



Support for you and your organisation or club

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CHANGING  
**1 MILLION**  
**LIVES**  
TO GET ESSEX ACTIVE

## Mayor of London – Socially Distanced Sport. A Toolkit for Sport and Physical Activity Practitioners

This document summarises the learnings from a pilot of socially distanced sport funded by the Mayor of London and delivered by BADU Sports and Salaam Peace. It is important to note that it is intended as a practical toolkit, not official guidance. Participants were children aged 8-12 years and young people aged 15-19 years who were all able bodied and predominantly existing participants of the two delivery organisations. The project was held in school-based facilities and used football, netball, basketball and fitness activities. To download, [click here](#)

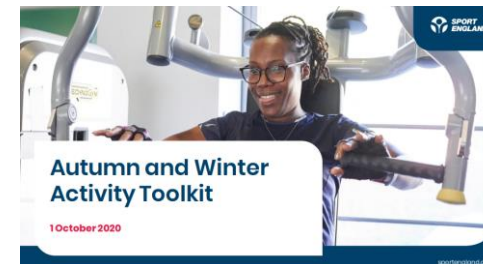


## [Mind 'Return to Play' Mental health guidance to support the return of sport & physical activity](#)

This guide aims to equip the sport and physical activity sector with the tools and information required to support the mental health of staff, coaches, volunteers and participants as we 'return to play'.



[Sport England Winter Activity Toolkit](#) - This toolkit is designed to help you encourage your adult communities to get and stay active (while complying with national and local restrictions) and to help you respond to the needs of your target audiences. Check the latest government guidelines before sending out any messages or communications.



# 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.

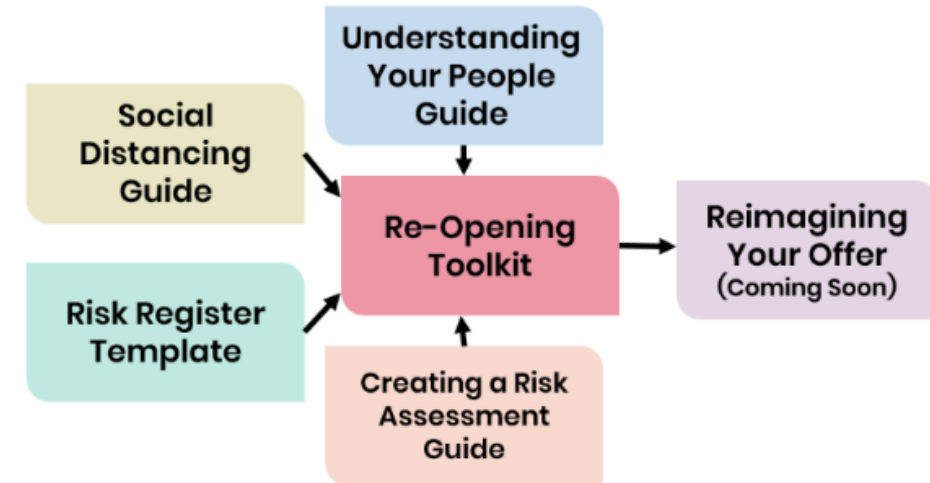
#### [Creating a Risk Register for Clubs and Organisations](#)

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!*



# CIMPSA Support



CIMSPA is the lead organisation for the workforce in the sport and physical activity sector. There are 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.

**Support for  
you**

**Support for  
your business**

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.



**CIMSPA | Stronger Together  
Facebook Page**



# Virtual Delivery

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](#)



# Sport Specific Support –



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](#)





# Keep Active at Home



## 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



# Latest News



[Active Essex news feed](#)

[Sport and Recreation Alliance latest news](#)

[Sport England latest news](#)

[CIMSPA latest news](#)

[UKActive latest news](#)

[Sport for Development Coalition latest news](#)

## **Subscribe to newsletters from:**

- [Active Essex](#)
  - [Essex Local Delivery Pilot](#)
  - [Sport England](#)
  - [Sport and Recreation Alliance](#)
  - [UKActive](#)
- Email [lee.monk@activeessex.org](mailto:lee.monk@activeessex.org) to subscribe and receive our monthly driving participation update.

