Pentathlon GB Return to Play Guidance: Stage 3

Publication date: 10th August 2020 (version 2)

The purpose of this document is to detail Pentathlon GB’s guidance for the gradual and safe return of participants to training / club sessions within our sport.

This guidance should be considered alongside UK Government or Home Nation guidance / restrictions and/or local restrictions/lockdowns. Pentathlon GB will continue to follow and be led by updates from the Government and subsequent updates will be released as and when Pentathlon GB has reviewed and considered updated guidance accordingly.

HOME NATION GUIDANCE

At the point of publication (24/07/2020) the following advice has been issued for each of the Home Nations, in relation to exercising / grassroots sport:

ENGLAND (Click here for full guidance)

Individuals may exercise in groups of 6 (in which all members may be from different households), providing all those from different households maintain social distancing when together. (Groups of two households only may meet in groups of more than 6). Groups of up to 30 may take part in formally organised activity if delivered by a sports club or similar organisation and providing the sports-governing body guidance has been issued.

WALES (Click here for full guidance)

Gatherings of up to 30 people outdoors only are now permitted – providing these are organised and supervised by a responsible person for sports and other leisure activities and classes.

SCOTLAND (Click here for full guidance)

Individuals may exercise outdoors with members of up to four other households, with groups being no more than 15 people. (Individuals should not meet others from more than four other households in a day).

Indoor training for sport is not yet permitted.

It should be noted, that at this point in time Scottish Pentathlon has suspended any training and/or competition until 31st August 2020 – coaches / clubs from Scotland should refer to Scottish Pentathlon’s website for further information about when activity can resume.

Please note: the information in this guidance relates to activity permitted in England only. Clubs/participants in Wales / Scotland should refer to guidance set by Home Nation Government or NGB.
In this document

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Guidance on what activity is currently permitted and recommendations on how to return.
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General considerations for returning to Pentathlon & its family of sports.

This document has been put together to allow Pentathlon GB members and clubs to begin to return to training in a controlled and safe manner. With 5 individual component sports to consider, and a family of sports sitting under the umbrella of Pentathlon – and each of these made up of a variety of the 5 component sports – Pentathlon GB’s “Return to Play” is and will continue to be multi-faceted and as such a return to our sport in its entirety is likely to be gradual process.

The information within this document has been aligned to our component sport NGB guidelines and clubs/individuals looking to return are strongly encouraged to ensure they have referred to all guidance provided for each component sport before finalising plans and choosing to return. As the Government announces further guidance and / or eases restrictions, advice across the NGBs is likely to change, and as such this document will need to be updated accordingly. The complexity of our sport means this in order to include all NGB updates, revision of this document may take place multiple times and / or involve a slight delay to ensure all information is captured.

It’s important to also recognise that the probability of close contact between individuals within different components of Pentathlon and its family of sports varies, and as such some elements of training will be easier to accommodate and return to than others and clubs should consider what they are able to return to at each stage.

Pentathlon GB know many individuals and clubs are keen to return to training as soon as possible, but we also recognise some may have genuine concerns relating to how to make returning safe. It should be noted that a return to any element of ‘formal’ training is a decision that needs to be made locally by clubs and coaches, considering their own circumstances and capacity to safely deliver sessions within the parameters set out in this document and by the Government. It remains the responsibility of each club to make their own assessment based on their local environment and circumstances.
Road Map for Pentathlon

Pentathlon GB have put recently an anticipated Road Map for the gradual return to training and competition in Pentathlon and its family of sports. This road map is subject to change, but hopefully provides our members an anticipated idea of how Pentathlon GB aims to support their return to our sport.

Click here for Pentathlon GB’s Road Map

Summary of Road Map

- Stage 1: Individual Activity
- Stage 2: Some shared activity
- Stage 3: Small group activity
- Stage 4: Large group activity
- Stage 5: Return to full training
Planning your club’s return

This first section outlines a number of considerations we recommend all clubs and coaches discuss/deliberate prior to returning to training / providing formalised sessions in person.

Sport England have produced some great guidance and resources for clubs / organisations looking to restart activity – Pentathlon GB strongly recommend clubs/coaches use these toolkits to aid their planning.


Appointment of a COVID-19 Officer

As part of Pentathlon GB’s commitment to ensure the return to community club activity is as safe as possible, it will be a requirement for all community clubs to nominate a COVID-19 officer.

The COVID-19 Officer will act as the club’s representative on all matters concerning COVID-19; acting as the primary point of contact for Pentathlon GB, facility/venue operators, and club members for matters relating to COVID-19.

