Steps to Resuming Organised Activity Safely
COVID-19

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Listening sessions
24th and 25th June

What are the challenges?

• Poor mental health
• Widening gap of inequality,
• Too many guidance's to follow and variances in them,
• Digital inequality
• Access to space to deliver
• Hard to access funding
• Fear and anxiety of participants to return
• Limited resources, limited activity area ie social distancing, limited volunteers,
• No clubhouse usage and loss of trading income.
Listening Session 24<sup>th</sup> and 25<sup>th</sup> June

What are the opportunities?

- Increased sense of community
- Online engagement increased
- Improvement in digital skills
- Variety of activities available.
- Increase in some peoples activity levels
- Improved creativity in engaging with our participants – blogs, postcards, medals
- People finding the time to be active

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Workforce Survey Results

- 70% of respondents have been unable to continue activity, 15% adapting activity
- Wide range of sources for guidance, predominantly National Governing Bodies
- Even split between employed or volunteer deliverers
- Some deliverers have accessed local funding pots
- Relative confidence in activity resuming – Average 6.8
- Anxiety in losing participants after lockdown
- Need for future training – Club organisation and structure, mental wellbeing, supporting participants

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What is the current guidance?

**WHAT** you can do

Government Guidance

- Current restrictions: What you can and can’t do
- Specific Guidance: Phased return of sport and recreation
- General public guidance: Stay safe outside your home

**HOW** you do it

Expert Partner Guidance

- Sport and Activity overview and signposting: Sport England
- Other setting and activity specific guidance: see next slide

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Other key Guidance...

Settings

- Club Matters
- UK Active – Leisure Industry
- School out of hours and activity delivery guidance

Activity

- Return to Sport – NGB’s
- Return to Sport and Physical Activity Guidance
- Coronavirus (COVID-19) Advice and guidance for the physical activity sector

People

- Activity Alliance – Reopening Activity; An Inclusive Response
- CIMSPA sport and leisure professionals
- UK Active Re-opening of gym, leisure Centre and wider fitness industry

UK Active – Leisure Industry

- ReOpen
- Active Devon
Navigating the current guidance

- Keep an understanding of general government guidance
- Go to the relevant expert partner(s) guidance for help that’s relevant to you
- Narrow your focus to find your way….. Try and keep focused

Some questions you might ask yourself…
- **What setting?** Business or voluntary Eg trade bodies such as UK Active or Club Matters
- **What activity?** Eg Sport NGBs, other umbrella bodies
- **What participants?** Eg Activity Alliance
- **What role?** Organiser or deliverer?

4 step process
Pre-activity Planning -> Thinking about participants -> Delivering activity - > Continuing

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Step One – Pre Activity Plans

DUTIES OF CARE – Return to Play

- That the advice of the UK Government and public health authorities has been followed
- That the bespoke guidance and protocols issued by the relevant NGB, federation and/or umbrella organisation (if applicable) have been followed
- That a full and proper COVID-19 specific risk assessment has been carried out (and that the practical considerations at Section 3 have been followed)
- Implement all the risk mitigation plans
- Team effort, don’t think you have to do this on your own!

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Step Two – Your Participants

- Develop a communications plan for all members to cover all groups and channels
- Briefing for all associated staff or volunteers of club or group
- Assess and adapt your activities to meet all different needs of participants
- Inclusion and Accessibility Guidance – Return to Play
Step Two – Participants

- Social Distancing Guide
- Risk Register Template
- Understanding Your People Guide
- Re-Opening Toolkit
- Creating a Risk Assessment Guide
- Reimagining Your Offer (Coming Soon)
Step Two - Behaviour change
Putting your people at the heart of everything you do

https://www.ukcoaching.org/resources/topics/guides/coaching-behaviours

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Step Three - Delivery of Activity

- Has the delivery of the activity been reassessed and adapted?
- Has the deliverer sought information and advice on welcoming participants back?
- Supporting your workforce – Return to Play

ReActivate is a new, free, online training platform, designed to equip anyone working or volunteering in the sport, fitness, leisure and physical activity sector in England with the knowledge and skills they need to confidently return to work or restart their coaching activity, as we emerge from the coronavirus lockdown.

- UK Coaching -Partner Zone, Return to Coaching, Training and Development
- Mental Health Awareness for Sport and Physical Activity FREE COURSE

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Step Four – Continuing

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Active Devon support

Communication – E-newsletter, Communities of Practice, Activity Finder

Help - Tailored local advice and signposting to key partners

Training – Workshops and webinars internal and external deliverers
Q and A Session

Panel
Matt Evans - CEO
Jo Colin – Director (Strategic Relationships)
Louise Evans – Programmes Manager
Jason Wood – Programmes Manager

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Thank you!

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