



BRITISHROWING

# Coronavirus: Return to Coaching

Panel: Kate O'Sullivan, Peter Sheppard, Vicky Parry, Rachel Hooper

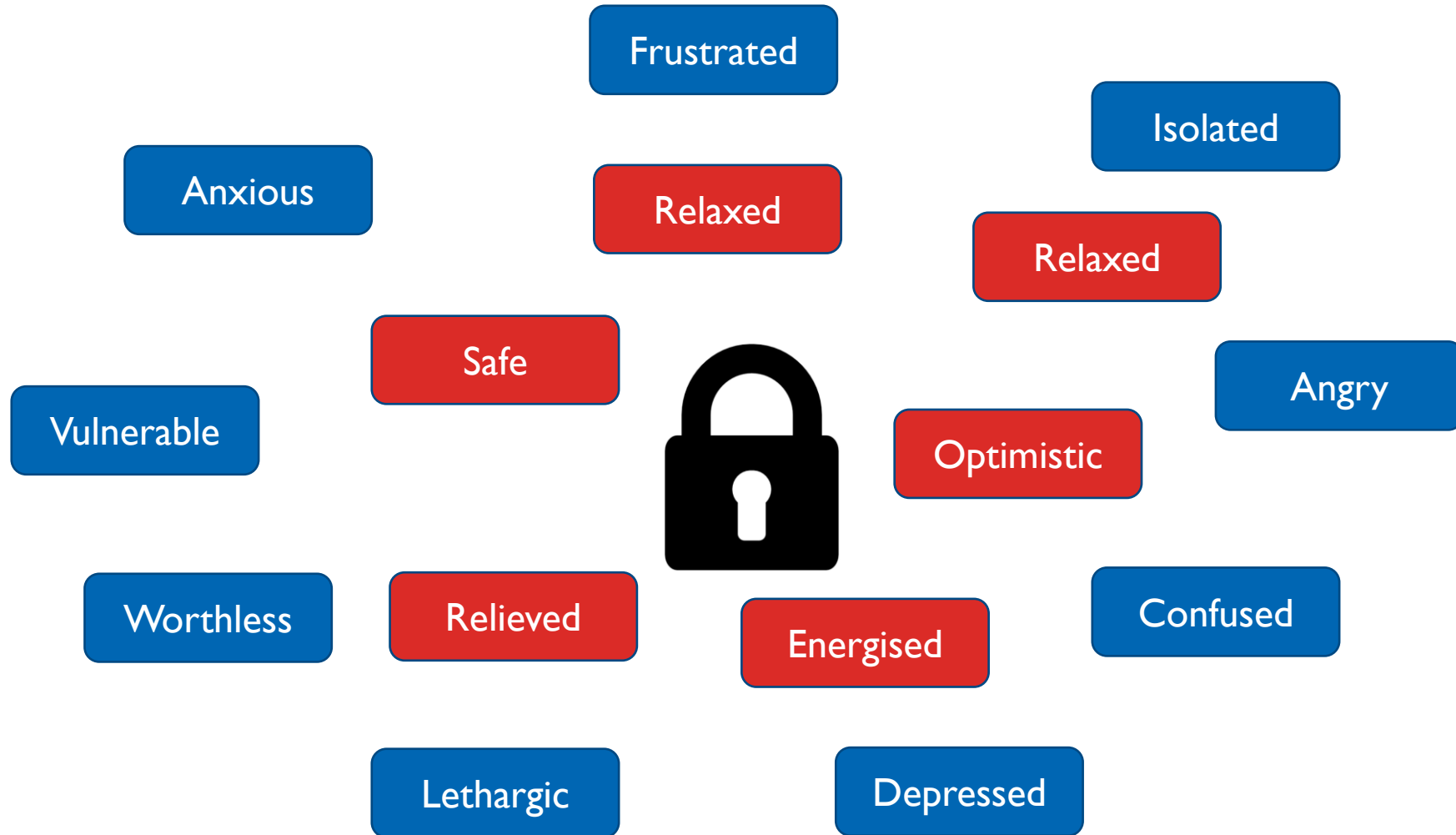
BRITISH ROWING  
**LOCKDOWN** WEBINARS



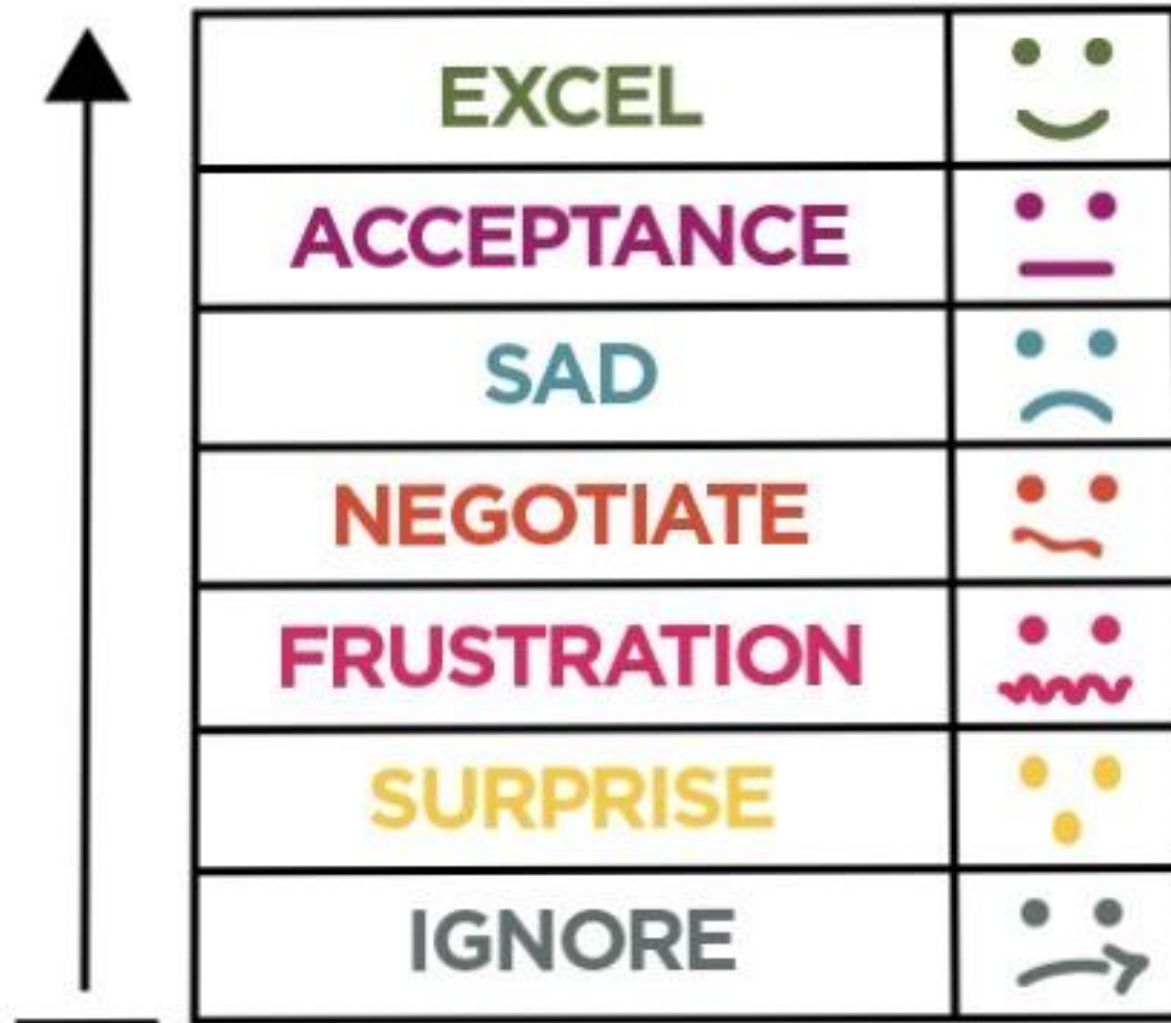
IN ASSOCIATION WITH

THE POWER TO KNOW.

**ARE YOU  
READY?**



# 7 STAGES OF PANDEMIC GRIEF



© Robin Pou

Sometimes you need to  
put everything aside  
and just look after  
yourself











**WINTER TRAINING IS COMING**





## Putting yourself first

### It's allowed!

- Manage the expectations of your 'team' club/athletes/parents/family.
- You are allowed to say no.
- Ask for help and build a support team.
- Be cautious of spreading yourself too thinly.
- Don't underestimate what you've been through.
- Looking after yourself may mean less water time for your athletes, and that's ok.
- Allow yourself to be vulnerable



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# Coronavirus: Return to Coaching

Clubs and Coaches working together



The role of the coach

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## What does a coach do?



