Support for you and your organisation or club

Hollie Wood Hollie.Wood@activeessex.org
Lee Monk lee.monk@activeessex.org
Club Matters Re-Opening Toolkit

Restarting Physical Activity

Club Matters Re-Opening Toolkit
Club Matters have created a range of excellent resources to support clubs and organisations to get back to activity.

**Re-Opening Toolkit for Clubs and Organisations**
This resource includes info on how clubs/organisations can plan their return to sport, with advice on what they need to think about across different areas such as re-opening their facility and protecting their people

**Creating a Risk Assessment**
This document will take you through the common things to think about when creating a risk assessment and considerations for Covid 19

**Understanding Your People**
Covering the different ways clubs/organisations can gather the views of their people in relation to the coronavirus and how it might have impacted their ability/willingness to return to sport, this guide has top tips for how organisations can use that insight.

**Creating a Risk Register for Clubs and Organisations**
This template, with a dedicated user guide, is designed to help clubs/organisations introduce or update their practices regarding how they track risks

**Promoting Social Distancing**
This resource covers the different practices and considerations clubs/organisations may need to introduce so that social distancing can be implemented in line with current Government advice. Club matters have also pulled together partner resources, including guidance on hygiene for sport and physical activity and understanding legal risks and duties of care in returning to play. You can view these [here](#)
Keeping your organisation running

From physical infrastructure, to making sure your committee is still functioning, there are lots of things that can be done during this time to ensure that your club can keep running or keep it in the best position possible. Club Matters have produced a series of resources and toolkits to guide you through what you may need to do.

• Business Continuity Plan
• Securing your premises checklist
• Emergency Financial Planning Guide
• Business Rates Briefing
• Preparing your committee to operate virtually
• Running virtual meetings and AGMs
• Understanding the Financial Support Available

Now more than ever, it’s important that the ‘customers’ of sport and physical activity know we are there for them, even if it is in a different, reduced or new way.

Here are some ideas and resources to help you keep your audience engaged.

Communicating and engaging as a virtual club Explore how you can stay connected and become a virtual club or organisation!

Making the most of social media channels Social media is a great way to keep in touch with members and your community! Here is some advice for using some of the channels available to you!
CIMSPA is the lead organisation for the workforce in the sport and physical activity sector. There are plans to help our members, partners and the wider sector during these challenging times.

They have created this hub as a place where to bring together advice and practical assistance on coronavirus (Covid-19), including generous offers of support from many partners.

**Stronger Together Hub**
CIMSPA has launched ‘Stronger Together’ – a new digital hub to provide sector-wide support for individuals and businesses during the coronavirus crisis.

The hub, brings together information, advice and practical support for all those working in sport and physical activity who have been impacted by the crisis and is freely available to anyone working in the sector.

Join the conversation on their Facebook page ‘CIMSPA|Stronger Together’ which is going to be used to bring the content of the hub to life and host discussions for individuals and organisations that everyone is welcome to join.
UK Coaching have unlocked some helpful resources about how to carry on delivery virtually. You just need a UKCoaching.org account so register/login to access.

1. The Fundamentals for Being Successful in Online Coaching
2. Choosing the Right Online Coaching Model
3. Identifying Your Online Coaching Audience
4. Pricing and Packaging Online Coaching Services
5. Onboarding Prospects to Your Online Coaching Services
6. How to Deliver Coaching Online

Check out this great visual with ‘Tips for delivering sessions remotely’

Use of Technology and ‘How to’ guides
- YouTube – How to Guide
- Zoom – How to Guide
Below are direct links to sport specific information and support available in response to Covid-19.

British American Football – American Football
Angling Trust – Angling
Archery GB – Archery
England Athletics – Athletics
Badminton England – Badminton
Basketball England – Basketball
Boccia England – Boccia
Bowls England – Bowls
England Boxing – Boxing
British Canoeing – Canoeing
England and Wales Cricket Board – Cricket
British Cycling – Cycling
EMD – Exercise Movement and Dance
Sport Specific Support

The Football Association – Football
England Golf – Golf
British Gymnastics – Gymnastics
England Hockey – Hockey
British Equestrian Federation – Horse Riding
England Netball – Netball
British Orienteering - Orienteering
British Rowing – Rowing
The Rugby Football Union – Rugby
Table Tennis England – Table Tennis
British Taekwondo – Taekwondo
Lawn Tennis Association – Tennis
British Triathlon – Triathlon
Volleyball England – Volleyball
National Governing Bodies
Encouraging your members/participants to be Active at Home
Being active is a great way for people to support their mental and physical wellbeing. Draw on your coaches and volunteer’s expertise and experience to share ways to carry on being active. Talk to your members about the importance of staying active at home and consider different ways you can help participants keep up their skills.

Join The Movement and #StayInWorkOut Join the Movement is Sport England’s brand-new campaign, funded by The National Lottery, giving you the advice and tools, you need to help you do this while the country deals with the coronavirus outbreak.

Keeping Active and Well at Home–We at Active Essex have compiled some ideas and videos on how you can keep active when you’re at home, if you are well enough. Staying active is really important for all of our mental health and wellbeing. #KeepEssexActive