



RETURN TO SPORT:

An Inclusive Guide for National Governing Bodies

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 →](#).

Returning to usual venues may be slightly different if activities are based in Community Centre settings. Up-to-date guidance for **Safe use of multi-purpose community centres (COVID-19)** is available via the Welsh Government website: [Link →](#)

We would strongly advise each NGB to conduct risk assessments for their sports, activities and members in line with Welsh Government guidance: [Link →](#)

We also have an 'Inclusive Guide for Clubs' where we highlight the importance of clubs to work with NGBs to ensure they comply with the Return to Sport/Play plan.

Guidance for Participants



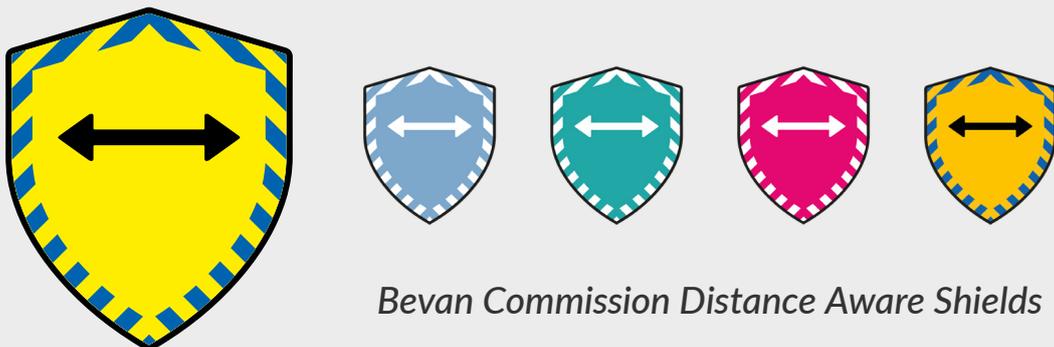
Individuals should not leave home to engage in sport or physical activity if they, or a member of their household is experiencing symptoms of COVID-19. Welsh Government guidelines should be adhered to in relation to self-isolation periods.



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.**

Guidance for NGBs



Risk Assessments

Consider all activities that you provide as an organisation and conduct appropriate risk assessments for each activity in line with Government guidelines.

Provide risk assessment templates for clubs to utilise.

Consider grass roots to performance activities within your sport.

Give consideration for a range of members across different impairment groups, with a focus on functional ability. Advise use of 'Inclusive Return to Sport: Key Questions'.



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)

Guidance for NGBs (continued)



Clubs and Facility Providers

Advise clubs to follow your NGB Return to Play guidelines and work closely with their facility, in addition to having specific risk assessments for club activities.



Funding availability

Share awareness of Sport Wales' 'Be Active Wales Fund' to allow clubs and organisations to protect and prepare clubs to return to sport post COVID-19: [Link →](#)



Equipment

Consider equipment that is needed for the return to sport.

Equipment should not be shared. Ensure all equipment is sanitised after use.

Where equipment cannot be easily cleaned, this should be left for a period of 72 hours between uses. This may include items such as sports chairs (Return to Sport table attached).

If equipment can be cleaned between use (i.e. gym equipment) ensure facility guidelines are followed.

Guidance for NGBs (continued)



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 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 [Link →](#) for more information.
- Visit Action on Hearing Loss to support deaf, deafened or hard of hearing members: [Link →](#)

Guidance for NGBs (continued)

Disability Sport Wales insport Programme

Liaise with your insport Case Officer for advice and support to be more inclusive for disabled people on return to sport.

You can find out more about this programme here: [Link →](#)

Please contact us at office@disabilitysportwales.com if you would like any further support.



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)