For a full role description for the COVID-19 officer [CLICK HERE](#).

To register your club’s COVID-19 officer [CLICK HERE](#).

Pentathlon GB will soon be updating club profiles on Sport 80 to include this role and will update all records with the individual’s registered at the link above. Should the individual holding this role change, it will be the club’s responsibility to update this role on Sport 80.

Risk Assessment

The COVID-19 officer should lead on the production of a comprehensive risk assessment for all activities their club intends to deliver. This should not only encompass all standard considerations and mitigations (e.g. type of activity, venue / environment, safeguarding, etc), but should now also include how the club/coach intends to reduce the risk of transmission of COVID-19 at sessions.

We have produced a new risk assessment template to encompass all component sports and COVID-19 considerations.

Visit our Coronavirus-hub webpage to download the Risk Assessment templates.

Clubs/coaches should ensure all workforce / volunteers at the sessions are familiar with the mitigations in place to reduce risk at the session. The risk assessment should be reviewed regularly, and a checklist conducted prior to each session.
Prepare your workforce

Preparing your workforce to return is just as important as preparing your participants.

It’s important to recognise that not all volunteers/coaches will feel ready to return to face to face activity or will have personal circumstances that might prevent them doing so, so take time to understand your workforce and identify how you can make them feel safe enough to return to their role.

Following the appointment of your club’s COVID-officer, you should ensure that you share your finalised risk assessment and subsequent mitigations with all your workforce (volunteers, coaches, etc) and ensure they have access to the necessary provisions to deliver their sessions in a safe way (inc access to suitable PPE and cleaning materials where appropriate).

There are several FREE training opportunities currently available for coaches and volunteers to help ensure they are fully informed ahead of returning to face to face activity. Pentathlon GB strongly recommend clubs and individuals consider accessing these to help aid their transition back to face to face activity.

**Reactivate Training – CIMPSA / Sport England**

ReActivate is a FREE online training tool delivered by CIMPSA on behalf of Sport England. It has been made available for anyone working in our industry in England, including coaches and volunteers, designed to give you confidence about returning safely to sport and physical activity and getting back to providing a valuable service to your customers and community.

The training on ReActivate covers a wide range of subjects, including:

- Risk assessment and management
- Health and safety
- Social distancing
- Use of equipment and PPE
- Cleaning and hygiene
- First aid
- Travel
- Communicating with customers & participants

To access ReActivate training visit: [www.cimspa-reactivate.uk/access-reactivate](http://www.cimspa-reactivate.uk/access-reactivate)

**UK Coaching Duty of Care Toolkit and Digital Badge**

UK Coaching have put together The Duty to Care Toolkit is a series of Knowledge Checks and coach learning resources set across the five distinct pillars that represent the Duty to Care ethos: Safeguarding, Inclusion, Diversity, Well-being and Mental Health.

For more information visit: [www.ukcoaching.org/duty-to-care](http://www.ukcoaching.org/duty-to-care)
Venue

At this point in time, Pentathlon GB’s recommendation is that all activity, where possible, should remain outdoors. Whilst it is recognised that indoor venues in England will be opening on 25th July, the risk of contracting / passing on COVID-19 is significantly lower in an outdoor environment, and for the safety of all involved in the session keeping sessions outdoors remains the best option from a risk management perspective. If choosing to return to indoor training, special consideration should be made relating to maximum numbers and ensuring ventilation is sufficient – Pentathlon GB recommend clubs discuss this with their venue providers directly.

Prior to returning / booking your training venues, here a few things to consider:

- **Space** – is it large enough to accommodate a session / the numbers / the activity you are planning for in a safe manner, especially with social distancing taken into account
- **Ancillary facilities** – check what facilities are available and ensure this is communicated with your members prior to the sessions (e.g. toilets, changing, café). Consider asking members to limit or avoid using shared facilities to reduce the points of contact they will have.
- **Access** – consider the entrance / exit routes to your facility. Do you need to introduce a one-way or in/out route for participants coming to your session to allow for social distancing or to reduce risk of contact? What signage will help participants? If running multiple sessions, we recommend staggering start/finish times to allow for groups to leave / arrive safely.
- **Parking / Transport** – Consider the distance that participants in your sessions will have to travel to your session. We recommend staying as local as possible and avoiding unnecessarily long journeys for sessions. When booking or choosing your venue, consider how individuals will have to travel – will they have to use public transport? Participants should not be travelling together to sessions if from different households.
Equipment

Equipment sharing should be avoided where possible. Any equipment that is shared should be cleaned regularly, and before and after use.

