuals.	Players, coaches, parents, venue staff.	3	3	6	At least a half hour gap between each clubs training session to allow one club to leave and surfaces to be cleaned before next team attends. Teams to arrive no more than 10mins before and leave within 10 mins at end	Venue booking, players parents and coaches	2	2	4
An age group coming into contact with other age groups	Transmission of Covid-19 between individuals.	Players, coaches, parents, venue staff.	3	3	6	At least a half hour gap between each age group training session to allow one age to leave and surfaces to be cleaned before next age group attends. Players to arrive no more than 10mins before and leave within 10 mins at end	Venue booking, players parents and coaches	2	2	4



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
Use of toilet facilities	Transmission of Covid-19 between individuals.	Players, Parents, coaches,	5	4	8	No more than one person in the toilets to ensure social distancing. Toilets cleaned regularly and monitored by venue staff	All using facilities	2	2	4
Use of showers/changing facility	Transmission of Covid-19 between individuals.	Players, coaches,	5	4	8	Players to arrive and leave in Kit. Showers not to be used. Hand sanitiser to be used before and after sessions.	Players and coaches	1	1	2
Minor injury to player	Close contact of individuals to deal with injury	Players, coaches and first aiders	2	3	5	Clubs to have basic first aid kit so players/coaches can administer plasters, ice packs etc.	Coaches	2	1	3
Major injury to player	Close contact of individuals to deal with injury	Players, coaches and first aiders	1	4	5	Injured person and first aider to remain. Masks and gloves to be worn	Players, first aider and coaches	2	2	4
Contact sport means players are in close contact	Transmission of Covid-19 between individuals.	Players, coaches,	5	4	8	Social distancing rules put in place. At Phase 4 no more than 15 players and 3 coaches in rink hall at any one time and to train in small groups of no more than 6. Full kit including helmets to	Coaches and players	3	3	6



COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
					8	be worn. No contact drills. No scrumage. <b>(26/9 Note - max number allowed increased to 30 with limited contact / scrumage at Phase 5 (1/9) But from 24/9 limited to players aged 17 &amp; under only. Adult players remain at Phase 4 and from 22/9 only allowed in separated groups of 6). See additional control measure RA at page 17 and BRSF guidance at <a href="http://www.brsf.co.uk/covid-19">http://www.brsf.co.uk/covid-19</a></b>				4
Players sharing water bottles	Transmission of Covid-19 between individuals.	Players	3	5	8	Everyone has own water bottle which is named. No sharing of bottles to take place.	Coaches and players Parents	2	2	4
Too many people waiting around indoors	Transmission of Covid-19 between individuals.	Players, coaches, parents, officials, venue staff.	3	4	7	Only players and coaches enter building for training. Parents drop child and return later, No spectators where possible.	Parents, players and coaches	2	2	4



## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING		
Game day equipment use and officials area during training session	Transmission of Covid-19 between individuals.	Players, coaches, venue staff.	3	3	6	Clock, Penalty boxes and officials areas not to be used during training sessions by teams. All other areas disinfected after team has used them.	Coaches, players and venue staff	1	2	3
Someone shows symptoms of virus	Transmission of Covid-19 between individuals.	Players, coaches, parents, venue staff.	3	5	8	Person goes home and gets tested. If result positive all at training self-isolate for 14 days	Players, Coaches, and Parents,	3	3	6
Spitting by player/coach during session	Transmission of Covid-19 between individuals.	Players, coaches, ,	3	4	7	No spitting allowed. If someone does spit then they are sent straight home. Club to discipline accordingly	Players and coaches	1	2	3
Bacteria remains in clothing	Transmission of Covid-19 between individuals	Players, coaches, parents, ,	3	4	7	All kit, where possible, is washed at high temperature between sessions and other kit is sprayed with appropriate disinfectant.	Players and parents	2	2	4
Someone tests positive to virus or shows symptoms away from session	Transmission of Covid-19 between individuals and	Players, coaches, parents, venue staff.	3	5	8	Register taken at each session and up to date contact details held for all attendees. Individual to contact club administrator	Players, coaches, parents, venue staff.	2	3	5



**COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020**

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY	RESIDUAL RISK RATING			
	inability to trace contacts					immediately. Anyone who has had contact to be informed and to self-isolate for 14 days.					
Risk Assessor			Signature				Date				
Responsible Manager			Signature				Date				





## COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020

### Risk Assessment for Individual Club and Indoor Venues (My Skateworld Eastbourne and the King Alfred Leisure Centre in Hove)

Action Plan to be completed for individual clubs. The following actions are to be undertaken to reduce the risk level as far as reasonably practical and to ensure that all of the standard controls and local arrangements are in place.

The following Risk Assessment table refers to additional control measures put in place for adult (aged 18 and over) team training sessions at the above premises. Specifically to ensure adherence to revised government adult indoor team sport guidance put in place on 24<sup>th</sup> September. It applies to all adult participants and is in addition to all the other requirements detailed in this document.

The DCMS have confirmed that multiple groups of six can participate in the same venue provided the groups do not mix, are in separate zones and use separate access and exit points.

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY & RESIDUAL RISK RATING			
Adult social contact of more than six individuals. Group Allocation	Transmission of Covid-19 between individuals.	Players, coaches, venue staff.	5	4	8	Adult participants to be allocated to specific training groups of 6 (including coach). These groups to be retained at all training sessions.	Coaches & players	2	3	4
Adult social contact of more than six individuals. Arrival & departure	Transmission of Covid-19 between individuals.	Players, coaches, venue staff.	4	4	8	Adult participants to arrive/depart in designated groups of no more than 6 at staggered times. Where possible using separate entrances/exits.	Coaches, players and venue staff	2	3	4
Adult social contact of more than six individuals. Training session structure	Transmission of Covid-19 between individuals.	Players, coaches.	3	4	8	Multiple groups of maximum 6 participants can use the training space, provided it is either (a) divided into zones and participating groups of 6 remain within their designated zones, or (b) one group of 6 uses the whole space while the other rests. Groups of 6 must	Coaches & players	2	3	4



**COVID 19 Return to Training Policy – Version 6 – 27<sup>th</sup> September 2020**

POTENTIAL RISK	HAZARD IDENTIFIED	WHO IS AT RISK	INITIAL RISK RATING			CONTROL MEASURES	ACTION BY & RESIDUAL RISK RATING				
						use separate designated entrances and exits into the training space and remain separate from other groups using the space.					

Responsible Manager	Signature	Date
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**End**