



UOB Sport and Activities Participant Guidance – Covid -19

Overview

The risk of transmission of Covid-19 in Sport and activity cannot be completely eradicated but with caution and care the risk can be reduced. This document endeavours to provide information to assist in the mitigation of the transmission of Covid-19 in Sports and Activities organised by The University of Bolton Sports Centre during the coronavirus pandemic.

To keep everyone as safe as possible and ensure that sport and activities can continue, it is critically important that everyone follows the University Covid measures in addition to sport and activities guidance. It is also important that participants are sensitive to the local community and any external facilities we use for sports and activities and maintain the best possible relations with them by following all precautionary measures that may be in place in addition to all University measures.

We hope that you will work with us to ensure University sports and activities are as safe and enjoyable as possible during this challenging pandemic context.

This document should be read in conjunction with UOB Coronavirus Information, National and Local Government Guidance, additionally participants should also ensure they familiarise themselves with guidance specific to differing venues and sports.

Please note this is a working document, guidance may be subject to change with a dynamic nature in-line with Government national and local advice. The latest advice and guidance from the government and where applicable sports specific governing body guidance supersedes the instructions, advice, and all other information provided in this document.

Please use the following link for the latest guidance from the UK Government:

<https://www.gov.uk/coronavirus>

The University's Coronavirus pages also provides information specific to the University.

<https://www.bolton.ac.uk/coronavirus>

Arrival / Admittance/Departure: Participants should self-assess prior to attending any sessions e.g. ensure you feel well, are not displaying any symptoms of Covid -19 and have not been in contact with anyone displaying symptoms / a confirmed case of Covid -19 within the last 14 days.

Please ensure you feel comfortable with the risk associated with sport/ activities and Covid-19 e.g. contact with others, especially if you have any underlying medical conditions or are in a high-risk group.

If you display any coronavirus symptoms / feel unwell or have been in contact with anyone with symptoms/ a confirmed case of Covid -19 within the last 14 days you should visit the NHS website for the current advice. <https://111.nhs.uk/service/covid-19>

All participants must be Sports Centre/ Club Sports/Playwaze Community Members and must report to the Sports Centre Reception / Covid Support Officer/ Coach /Instructor on arrival for track and trace purposes. Most sessions will be on a pre-book basis, where this is the case participants must abide by this process to ensure they can participate.

Please try to arrive as close as possible to the session start time and depart promptly after the session. If you need to wait please do so away from entry / exit points observing social distancing and allow others to leave before you enter. Some venues may ask you to wait outside of the venue until your slot to aid in the control of numbers.

Please ensure following your session you vacate the facility within your booked slot so that it is clear for the next group avoiding any overlaps.

Outside of play please ensure government Covid-19 guidelines are followed e.g. social distancing.

Transport: Participants should follow best practice for travel including minimising use of public transport. Participants are encouraged to make their own way to UOB Sports and Activities where possible preferably by foot/bike or private vehicle alone or within their own bubble/household group. Where the University provide transport e.g. Club Sports off-site training/fixtures, passengers should comply with the regulations of the transport provider such as hand sanitising/ wearing a face covering.

Changing rooms/Toilets: There may be no changing facilities available at venues, where this is the case participants should arrive changed and ready to play. Shower at home and follow venue specific rules on using spaces such as toilets and hospitality areas.

Hand Hygiene: In line with government advice participants should wash hands before and after activity and regularly use hand sanitiser. We recommend all participants to bring their own supply of hand sanitiser to sport and activities for personal use.

Session Procedures: Remember outside of play/ during breaks in play, team talks, demonstrations etc you must follow government advice /guidance regarding Covid-19 e.g. socially distancing. Follow venue rules on entry and exit. During play please respect others e.g. don't touch others personal equipment, avoid shouting excessively, avoid spitting, avoid handshakes / close contact celebrations!

Personal Equipment: Players are encouraged to bring their own personal equipment where possible e.g. sticks, rackets, shuttles, balls, shin pads etc and these should be clearly labelled and cleaned by the individual pre and post session. Participants should try to only touch their own equipment where possible.

