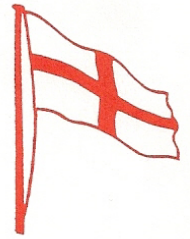




THE TUG-OF-WAR ASSOCIATION

The Delegated Authority for Tug-of-War by the Sports Council
Founder Members of "Tug-of-War International Federation"



(FOUNDED 1958)

Web Site: www.tugofwar.co.uk

Training Guidance July 2020 **Appendix 1 to letter of 11 July 2020**

Based on current government guidance (prior to the announcement on Thursday 9th July – and further guidance issued on 10th July which we are currently assessing)

As previously informed, groups of up to 6 people can meet up to undertake physical activity maintaining social distancing of 2m and not sharing equipment.

With the recent change to government guidance in regard social distancing and the 1m+ rule we have reassessed our guidance to consider if rope training could be possible.

As noted above, notwithstanding the announcement made on Thursday where a further loosening of restrictions will take place during July, particularly when indoor gyms and the like will be permitted to open from July 24th, we will make further assessments and update our guidance in due course.

Can we train on the rope? – Yes, if the following mitigations are adopted.

Generic requirements

- Currently we are limited to 6 people.
- Changing rooms and showers should not be used.
- It has to be outside
- A +1m social distancing must implemented as a minimum, we consider this is appropriate due to pullers not being face to face when on the rope, however, we have to consider the additional risk of forced exhalation due to the exercise, so the nearer to 2 metres that can be achieved the better.
- Hand sanitising stations must be set up with easy access and enabling people to maintain a safe social distance when using them.
- Before training starts hands must be washed or hand sanitised.
- Pullers **MUST** not share water bottles and **MUST** bring their own if they require one.
- Bring sufficient water for your training use **DO NOT** fill water bottles from a communal tap.
- Keep all kit bags in or by your vehicle ensure they are a minimum of 2m from anyone else's at all times.
- Bring your own towel – do not share any equipment other than using a common rope.

- When not pulling maintain a distance of at least 2m from everyone else.
- When not pulling do not shout or coach the team pulling
- When pulling do not shout and scream
- When pulling do not turn to talk or shout to the person behind you.
- The 'designated' coach shall wear a face covering or maintain a distance of 4m from the pullers on the rope as coaches are inclined to shout and this projects water droplets further and hence increasing the risk of spread.
- On completion of training thoroughly wash your hands.

There are now 3 options available;

Option 1

- All the generic requirements MUST be met
- The rope is marked up with tape so that each puller has one piece of the rope for the whole training period.
Tacky could be used but it is recommended not to be
- It is recommended that between each pull, pullers use hand sanitiser to clean their hands.

Option 2

- All the generic requirements MUST be met
- Tacky MUST NOT be used
- Between each pull, pullers MUST use hand sanitiser to clean their hands.

Option 3

- All the generic requirements MUST be met
- The rope MUST be polypropylene.
- Tacky may be used
- Between each pull, the rope must be thoroughly cleaned with an alcohol sanitiser (at least 65% alcohol) / alcohol-based spray cleaner or a anti-bacterial surface cleaner or similar product (note – non-alcohol based products will require a suitable period (approx. 10 minutes) before the rope can be used again. Any cleaning cloths most safely and disposed of using double-bagging.

NOTE: Option 3 is considered the highest risk and hence the least preferred.

11th July 2020