Protective equipment – clubs/coaches should ensure appropriate PPE is available for workforce when needed (e.g. masks / gloves within first aid kits)

Hygiene equipment – clubs/coaches should ensure access to appropriate cleaning products and hand washing facilities and / or hand sanitiser to ensure hygiene protocols are met.

Administration of the session

Clubs/coaches should consider COVID-19 at every step of their planning – including administration. Sport England’s comprehensive guidance includes a step-by-step toolkit for clubs planning to return to activity, which Pentathlon GB strongly recommend clubs to use in advance of returning.

Below are just a few of the key considerations clubs/coaches should think about whilst planning the administration of their sessions:

- Clubs/coaches should avoid accepting cash and look to online payments when asking participants to pay for their training sessions.

- Clubs/coaches should ensure they have up to date contact details and emergency contact / medical info for all participants and workforce at their sessions.

- Clubs/coaches should consider reducing the amount of shared paperwork at a session – can registers be done electronically?

- Clubs/coaches will need to plan and familiarise themselves with protocols relating to anyone falling ill at their session, or after their session and subsequent track and trace measures they might follow. Clubs must keep accurate registers for their sessions, in preparation for future track and trace purposes.

- Clubs/coaches should consider using pre-session health questionnaires and codes of conduct/waivers to help detail the responsibility / expectations of participants / coaches.

- Clubs/coaches should ensure they are openly communicating with their members. It’s important to ensure plans, protocols and mitigations in place, are communicated in advance to those attending your sessions. We encourage clubs to understand their members’ needs / wants in relation to feeling safe and what activity they are ready to return to.
Group Sizes and Coaching ratios

It is crucial that any face to face session adheres to the Government’s guidance relating to social distancing and the number of households allowed to meet (please check home nations advice on this).

As per the Pentathlon GB Road Map, the sport is currently in Phase 3 of its return; activity can resume in small groups if safely delivered within government guidelines.

Small groups in this instance is a group made up of up to 6 people.

Currently, the Government advice is that activity should be delivered in groups of no more than 6 people. In a club/coach-led training session, a coach would be considered within this group of 6 (e.g. 5 participants: 1 coach). Anyone who comes from different households must adhere to social distancing (2m apart) during the session (coaches/clubs should ensure measures are put in place to reduce risk of social distancing being breached).

Sessions for U18s
Suitable supervision and adult: child ratios must be considered when coaching U18s. It is important adequate supervision of sessions is put in place to ensure the session adheres to safeguarding guidelines – for the safety of the children and of the coach, coaches should not be coaching U18s alone or unsupervised. In practice, this means that if a coach chooses to deliver an U18 session (either 1-2-1 or in a small group), they should be accompanied by one other appropriate adult – this could be another coach or the child’s parent. To clarify, this additional adult would make up one of the 6 individuals allowed to be in the group.

Sessions for beginners
It is up to the discretion of clubs/coaches to decide if it is safe to reinstate sessions with beginners at this time. Special consideration should be made to the additional risk introducing individuals to some component sports would present.

Spectators / Parents
To avoid the possibility of a mass gathering forming, Pentathlon GB advise clubs to avoid allowing any spectators to your sessions. It is currently widely accepted that asking parents to stay in their cars after dropping their child to a session is one way of avoiding additional people on site at the session. The exception to this is if a parent is required to stay in order to meet safeguarding requirements.

Alternative approaches may include having a designated spectator area near to your session – but it’s important any spectators know they are there at their own risk, that they are encouraged to socially distance, and that they are not deemed part of the session and should not form groups of more than 6 at any time.
Multiple Groups in a training session

As part of the current Phase 3 of activity, where a component sport allows for multiple groups of 6 to train in one session, Pentathlon GB will allow clubs/coaches to deliver to more than one group of 6, provided the coach/volunteer ratios detailed within this section are met and providing there is enough space at the venue to accommodate the numbers within the session - whilst adhering to all social distancing measures, and COVID-19 mitigation measures. Sport specific guidance should be reviewed before considering multiple groups within sessions.

Please note: For Biathle / Triathle training sessions, extra caution should be taken when supervising participants transitioning in/out of the water to ensure they are maintaining social distancing – please see our Sport specific guidance.

Clubs should take their time when considering delivering to multiple groups of 6 and only open sessions up if they can be certain the session can be delivered safely and will not put any additional pressure on local NHS services.

