



## Coach Bows Guidance for Coaches Back to Bows Effective from July 4th 2020

Government guidance updated from July 4th states that personal training or coaching is permitted:

- If outside **AND**
- If people are a minimum of two metres apart (or 1 metre plus with mitigations, including the use of face masks) **AND**
- providing there are gatherings of no more than six people from different households

Coach Bows has reviewed the guidance and at this stage state the following in order to keep coaches and bowlers safe.

- Social distancing with people from outside your household must be respected at all times (i.e. a minimum of two metre gap or 1 m plus with mitigations)
- All NGB guidelines for the code you are coaching should be adhered to

Whilst these guidelines are in place, Coach Bows **further recommends**:

- You coach **no more than four people from different households at any one time**, regardless of their ability, with the **addition of a further independent adult** for Safeguarding and Health & Safety reasons (who should remain socially distanced).
- For flat green bowls, you should coach on no more than two rinks at any one time, to ensure quality of delivery is maintained.
- All Coaching aids must be thoroughly cleaned and sanitised between sessions and only one person should touch a piece of equipment (including the bowls, jacks, mats) during a session.
- Try to use technology where you can to help you, especially for explanations which would generally include a 'hands on' approach.

Updated 26<sup>th</sup> June 2020 V4