



# USER GUIDE

Last updated:  
9th June 2020

## Who is this aimed at?

The Sports Lockdown Series is primarily aimed at engaging children, families and young people. The series will help churches establish and run a bookable safe 'sports' pop up pitch so that families and young people can have fun and gather playing sport and games while adhering to government guidelines and policy. For many young people they need a safe space to play with their friends and some families need a space to both play together and with another household. These resources can also be given to families for them to set up the games themselves or they could be adapted for school or extra – curricular contexts.

The current guidelines (1st June) are clear for community contexts. If a group of up to 6 has booked in to play the games/sport then no one else should be present. The venue will need to be set up for them so one person can play with another person from outside of their household. For the latest guideline visit: <https://www.gloucester.anglican.org/sports>

Videos to help explain these ideas and outlines can be found here: <https://www.youtube.com/c/DioceseofGloucester>

Sessions require little planning and preparation. Having all the equipment ready, keeps children engaged rather than a 10 minute search in the shed to find a dog-chewed ball. A Church provides for the local community. Remember the image that you project; shoddy and broken equipment may save on cost but will not show you value your local community.

## Covid-19 Safety

The safety of the participants is paramount and activities support the Covid-19 safety precautions and physical distancing measures.

## Rules for all the sessions:

- Clean equipment with disinfectant prior to use
- Laminate session outlines so they can be washed and disinfected
- Minimise sharing the equipment between participants, where possible there should be none
- If the group is made up of people from more than one household, abide by 2m physical distancing

- Do not share water bottles
- At the end of the activity disinfect equipment and all participants wash hands
- Ensure participants can wash or sanitise hands at the area of play
- Ensure that there is a gap between bookings to ensure there are no queues
- Do not leave the equipment out so people can not just turn up and play
- Guidance can be changed at short notice and restrictions can be reintroduced

More guidance can be found at: [https://www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your\\_questions\\_answered](https://www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your_questions_answered)

## Venue and Equipment

Ensure that the venue is checked before use. Ensure nothing that could cause harm is present e.g. animal faeces, stones or sharp objects.

Not all spaces will be suitable for Olympic standard competition. Adapt and make the best use of the space for the activity that is being played.

Ensure all equipment is safe and suitable for use. Each session may require equipment, but this should be available to purchase at a low price.

## Structure

You know your setting and context so adapt the resources while adhering to most recent and relevant guidance. You can run this as a facilitator and with all the equipment available to borrow, with laminated instructions visible. You may want to run timeslots for family groups so that there aren't mass gatherings. You may want to bag all the equipment and drop off to various families on a daily basis. You could run this as an informal coach, engaging with 5 people from different households.

## Reflections on life and faith

Each session includes a pause for thought. We believe sport and faith both show us more about ourselves. It is our prayer that the users of these of sessions have fun and enjoy some sporting relief.

Before you begin, pray that those participating will:

- Have fun
- Stay safe
- Feel Loved
- Think about faith