UOB Sports Centre Common Equipment: The Sports Centre will be following an enhanced cleaning regime. Cleaning will be in accordance with government and Sports NGB guidelines this will be monitored by the Clubs Covid Support Officer/ Sports Coaches/Instructors/ Sports Centre Staff.

Players should not share items such as training bibs/playing kits /protective equipment such as shin pads, if these items are used they should be kept to the same participant for the duration of the session. These items will then be cleaned pre/post session or left for 72 hours between uses.

Sharing of equipment should be avoided where possible, where sharing of equipment cannot be avoided e.g. change in Goal Keeper and hence keeper protective kit exchange, the equipment should be cleaned between individuals uses and each person handling it should wash/sanitise their hands immediately after.

There should be no sharing of items such as water bottles, participants should bring their own clearly labelled. Participants should generally try to touch any shared equipment as little as possible.

Venue/Facility- UOB sports/activities are not always on the university campus, participants must familiarise themselves with facility/ venue specific procedures/policies on arrival e.g. read signs and comply with any requests such as wearing face coverings/sanitising on entry and exit /following one-way systems etc. Where possible please avoid touching any unnecessary surfaces e.g. gates, fences. Spectators may be discouraged/disallowed at some venues, please respect the venues decision. If venues are allowing spectators they must abide by all government and venue guidance e.g. social distancing / face coverings.

Participant Numbers /Groups/Bubbles: It is normal during sports/activities for sessions to be split into groups for example for different abilities/ to practice certain elements. However, during the pandemic depending on participant numbers it may be necessary for your session to be split into groups/ bubbles to comply with government guidance/track and trace. If groups/ bubbles are formed for such purposes you should remember to socially distance between the separate groups/bubbles. This procedure can help ensure that should a Covid case arise less participants would be affected by track & trace /isolation/testing requirements.

Track and Trace: by ensuring all participants at sports/ activities are registers as UOB Sports Centre/ Club Sports/Playwaze Community Members and that they sign in for sessions this ensures we have access to the contact details of all participants should they be required for track and trace. If a participant develops symptoms during a session or develops symptoms / tests positive for Covid- 19 within 14 days of a session they should immediately socially distance from others, self- isolate and visit the NHS website for advice. <https://111.nhs.uk/service/covid-19> and inform the Sports Centre Manager.

Sport/Activity Specific: Participants should endeavour to keep abreast of issues within their specific sport/activity and ask questions/seek clarification from Staff/Committees/Covid-Officer on any changes where they feel necessary. Most National Governing Bodies for sport now have Return to Play / Covid-19 sections to their websites. Participants should familiarize themselves with the Covid-19 Return to Play Guidance for their sport available through the links below

<https://www.bucs.org.uk/return-to-play/external-resources.html>

or

https://www.sportengland.org/how-we-can-help/national-governing-bodies?section=the_recognition_process .

Government guidance on return to sport and recreation is also available
<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>

Compliance/Concerns: Everyone has a responsibility to act in an appropriate manner to mitigate the risks of Covid- 19 throughout sport/activity sessions. Any concerns should be reported as soon as possible to Staff/Covid Support Officer/Club Committee and additionally to the Sports Centre Manager by e-mail j.pendlebury@bolton.ac.uk.

Contacts:

Sports Centre Reception: tel 01204903172 e-mail sportscentre@bolton.ac.uk

Club Sports: clubsports@bolton.ac.uk

Covid Support Officers: Each Club Sport/ off-campus activity has a designated Covid Support Officer (normally the club captain) they are there to help guide you through the process and monitor the adherence to Covid policies at sessions, if you have any questions / concerns they will be happy to help.

Sports Centre Duty Officers tel 01204903172 (Sports Centre Reception, please ask for the Duty Officer on Shift)

Sport, Health and Physical Activity Officer: tel 01204903639 e-mail mqp1@bolton.ac.uk

Sports Centre Manager: tel 01204903577 j.pendlebury@bolton.ac.uk

Remember

Despite all the extra measures implemented, it is impossible to fully remove all risk. Please ensure you feel comfortable with the risk associated with sport/ activities and Covid-19 e.g. contact with others, especially if you have any underlying medical conditions or are in a high- risk group.

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