



## **BSSC Guidance on Online /Virtual Training and Challenges**

This document provides some guidance for BSSC Members when participating in online / virtual training and/or Challenges and is adapted from recent guidance to coaches from Swim England.

<https://www.swimming.org/swimengland/criteria-land-work-home-coronavirus-outbreak/>

During this unprecedented time, the club will be providing home training opportunities for our members and will also be sharing information about other resources available from sources such as other clubs and sport qualified parent leaders. In addition, physical and fun challenges will be set each week for members to try and share. When participating in such activities, our members and their parents (when members are under 18), must check that the offered training or challenge is appropriate for the developmental stage of the participant and also take into account the fact that the training / challenge providers will not be in close proximity to participants or directly supervising them in the same way as a face-to-face environment. Please note that the club, coach and Swim England accept no liability for any injury or issue arising from following content provided by coaches, qualified parent leaders or other sources external to the club.

**Safety** of the participant must be paramount. When delivering or participating in sessions online / virtually, or taking part in a challenge, there are extra considerations that should be addressed:

- Consider the environment where the participant will be training or taking part in the challenge. Either the participant (if over 18) or their parent (if under 18) must check and confirm that it is appropriate for the activity to be undertaken. 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 participant at all times to deal with any issues that arise and to stop the participant taking part if there are any health / safety concerns.
- The Participant / Parent (under 18s) should ensure that the athlete is fit and healthy for the intended activity or seek medical advice if in any doubt.
- Appropriate clothing should be worn including suitable footwear, no jewellery etc.
- Remember, the usual club welfare and communication methods exist if the participant needs to feedback to the coach / qualified parent leader any problems or issues with the session and have a session debrief if possible.
- Everyone involved should stay well hydrated.
- Ensure pets, siblings and any other distractions are kept away during exercise!

**Safeguarding:** just as with any other form of coaching, implementing good safeguarding practice is extremely important to protect the coach / qualified parent leader and the participant.

All usual safeguarding considerations should be taken into account. In addition, the following guidelines should be followed:

- All members have been emailed explaining what training and challenges will be offered by the club, in what manner it will be provided and the expectations of participation – it is assumed that voluntary participation of a member in an online session is consent.
- As per the safety guidance above, ensure that a responsible adult is in proximity to the participant (if under 18).
- Online-share platforms such as Zoom will be used to deliver live training sessions – that way the coach / qualified parent leader will not necessarily need access to the children’s contact details and only use it for the purpose of the training.
- Appropriate privacy settings will be used on online-share platforms. Some images of the training participants may be shared via the BSSC social media platforms for publicity purposes, but not against the wishes already expressed by participants via the BSSC photography consent form.
- The coach / qualified parent leaders will not make direct contact with a participant outside of the training unless with parental consent.
- Participants / Parents (under 18s) will ensure that appropriate clothing is worn at all times.
- Social media sharing of training or challenge participation are subject to the usual BSSC social media guidance. Any uploads made by participants or parents to BSSC Twitter, Facebook or Instagram accounts will be treated as providing consent to use unless otherwise stated.