



RETURN TO SPORT:

An Inclusive Guide for Leisure and Sport Facilities

Introduction

In partnership Disability Sport Wales, Welsh Government, The Welsh Sports Association, Sport Wales and a range of Welsh leisure facility providers, have and are developing robust frameworks and guidance to support a safe and measured return to sport.

This guide has been developed to supplement these, to ensure that an equitable and inclusive approach is considered with specific considerations and engagement with and for disabled people. Returning to sport for disabled athletes and participants may vary dependent on the sport, the environment which the sport or activity is played in or whether an individual has any underlying health conditions which may have resulted in shielding.

We are currently in an Amber phase of lifting lockdown measures (as of 17 August 2020). This means 'Team and individual sports, non-contact sport and games in small groups indoors and outdoors. Some outdoor events with limited capacity and events behind closed doors for broadcast'.

Sport Wales provide guidelines for gyms and indoor facilities being able to open from 10th August: [Link →](#)

Sport Wales also have a '**Be Active Wales Fund**' to protect and prepare sport clubs and community organisations, to restart, respond to, or grow participation, in direct response to COVID-19: [Link →](#).

We would advise each club to conduct risk assessments for their sport, environments and members in line with Welsh Government guidance: [Link →](#)

All clubs should be advised to connect with their NGB to ensure that club activities link to the NGB's Return to Sport/Play plan.

Guidance for Participants



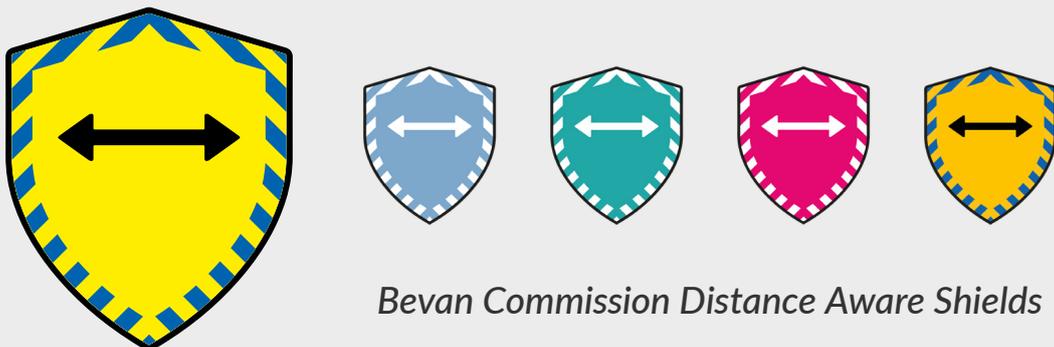
Individuals should not leave home to engage in sport or physical activity if they, or a member of their household is experiencing symptoms of COVID-19. Welsh Government guidelines should be adhered to in relation to self-isolation periods.



For those individuals who have been **shielding** or can be defined on medical grounds to be extremely vulnerable, up to date advice can be found on the Welsh Government website here: [Link →](#).

From 16th August, the need to shield will pause for all individuals unless the number of COVID-19 cases in the community starts to rise significantly.

Individuals should make themselves aware of the 'Distance Aware' campaign: [Link →](#), which enables individuals and organisations to politely prompt ongoing distancing and respect of individual social space (for themselves and others).



Bevan Commission Distance Aware Shields

Guidance for Participants (continued)



If travelling by car, this should **only** be with members of your extended household, or carer/personal assistant. Please ensure that parking allows social distancing.



Please follow Government guidelines when travelling in any modes of public transport (rail, bus, or taxi): [Link →](#)



Take your own sanitiser, hydration and food to sport and physical activity sessions in case options are limited at your venue or club. **Do not share food or drink with other participants or use water fountains.**

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Risk Assessments

Make sure you have risk assessments in place for all areas aspects of your venue. This may even include how members and individuals enter, move around and exit your venue.

Work with clubs to ensure they have specific risk assessments for their club activities and members. Within the 'Inclusive Guide for Clubs', we advise that all clubs should work closely with their venue to ensure the safety of their activities and members.

Workforce Guidance

Venue operators must ensure that relevant workplace guidance is followed for staff and contractors and ensure existing health and safety advice is maintained and aligned. This should be detailed in the facility risk assessment.



Staff will need to be aware that some individuals are exempt from wearing masks, and some individuals may find communication difficult if staff are wearing PPE or are located behind perspex panels. Masks with visible mouth areas are available and would benefit facility users or staff who are deaf or hard of hearing and use lip reading to communicate ([Link →](#)). The National Deaf Children's Society (NDCS) has some advice for communicating with deaf people when wearing a mask: [Link →](#)

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Workforce Guidance (continued)



Some blind and visually impaired individuals may find it difficult to maintain social distancing due to not being able to read signage or be aware of 2m distance. It may be helpful to have a member of staff greeting customers on entry to the building to explain new procedures, which would support individuals and mitigate risk.



