



Online Training Safety Guidelines

Safety of the participant is paramount. Delivering online/virtually can bring extra challenges and the following guidelines should be followed.

The coach will consider all of the usual safety considerations for the training they intend to deliver. Consider the environment that the participant(s) will be training in and ask the participant(s) (over 18) or their parent (under 18) to check it and confirm that it is appropriate for the training they are going to undertake.

The following are examples of what should be considered:

- What is the floor like? Is it safe and will it stay so when wet?
- Is there sufficient heating, lighting, ventilation? Do you have a mat?
- Is it possible to exercise outside?
- Is there furniture you may bump into—can it be moved?
- Is there sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free from furniture, equipment and other hazards – a minimum of four square metres per person
- Check the surrounding floor space is entirely clear and remove any hazards that may increase the risk of slips, trips or falls
- Check any equipment is safe and in a suitable condition for the activity being performed
- Any equipment used should be wiped clean before and after use
- A responsible adult should be in proximity of the U18 at all times to deal with any issues that arise and to stop the athlete training if there are any health / safety concerns.
- The parent for U18s should confirm to the online coach that the U18 is fit and healthy for the intended training or seek medical advice if in any doubt.
- Appropriate clothing should be worn including suitable footwear, no jewellery etc.
- All Devices/Computers should be in appropriate areas, for example not in bedrooms and where possible against a neutral background
- The participant(s) should stay hydrated. Use plastic bottles rather than glass to avoid injury from breakages.
- Ensure the participant(s) keeps pets and any other distractions away during exercise.
- If using Bluetooth ear or headphones, ensure they fit securely in/on your ears and do not impede your movements
- Language must be professional and appropriate, including any family members in the background.
- Zoom meetings invites are not to be shared outside of the Marlborough Penguins Squads
- Marlborough Penguins Club Rules still apply at all times.

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