

Ready to Return Stage 2: Coaching Activity

Resumption of Table Tennis Coaching

Introduction

Coaches across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each table tennis provider, coach, Health and Safety Officer and facility to make that assessment based on their local environment.

All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times. Coaches and coaching organisations must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment must be undertaken (or updated if one previously completed), and appropriate measures put in place to ensure participants, staff and volunteers are protected - you are advised to liaise with your venue when doing this. A risk assessment template is available by clicking [here](#).

Below you will find a number of supporting information to help you run your coaching sessions in safe manner for both you and the participants.

Return to Coaching

When returning to coaching please take into account all individuals. You have to avoid the mistake of resuming the sessions with maximum intensity and duration. The desire to restart training may be overwhelming, so pacing yourself will be a necessary element.

Guidance and advice on returning to training can be found via: -

- UK Coaching -
 - o [STEP model explained](#)
 - o [Understanding the C-System](#)

One to One Coaching

Points to consider when One to One coaching returns: -

- Coaching an under 18 or vulnerable adult is permitted if a parent/guardian/carer is present and social distancing is maintained (keeping 2 metres apart at all times), with no more than two people on the table at any one time
- Coach and player must remain at least two meters apart at all times
- Coach and player should bring their own equipment
- A risk assessment prior to coaching each player should be undertaken to evaluate the safety for both coach and player.

Please click [here](#) for our guidance on One to One coaching. For further information please refer to our Hygiene and Facility Guidance by clicking on the following link: -

<https://tabletennisengland.co.uk/wp-content/uploads/2020/07/Hygiene-and-Facility-Guidance-V17-24-11-2020.pdf>

Group Coaching

Points to consider when Group coaching returns: -

- Coach and players must remain at least two meters apart at all times
- Coach and players should bring their own equipment
- A risk assessment prior to coaching each player should be undertaken to evaluate the safety for both coach and players.
- Bubbles - Please see the hygiene and facility guidance document on the ready to return pages of the Table Tennis England website for more detailed information.

<https://tabletennisengland.co.uk/wp-content/uploads/2020/07/Hygiene-and-Facility-Guidance-V17-24-11-2020.pdf>

Coaching Children/under 18s

- Equipment –
 - o Children should bring their own bats or be given their own bats. Bats must be washed or wiped regularly.
 - o Balls used in any session should be washed or wiped regularly
- Bubbles – Please see the hygiene and facility guidance document on the ready to return pages of the Table Tennis England website for more detailed information.

<https://tabletennisengland.co.uk/wp-content/uploads/2020/07/Hygiene-and-Facility-Guidance-V17-24-11-2020.pdf>

Facility set up

For further guidance on Facility set up on running both 'One to One' sessions and group session please click below.

<https://tabletennisengland.co.uk/news/archived/key-guidance-documents/>

Managing a Group Session

As Coaching groups starts to return to limited activity, there may be a need to limit numbers attending sessions in order to adhere to social distancing and hygiene requirements. There may also be a need for Clubs/Coaches to ensure they know who has attended the session in case of an outbreak of COVID-19 within the group.

This guidance provides table tennis clubs/coaches with options to consider for both managing bookings in advance of sessions, and registering people on arrival. It is important that booking and registration information is managed and stored in line with General Data Protection Regulations.

For more information please click [here](#).

Risk Assessment

For the latest guidance for both clubs and coaches for a risk assessment and information on safe environment please click [here](#).

First Aid

A number of coaches have received confirmation of cancellations to face to face first aid courses that were booked before the current COVID-19 measures. Certificated online basic first aid courses that last a minimum of three hours in duration, remain acceptable for Table Tennis England purposes. We recommend coaches undertake the following [course](#). Please email coaching@tabletennisengland.co.uk if you have any further enquiries regarding first aid courses.

Safeguarding

UK Coaching have created online options for coaches to complete a Safeguarding and Child Protections workshop. If you have yet to attend/complete an online workshop UK Coaching have created an online classroom version of their Safeguarding and Protecting Children course which is being delivered as an interactive webinar. To find the next online course please click [here](#).

If your previous Safeguarding qualification has expired then you can complete their online eLearning renewal course. Coaches can only complete this if they've previously attended a face to face workshop. To complete your online Safeguarding renewal please click [here](#).

Both workshops will be accepted by Table Tennis England towards the pre-requisite for your Coach Licence. Please note that other online courses (with no interaction with the tutor as in a webinar) will not be accepted by Table Tennis England.

Remote Coaching

As many coaches continue to adapt to current circumstances through online delivery.

Table Tennis England are aware that many of our coaches and clubs are looking to provide activities to keep their membership involved in our sport during this time of Covid-19. Many coaches are using the virtual platforms that have become available to access and provide that means of engagement. It is vitally important that we all remember that safeguarding even if coaches, officers and staff are not meeting face to face still needs to be considered when engaging with young people and adults at risk. For further information Live Streaming please click [here](#).

The Codes of Conduct and Guidelines available on the Table Tennis England website for [Safeguarding](#) and [Coaching](#) contain the information that still needs to be taken into account when setting up and livestreaming online meetings or training sessions.

Additional Coach Support

Below is a list of partner organisations that can offer guidance: -

UK Coaching

Extra guidance can also be found via UK Coaching on www.UKCoaching.org. When coaching return coaches must be adaptable on their approach to coaching. UK Coaching have provided various templates and guidance moving forward: -

- [STEP model explained](#)
- [Understanding the C-System](#)
- [Coaching Behaviours Toolkit](#) - including understanding what different groups of participants want from their coach
- [What makes your session unmissable for young people](#)
- [Question prompts to help you plan any return to coaching](#)
- [UK Coaching](#) – return to coaching

International Table Tennis Federation (ITTF)

- ITTF - <https://www.ittf.com/2020/05/07/return-to-the-table/>
- ITTF Session plan - https://www.ittf.com/2020/07/01/part-two-return-table/?fbclid=IwAR00zCA1cRYwTA3smaZio_cQk7Iowab228Su8VV2Odhghma16n50cj4erp4
- ITTF Coach Education - <https://www.ittfeducation.com/>