The maximum number Pentathlon GB will permit at one formal club session is 20 individuals – included in this is all / any coaches / volunteers / workforce – inc lifeguards / first aiders (where not supplied by the venue).

Please note: sport specific guidance will supersede Pentathlon GB’s guidance on maximum numbers and multiple groups – please refer to the relevant component sport guidance before proceeding with multiple groups.

Coach supervision
Due to the additional COVID-19 risk / mitigations needed, where component sports allow multiple groups of 6 to train within one session, at this time, Pentathlon GB permits an individual qualified coach (with PGB insurance) to oversee up to 2 groups of 6 at any one time, provided that the second group of 6 includes a designated volunteer / assistant coach to help oversee delivery. This second group must be treated as a separate group of participants. It must be at least 2m from any other group and participants from different groups should not mix.

The Pentathlon GB insured coach remains responsible for both groups and should ensure all qualifications / membership is up to date in order to be covered by PGB insurance.

The Pentathlon GB insured coach and volunteer / assistant may move between groups within their session, providing they are maintaining social distancing at all times.
Examples of sessions with multiple small groups – *if component sport advice allows*

5 participants: 1 PGB insured coach

6-10 participants: 1 PGB insured coach + 1 volunteer/assistant coach

11-15 participants: 2 PGB insured coaches + 1 volunteer/assistant coach

16-20 participants: 2 PGB insured coaches + 2 volunteers / assistant coaches
Sport Specific Guidance

With Pentathlon and its related sports being made up of multiple component sports, in this section we have provided an overview of guidance / advice for each of the component sports.

The advice provided in this section of the document is accurate as of the date of publication (23rd July 2020). It is important to highlight that Pentathlon GB have provided a summary of guidance for each component sport - before returning to any training, we advise all clubs/coaches to ensure they are familiar with the FULL information/guidance published by the relevant NGBs below and to check their websites for further updates accordingly.

Swimming

- **Outdoor swimming permitted – providing coaches and participants have suitable experience and / or qualifications**
- **Indoor pools to reopen in England from 25th July 2020**
- **Swimming sessions allowed to resume under the guidance set out by Swim England and in line with the pool operator guidelines.**
- **Each club must assess the relevant numbers that can be catered for within its own sessions and this should comply with pool operator guidelines.**

Swim England’s advice to clubs is to be prepared for change.

It’s unlikely that all pools will be ready to simply open their doors on day 1; many pools may open with reduced pool hours, there may be a phased return to certain activities within certain geographical areas and in some cases pools may not reopen at all.

Swim England have provided a number of comprehensive guides designed to support individuals / clubs / coaches to return to the pool – including, but not limited to guidance for clubs/coaches on how to manage numbers / timetables, and types of activities should be introduced initially.

Pentathlon GB advise all clubs / coaches looking to return to in-water training to review the guidance and advice provided by Swim England within these documents


Open Water Swimming

- **Activity permitted in small groups (6 participants or 1 coach: 5 participants)**
- **Social distancing should be adhered to.**
- **Beginners should not swim outside of an operated and supervised venue**
- **Consideration on additional pressures to the NHS should be taken into account**

Pentathlon GB does not recommend open water swimming unless individuals are suitably qualified and / or supervised by qualified individuals.

Some open water swimming venues are now open and are a preferred location due to the supervision of lifeguards on site.

Full guidance on open water swimming and a list of accredited open water swimming venues can be found: [www.sh2out.org/](http://www.sh2out.org/)

Clubs/coaches considering delivering sessions in Open water should ensure a full and comprehensive risk assessment is conducted – including ensuring suitably qualified coaches and lifeguards are present.

For further guidance on Biathle/Triathle sessions, please see section later in this document.
Laser Run

- **Outdoor sessions recommended**
- **Activity allowed in small groups**
- **Multiple groups allowed – providing coach/volunteer ratio adhered to**
- **Social distancing should be adhered to at all times**
- **Limit equipment sharing**

Pentathlon GB recommend that where clubs / coaches are looking to return to in person Laser Run training sessions, they do so in an outdoor environment / venue. Whilst indoor venues are set to reopen on 25th July – the risk of transmission of COVID-19 is significantly lower outside and as such should be considered the preferred venue.

**Group Size**
As per the advice detailed earlier within this document, outdoor Laser run sessions can be delivered in small groups of up to 6 people (where the Pentathlon GB insured coach is included in this number).

An additional group can be supervised by the same coach, provided a volunteer / assistant coach forms part of the second group. The second group must be considered as a separate group and must be at least 2m away from the first group. Participants should not mix, but coaches / volunteers may move between groups providing they are social distancing appropriately and not creating groups of more than 6.

