

COACHES & COACHING

Summary of Ratios

OUTDOOR

	<i>England (from 29 March)</i>	<i>Wales (from 13 March)</i>	<i>Northern Ireland (from 1 April)</i>	<i>Scotland (from 12 March)</i>
<i>1:1 Coaching</i>	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Awaiting further information 	<ul style="list-style-type: none"> Please refer to Scottish Archery's guidance
<i>Group coaching</i>	<ul style="list-style-type: none"> 1:12 	<ul style="list-style-type: none"> Groups of 4 people, from two households, including the coach 	<ul style="list-style-type: none"> Awaiting further information 	
<i>Instructor Award courses</i>	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted 	

INDOOR

	<i>England</i>	<i>Wales</i>	<i>Northern Ireland</i>	<i>Scotland</i>
<i>1:1 Coaching</i>	<ul style="list-style-type: none"> Not permitted Exemption for disabled people 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Please refer to Scottish Archery's guidance
<i>Group coaching</i>	<ul style="list-style-type: none"> Not permitted Exemption for disabled people 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted 	
<i>Instructor Award courses</i>	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> Not permitted

COACHES & COACHING

Archery is a great way to improve our physical and mental health at this time. Remember that everyone is experiencing the impact of the COVID-19 situation differently, so it is important to prepare for coaching slightly differently to what you may be used to. The coaching you provide will also need to adapt to ensure it is COVID secure.

- All activity requires careful planning and a risk assessment on behalf of the coach and club/organisation.
- By choosing to coach, you are taking the responsibility to ensure that the activity is COVID secure.
- Inform your archers about what measures are being taken to ensure theirs and your own safety. This will give them confidence to take part and help them understand how the session will take place. Give clear instructions to participants in advance so they know what to expect, for example which coach to report to (if there are two or more groups).
- Coaches can meet with different archers in a single day.
- Coaching should only take place on a prearranged basis.
- Children may need extra support to understand how to socially distance and maintain hygiene. Where possible, enlist help of parents/carers or other volunteers to help you manage this.
- Please ensure that you are still working within our policies and codes of conduct. You can re-familiarise yourself with these [here](#).

Consider if instructing and coaching is right for you at this time

Instructors and coaches are not under any pressure to provide archery sessions. We fully support instructors and coaches to only do what they feel comfortable with and able to do. This is the personal choice of the instructor or coach.

Reflect on your own needs at this time as well as taking some time to understand how the needs of the people you instruct / coach.

Plan your session

Use the risk assessment that your club / organisation has made and plan your session to consider how you will meet the restrictions. Be adaptable to help yourself and them take part in an enjoyable way. Think about the session afterwards and ask for feedback, so you can continue to adapt and improve.

Allow plenty of time

Instructing and coaching, especially for beginners, will take longer than usual while restrictions are in place. Be patient, and allow additional time for explanation, demonstration, and practice. Ensure that each participant is safe and comfortable at each stage before progressing them further.

SPACE & HYGIENE

In all your actions, think about how you are able to safely keep to the social distancing and hygiene guidance. There may be occasions when you cannot, but this should only be for overriding safety purposes.

How to maintain social distancing:

The individual / groups you work with must be socially distanced by remaining two metres apart or one metre plus mitigations (such as face coverings) where two metres is not possible.

- Check the latest guidance on group sizes so that you are delivering to the permitted ratio.
- As much as permissible, stay at least 2m away from your archer(s) and other people as your normal practice, except in the case of an emergency.
- Ask participants to pack up and leave immediately after their session, to help reduce the likelihood of people gathering.
- Coaches need to consider if the individuals they are coaching are able to shoot safely without physical intervention. Coaching beginners who require close supervision may require you to wear additional protective covering (e.g. mask / visor). The government's '1 metre plus' guidance means that if you coach from a distance of 1 metre rather than 2 metres, you should implement additional safety measures, for example wearing a face covering. This means that when instructing / coaching beginners you may directly supervise from 1m away whilst wearing a face covering, until it is no longer necessary (i.e. the archer is familiar with the shot procedure and so you are able to move to 2m away).

How to maintain hygiene standards:

Clubs and coaches have the responsibility to provide clean equipment for coaching sessions.

- We recommend planning an effective system of cleaning as a club.
- Washing your hands regularly and encourage participants to wash their hands at the beginning and end of the session.
- Do not use physical contact, for example to correct shooting technique. Instead, use non-tactile coaching cues and feedback.
- Do not touch equipment that other people touch, for example, avoid pulling out someone else's arrows, moving sights.
- Avoid sharing equipment where possible. Archers should use their own equipment if possible (or equipment that is loaned to them by the club and is kept by the archer for a period of time). Where this is not possible and is deemed a barrier to participation, clubs and coaches need to do everything practical to minimise the risk of transmission. These include:
 - The frequent cleaning of objects, equipment and surfaces that are regularly touched, ensuring there is adequate disposal arrangements for waste.

