

# LEADING A RETURN TO SPORT PARTICIPATION

## COMMUNICATING WITH PARENTS / GUARDIANS

Coaches should continuously communicate with parents or guardians during a return to sport participation to discuss any new arrangements for training and practices. During the COVID-19 pandemic, communication is critical in ensuring the well-being of everyone involved.



### Some communication tips include:

- Emphasize that coaches, parents/guardians and participants should collaborate together
- Accept that the emotional roller coaster is real
- Agree to put the basic needs of the participants first
- Maintain virtual communication
- Stay updated and aware of local and sport protocols/restrictions
- Stay updated on the state of the COVID-19 pandemic
- Stay updated on the status and well-being of your participants
- Find ways to maintain physical activity
- During situations such as COVID-19 when participants have limited practice time with their sport, work with parents or guardians to reinforce the message to their children that improvements are likely to be minimal. The primary focus is to return to full sport participation slowly and gradually without getting injured and give the body a chance to catch up.