As per Pentathlon GB’s advice in this document, the maximum number of individuals a session can accommodate is 20 people (this number should include all workforce, volunteers and participants) – providing the venue can accommodate that size safely, and in line with all social distancing, and workforce ratio parameters as set out in this document.

**Running / the track or course**
Clubs/coaches should plan sessions based on the anticipated numbers expected at the session. Running routes / tracks should be set up to allow for social distancing to occur. Pentathlon GB recommend that athletes are staggered when doing any running activity (by at least 15 second intervals). When using a track, clubs/coaches should also consider using alternate lanes to allow for social distancing.

**Shooting / the range**
To allow for social distancing, shooting ranges should be set up with 2m between each shooting point (with a maximum of 5 shooting points in one range area) – additional ranges can be set up to accommodate other groups if multiple groups are taking part in the session. Clubs/coaches should ensure that entrance / exit routes to the range are planned as such to allow for social distancing to take place between participants.

Where possible, equipment should not be shared. If equipment is shared, clubs/coaches should ensure thorough and regular cleaning of the equipment before/during/after the session. Clubs/coaches should ensure that the shooting station table is cleaned after each session.
Biathle / Triathle

- Activity allowed in small groups
- Multiple groups allowed – providing coach/volunteer ratio adhered to
- Social distancing should be adhered to at all times
- No equipment sharing

Whilst the advice detailed in this document relating to Swimming and Laser Run apply to both Biathle and Triathle sessions accordingly, Pentathlon GB recognise there are unique challenges / considerations needed to be taken in to account when returning to Biathle / Triathle sessions.

Entrance/Exit from the water
Careful planning should be done to ensure that participants can enter and exit the water in a socially distanced manner. Pentathlon GB suggest coaches/clubs devise a set protocol for this which is suitable to the environment / venue being used for the session - this may involve asking participants to slow up considerably at the point of exit/entry or perhaps identifying a designated in/out area for participants.

Group Sizes and Supervision
Activity for Biathle/Triathle should be done in groups of no more than 6 – this includes the coach (1 coach: 5 participants). Pentathlon GB will permit an additional group of 6 to be supervised by this coach, providing that within the second group of 6 there is an additional volunteer / assistant coach to support the supervision of the participants in that group.

To clarify, for safety reasons, the maximum number of participants permitted at any one Biathle / Triathle session is 10, split into 2 groups (1 group of 5 + coach) and (1 group of 5 + volunteer / assistant coach). It is recognised that additional volunteers / marshalls / lifeguards will be needed to ensure safety of the session – this is permitted but only where this takes the total number of people in the session to a maximum of 20 individuals in total. These individuals must be socially distant from others at the session at all times, and not form part of the two groups of 6.

A lifeguard should be present for any swim session (indoor / outdoor) and this individual should not be the identified coach or volunteer/assistant supervising the swimmers. If the lifeguard is provided by the venue / facility they do not need to count in the maximum numbers permitted at the session.

Where clubs/coaches are using public spaces (e.g. open water), they should be mindful of others using the space and plan their session accordingly to ensure participants can socially distance appropriately and safely.
Fencing

- **Outdoor and Indoor activity permitted (subject to adaptations)**
- **Activity permitted in small groups**
  (1 coach: 5 participants or 6 participants)
- **Multiple groups permitted in one session (depending on space available)**

British Fencing have a dedicated COVID-19 page on their website detailing the current status of the sport in each home nation and with links to supporting resources.


As of 25th July, indoor facilities in England will open and indoor fencing activity has been approved to resume, subject to adaptations.

Fencing specific adaptations include (but are not limited to):

- Protocols around equipment usage – no sharing of personal equipment, minimising other equipment sharing and disinfecting protocols. (Specific cleaning info [here](http://www.britishfencing.com/covid-19-advice-guidance/)).
- Equipment adaptations – eg use of fencing mask liners in situations where face coverings under fencing masks are not appropriate.
- Rule changes – no handshaking or any other type of body contact, certain types of moves no longer permitted to ensure that 2m social distancing is maintained where at all possible: Fleching/running attacks, corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted.
- Group sizes restricted to 6. Multiple groups can train in the same venue, (subject at all times to government and venue guidance on maximum numbers and protocols being in place to avoid/limit interaction between groups.)
- Restrictions around the length of activity to reduce the total time two people can spend together ‘on piste’. For example, adapted sparring between two individuals in a group can take place but is limited to 1 x 15 hits or 3 x 5 hits, up to a maximum of 10mins of fencing time and 15mins of elapsed time. (This means, for example, a poule unique of 6 fencers can take place where everyone fences each other once only to 15 hits and each bout takes no longer than 10mins of fencing time and 15mins elapsed time including the breaks).