- Sanitisation of all equipment after every use, before being used by someone from a different household.
- Wash/sanitise your hands thoroughly before and after using, handling, or cleaning equipment.

COACHING IN SCHOOLS

Each school will have varying methods to managing group sizes and activity whilst COVID restrictions are in place.

- Coaches will need to work with schools on an individual basis to develop a safe approach to delivering archery. This includes selecting a safe participant to coach ratio, which meets the school's policy and enables archery to take place safely.
- Coaching small groups of children, at least initially, is sensible to help children to adjust to the new way of doing things in the school context.

GUIDANCE FOR REVISED PRACTICE

The below table sets out common aspects of coaching and recommended revised practice to reduce the risk of transmission. deliver archery experiences safely. This is not an exhaustive list and you are encouraged to identify additional scenarios in your own setting and plan accordingly. This is temporary guidance while government restrictions are in place, to help coaches deliver archery safely.

Current standard practice	Risk	Temporary revised practice
<p>Space available behind the waiting line. It is usual for participants to closely interact.</p>	Requires close proximity	Use markings or zones to help the participants understand where to stand to maintain social distancing.
<p>Equipment sharing during the session Bows, arrows, bracers, finger tabs, and quivers are shared between participants.</p>	Requires touching shared surfaces	<p>Assign each participant or household equipment for the session.</p> <p>Mark each bow and arrow so that participants can specifically identify their own.</p> <p>Wash/sterilise equipment in between sessions, including:</p> <ul style="list-style-type: none"> ● Bows handles/limbs/strings ● Arrows ● Arm bracers including fastening method ● Tabs ● Stretch bands <p>Replace or clean equipment in between sessions:</p> <ul style="list-style-type: none"> ● Strings ● Target faces

Current standard practice	Risk	Temporary revised practice
<p>Checking arrow length Holding an arrow in front of an archer to measure the arrow size they require.</p>	Requires close proximity	Plan a way to accurately measure arrow length without breaching social distancing or hygiene guidance. Alternatively use oversized arrows for each individual.
<p>Supporting the participant It is common to physically load the arrow, adjust body, bow, and string position.</p> <p>Each participant also reacts differently when trying archery for the first time. For example, it is common not to have confidence to draw the bow, hold the bow etc.</p>	Requires close proximity	<p>Warm up with stretch bands to explain technique. Use this as an opportunity to assess coordination and identify participants who may need extra support.</p> <p>Use clear verbal explanation, feedback, demonstration, and visual aids (e.g. a mirror) to teach correct shooting technique.</p> <p>Tip:</p> <ul style="list-style-type: none"> • Use the <i>'one two three alignment drill'</i> to help beginners understand and find their reference point at full draw. • Use the <i>'release motion drill'</i> and <i>'finger release drill'</i> to help the archer establish a correct anchor point and shot execution • Use the <i>'four step drill'</i> with a band to help develop and refine the draw.
<p>Intervening for safety reasons Close proximity is used to directly manage the outcome of the participant shooting their first arrows. Safety issues can arise from mishandling of the bow, and the arrow pointing incorrectly etc.</p>	Requires close proximity	<p>Physically intervene if this is needed for safety reasons. If you need to be 1m from the archer to maintain social distancing, wear a face mask.</p> <p>Risks are significantly reduced by the instructor / coaches by:</p> <ul style="list-style-type: none"> • Prioritising safety - Spend time explaining how to come down, including what the command means and how it is used when the instructor/coach sees something that is not safe. The participants should understand to stop what they are doing immediately and come down, then wait for further instruction. • Assessing the situation - Make use of a pre-session questionnaire to ask the participants handedness, height and eye dominance if known as well as medical issues that might affect shooting. Ask if they feel they will need extra support/assistance. • Monitor participants prior to shooting – Use drills in the lead up to shooting an arrow to

Current standard practice	Risk	Temporary revised practice
		<p>reinforce safety guidance and assess coordination.</p> <ul style="list-style-type: none"> • Provide clear instruction – Explain what is needed, use visual aids, and where helpful engage parents/carers more in the session to assist you. <p>To prevent safety issues arising provide 1:1 supervision of a beginner. Maintain this approach until the beginner is able to shoot competently without intervention. This is usually, but not limited to, shooting the first few arrows.</p>
<p>Anchor position on the corner of the mouth Standard technique for beginners.</p>	<p>Proximity to mouth on shared equipment</p>	<p>Ensure that hygiene standards are maintained by cleaning and replacing shared equipment.</p>
<p>Supporting participants with mixed abilities Some beginners require extra support, for example due to a disability</p>	<p>Requires close proximity</p>	<p>Adhere to 'Supporting Disabled Archers' guidance available at www.archerygb.org/covid19</p>
<p>Managing participants Participants share a target</p>		<p>Adhere to Return to Archery 'Guidance for clubs' available at www.archerygb.org/covid19</p>