For individuals who have been shielding or can be defined on medical grounds to be extremely vulnerable, up to date advice can be found on the Welsh Government website here: [Link →](#). From 16th August, the need to shield will pause for all individuals unless the number of COVID-19 cases in the community starts to rise significantly. Workforce should make themselves aware of the 'Distance-aware' campaign ([Link →](#)), which enables individuals and organisations to politely prompt ongoing distancing and respect of individual social space (for themselves and others).



Booking and Payments

Where possible bookings should be made in advance online or via telephone, with contactless payment options. Provide the opportunity for individuals to leave contact details with your venue (or club booking) in case there is any need to track and trace.

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Cleaning and Hygiene

Hand sanitisers should be available on entry to the venue and next to specific facility entry/exit points. Extra cleaning should be implemented in high touch/contact areas.

Do not share equipment between participants for classes. Ensure all equipment you have used is sanitised after use.

Encourage members to clean equipment before and after use (i.e. gym equipment).

Increase cleaning schedules in high touch areas.



Signage

Ensure there is clear signage on site to remind individuals to maintain social distancing, and to use appropriate personal hygiene where appropriate. Signage may indicate the preferred direction of travel through the venue and may also help queue management for reception areas or facility entry points.

Consider the colour contrast of signs and stickers on flooring and wall surfaces. Some colours may be difficult for people to see, and therefore reduce adherence.

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Accessible Routes

When planning travel around the venue, ensure that routes are accessible for disabled people and there is enough space to accommodate people to maintain social distancing. Consider the space required for wheelchair users, mobility scooter users, people with walking aids and people with assistance dogs.



Session Planning

Bookings should be organised so that there is time for participants and clubs to exit the playing area to reduce the risk of increased numbers of people in one space at the same time.



Toilets and Changing Spaces

Make participants aware which facilities will be open and available. Allow accessible toilet facilities be open and available and make participants aware if they need their own Radar Key. On site key must be cleaned between uses.

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Parking

Ensure you having accessible parking available that recognises social distancing.



Support

Now support received from someone outside your bubble/ extended household cannot compromise social distancing regulations. We are working with Welsh Government and other organisations to bring about safe change.



Communication and Engagement

Strong engagement and consultation with disabled people, people with health conditions and organisations committed to inclusive practice, at the outset of the development anything new will always help finding solutions.

Consider:

- How you communicate information (easy read, audio, British Sign Language)
- What impact PPE has on communication (Comfortable using face masks? (pertinent for people with Autism); Need to see your mouth? (pertinent for people to lip read)
- Access to technology (can people access technology)

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Communication Materials

Ensure materials or social media posts are accessible and representative of the broader population.

Useful guidance for producing materials appropriate for people with sensory loss have been produced by the Welsh Council For The Blind and can be found at: [PDF →](#)

Easy Read Wales can support you in the development of materials for people with an intellectual impairment, visit <https://www.ldw.org.uk/easy-read-wales/> for more information.

Visit Action on Hearing Loss to support deaf, deafened or hard of hearing members: <https://actiononhearingloss.org.uk/>



Disability Sport Wales Development Officer network

Visit <https://www.disabilitysportwales.com/local-authorities/> to find your local Disability Sport Wales Development Officer. Get in contact with your local officer to ensure that your approach is reflective and supportive of your members and local communities, and that any key communication is circulated broadly through trusted sources.

Inclusive Return to Sport: Key Questions

Please ensure that this is used in conjunction with the NGB Return to the Play plan, and any guidance provided by the facility in which the club activities are taking place.

The questions overleaf should be asked of each participant.

The response will guide the decision whether it is safe for the participants, their coaches and their PAs/Carers to return to club activities and sessions.

Key

If all answers are marked:



Return to activity

If any answer is marked:



Be patient, not quite safe yet

If any answer is marked:



Please contact your NGB's Return to Sport Play and Risk Assessment

If any answer is marked:



Need to ensure equipment is safe and allow 72 hours between user



72 hours between participants sharing equipment
Important to ensure dog (where applicable) is not patted or stroked by other facility users

Inclusive Return to Sport: Key Questions

Key Questions

Yes

No

Is the participant extremely vulnerable (Shielding) or clinically vulnerable?



Is it medically safe for the participant to return to club activities (excluding considerations raised in the questions below)?



Can the participant access equipment and the club without support from individuals outside of their bubble?



Does the participant own their own equipment (e.g. sports wheelchair, throwing frame) or can the equipment solely be used by one participant during the session?



If not the participant's own equipment, can the equipment be easily cleaned?



Can the participant enter and exit equipment independently? (where appropriate)

