Introduction to training remotely

In these challenging times where we cannot connect at courts, its important to support training environments that enable participants to keep physically fit and also support connection to our game.

As we would at the courts, we need to ensure that the training environment is safe. That is of course, more challenging when we cannot physically visit the training site. We must work together to ensure that as individuals we meet our obligations to train in a safe environment, as Clubs and Affiliates we provide the advice and support to confirm this.

Please see the following Training at Home Guideline and Safety Check to help you navigate training remotely. We know that you may not have a complete training zone at home, however communicating with your Club what you do have and that it is safe and risk free is important. Minimising the loss of physical fitness is important however it is secondary to ensuring you stay well and injury free.

Reducing the risk as far as possible:
We ask you to complete the checklist and discuss with your Coach or Strength and Conditioning coach (S&C) what might be ways to reduce risks of injury at home and alternative ways to train (in the absence of equipment)

Please complete the checklist, sign and date it and keep. In the unfortunate instance that an injury occurs the checklist may be required to support your claim.

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| **Athlete Details** |
| Name: |  |
| Coach or S&C Coach |  |
| Remotes training location:Address: |  |

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| **Remote training details** |
| Start Date: |  |
| Review Date / Review Regularity: |  |
| Scheduled:  | **Mon Tues Wed Thurs Fri Sat Sun** |

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| --- | --- | --- | --- |
| **Safety Check – I agree to:** |  | **YES** | **Initial** |
| Make sure appropriate space between equipment, walls and ceilings |  |  |
| Ensure training area is free of obstacles and tripping hazards |  |  |
| Make sure spaces are adequately lit and ventilated. |  |  |
| Wear appropriate footwear when completing training sessions |  |  |
| Weekly equipment inspection & maintenance where required |  |  |
| No training in small groups |  |  |
| No communal pool usage |  |  |
| Make sure when using Barbells and Dumbbells that collars are used to secure weight plates |  |  |

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| **Do you have any comments to share about your training environment?** |
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| **Declaration and Authorisation** |
| I agree the above information I have provided is true and correctI agree to notify my Coach/Team official of any incident, injury or near miss that occurs while training at home and will cooperate with my club/team in the management of any such injurySignature:Date: |