More details on these and the other measures and adaptations can be found [here](http://www.britishfencing.com/covid-19-advice-guidance/).

**Supporting resources**

British Fencing have provided extensive resources to support the return to fencing activity, including but not limited to [cleaning protocols for equipment](http://www.britishfencing.com/covid-19-advice-guidance/) and specific guidance for [clubs](http://www.britishfencing.com/covid-19-advice-guidance/) and [coaches](http://www.britishfencing.com/covid-19-advice-guidance/).

For full list of supporting resources and British Fencing’s Return to Fencing Plan visit: [www.britishfencing.com/return-to-fencing-club-resources/](http://www.britishfencing.com/return-to-fencing-club-resources/)
Horse Riding / Show Jumping

- **Outdoor and Indoor arenas can be used**
- **Coach led sessions are permitted in small groups (1 coach: 5 participants)**
  – **home nation advice varies**

British Equestrian have confirmed riding lessons can now resume, providing coaches take the necessary precautions to safeguarding themselves and their clients whilst on site.

In addition to British Equestrian’s advice, Pentathlon GB strongly urge any clubs/coaches/individuals looking to return to riding to avoid doing so if the activity is likely to put possible additional pressure on the NHS.

British Equestrian have outlined the following measures coaches should consider before inviting participants back for lessons:

- Coaches must ensure that the necessary public health measures, risk assessments and safeguarding provisions are put in place, including checking insurance cover with their providers
- Sessions must take place in a controlled environment, such as an arena or secured riding area. In Wales, the use of indoor arenas is not currently permitted.
- Coaches should only ride a client’s horse where any shared clothing, tack or equipment has been appropriately disinfected and social distancing of two metres can be maintained at all times. When participating in training or coaching, where possible, coaches should avoid touching surfaces, sharing equipment and touching their mouth and face

British Equestrian have outlined further guidance to coaches looking to travel to teach clients:

- Ask clients in advance of the lesson if their yard has any special measures or restrictions in place
- Conduct a coronavirus-specific risk assessment in advance of your visit
- Maintain social distancing of 2m at all times and follow [public health guidance](http://www.britishequestrian.org.uk/coronavirus/covid-19-faqs)
- Keep a supply of alcohol-based hand sanitiser and wipes in your car
- Bring your own food and drink
- Maintain a contact sheet to record all clients and visits
- Where possible, avoid taking cash payments – opt for bank transfer or an online payment system
- Check your insurance cover, safeguarding and first aid requirements
- Do not work if you or anybody in your household feels unwell or displays symptoms of coronavirus

Coaches are advised to contact their Member Body discipline for more detailed advice, and to consult with their providers on insurance requirements.

Full guidance from British Equestrian, including links to useful resources can be found on their website: [www.britishequestrian.org.uk/coronavirus/covid-19-faqs](http://www.britishequestrian.org.uk/coronavirus/covid-19-faqs)
Competitions

As part of Pentathlon GB’s Road Map for the gradual and safe return of our sport, the anticipated return to competitions and events is being considered independent of the return to training detailed in this document.

Bringing participants together on mass, and from multiple locations poses a significant rise in the level of risk, and further thought will need to go in to the adaptations to our sport to enable competitions to resume in a safe, and socially distanced manner.

As it stands, all competitions are suspended until 31st August 2020.

A further review of competitions/events (including national events scheduled for later this year) will be taking place in the coming weeks and subsequently a separate guidance document for our “Return to Competition” will be released accordingly when all risks have been reviewed and further advice relating to mass gatherings and activity of this kind is released by the Government.

In the meantime, we are conscious that as training begins, the desire to compete will become stronger amongst our membership. Whilst formal competitions and events must not take place at this time, we do recognise that there may be a place for informal competitions to take place, as part of formal training sessions.

To clarify, if a coach chooses to run a time trial or small competition as part of their training session between the participants in their small groups, this shall be allowed.

By no means should coaches advertise these informal events as standalone competitions and non-club members should not be invited to compete/ attend the session.

Coaches/clubs must recognise that many of their participants will have been training at severely reduced frequency and intensity and should tailor their deliver accordingly to aid their participants to resume their levels of fitness and competence before introducing any type of competition or higher intensity sessions.