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## Other tasks



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## Additional tasks around Covid-19



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**If you are a coach:**

**What is the one thing you need that will help you feel supported in your role?**

**Please write your answers in the chat box.**



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**If you are a club member or official:**

**What one thing could you do personally, or as a club, to support your coaches?**

**Please write your answers in the chat box.**

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## The club and coach relationship



**Communication**

**Support each other**

**Look after your coaches**



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## Club offering support

Would the coach like a Mentor?

Can someone else help with admin or IT systems?

How is the coach feeling?

First aid up to date?

Would the coach like more CPD?

How can equipment best be managed?

Difficult athletes: are you Codes of Conduct and DS&G procedures up to date?

Are there any health concerns?

Is CWO available to discuss safeguarding or athlete concerns?

Is support needed with Risk assessment?

Are there financial concerns?



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Who else could help?



Doctor

Nutritionist

Physio



Cox

IT expert



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## What have coaches and clubs been doing?

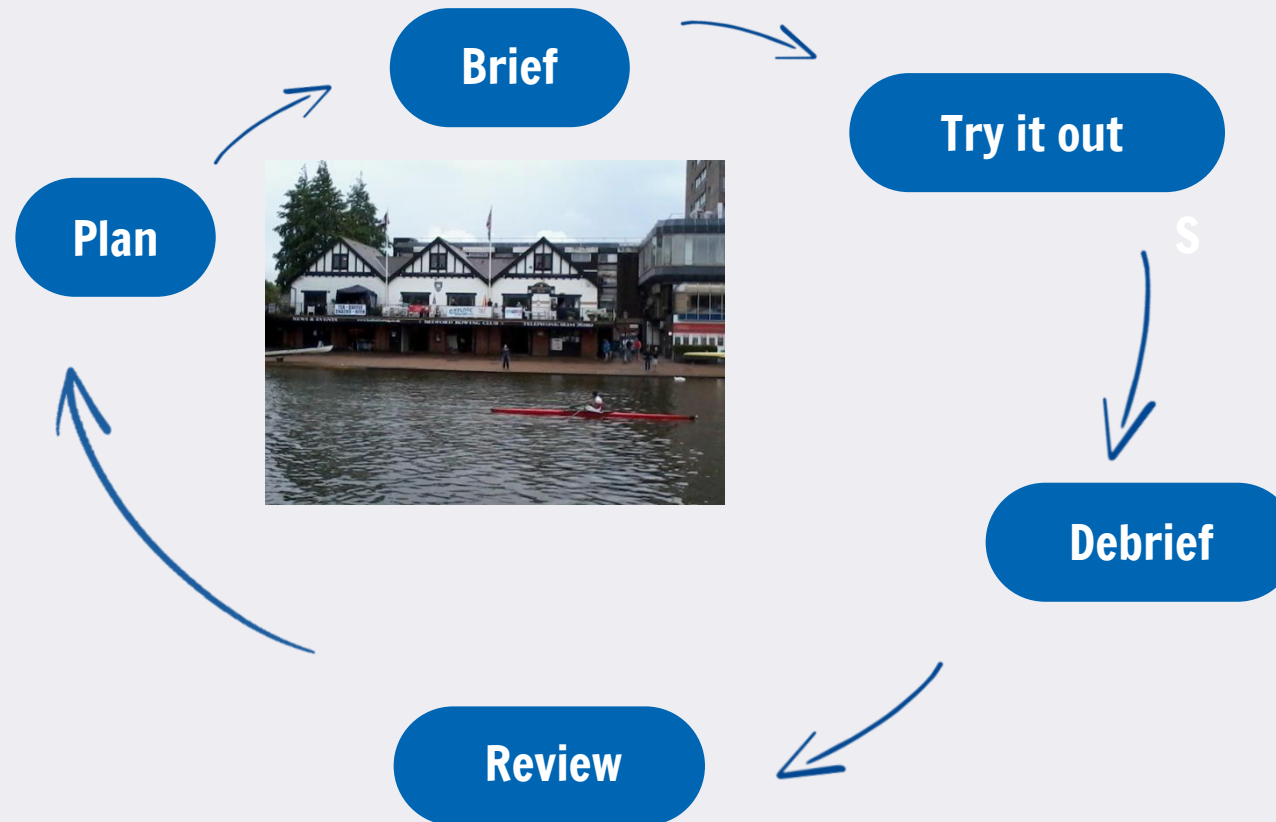
There has been some creative work around the clubs and regions:

- **Technology**
- **Coaching hubs**
- **Coaching groups**
- **Sharing risk assessments, competency assessments and procedures**
- **Website focusing on the what the future may look like**



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Take it a step at a time



# Question Time

TEAMWORK | OPEN TO ALL | COMMITMENT