

RECOVERY PLAN

Coach / Volunteer / Activity Leader Guidance

If any Coaches, Volunteers or Activity Leaders have symptoms of Covid-19 they should not attend their activity and should self-isolate for at least 10 days and inform their Active Schools Co-ordinator. Advice about booking a test can be found at www.nhsinform.scot
If a Coach, Volunteer or Activity Leader has tested positive for Covid-19 they should also self-isolate for at least 10 days.
Coaches, Volunteers or Activity Leaders will also need to self-isolate for 14 days if they:

- Live with someone who has symptoms or has tested positive
- Someone in their support bubble has symptoms or has tested positive
- They have been told by NHS Test and Trace that they have been in contact with someone who has Covid-19

Coaches, Volunteers or Activity Leaders should:

- Read and follow their Sports Governing Body (SGB) guidance for activity.
- Where no SGB exists, they should follow the Active Schools COVID-19 Risk Assessment.
- Read and follow the East Lothian Activity specific COVID-19 Risk Assessment.
- Arrive dressed to take part - weather appropriate. No Changing Facilities are available.
- Bring own water bottle and hand sanitiser, with their name on both.
- Walk, cycle or travel in own car (same household) to Activity Venue - avoid public transport if possible.
- Enter venue via the entrance / gate as advised when signing up.
- Arrive no earlier than 15 minutes before the start of the session.
- Use hand sanitiser at the start and end of the activity.
- Clean all equipment needed at the start and end of the session.
- Only the Coach, Volunteer or Activity Leader should set out and collect equipment like cones, goals, etc.
- Ask each participant the COVID-19 symptoms questions upon arrival, and keep an accurate register.
- Keep Pupils in their activity bubble, record their Activity Bubble on the register and stick to it each session.
- Plan activities to avoid close contact.
- Avoid sharing of equipment, if it must be shared, ensure adequate cleaning with appropriate materials between participants.
- Make their way home straight after the activity, change when home, and have a shower.

SAME FUN AND ENJOYMENT FOR ALL, WITH YOUR HEALTH & WELLBEING AT THE FOREFRONT.

MORE INFORMATION AT [WWW.ACTIVEEASTLOTHIAN.CO.UK /ACTIVE-SCHOOLS/](http://WWW.ACTIVEEASTLOTHIAN.CO.UK/ACTIVE-SCHOOLS/)