

LEADING A RETURN TO SPORT PARTICIPATION

NCCP ADAPTIVE TECHNIQUE DURING COVID-19



The NCCP ADAPTIVE technique can help coaches design more inclusive sport experiences. It provides a framework for coaches to make changes to their coaching environment in the areas of space, tasks, equipment, speed, and rules.

ADAPTIVE	Considerations
Ability	Skill tasks should match the participants' current level of abilities and physical fitness. Goals should be set with the input of the participant and progress can be encouraged with care and caution.
Difficulty	Start from low difficulty. This will be a safe baseline for their sport environment. Create team and individual activities to fit the needs of the group or participant. Coaches need to have knowledge of the participants' physical conditioning and what activities they participated in, if any, during the time away from training and competing. Strategies for reconditioning and retraining are important in this stage.
Area	Make sure that practice areas are kept safe and clean. Ensure participants can have proper physical distancing as they return to practices. The coach can provide individual equipment or ask participants to bring their own equipment to practice if it applies.
Participants	For the early part of the return to sport, having participants in small groups is the most suitable setting. It is vital to monitor participants' behaviour and conditioning during the first few weeks of training and competition. With a smaller group, you can focus on individuals, as well as the group, and how well they are coping with the new methods of training.
Time	Coaches are responsible for creating a structured schedule for team practices and individual training sessions that respect safety protocols. Give time to clean training equipment and pack it away between practice sessions to avoid a crowd in the training venue. Time must be allocated for disinfecting venues and equipment before and after each practice, and completing a COVID-19 self-screen questionnaire.
Inclusion	Provide a safe and welcoming environment for everyone. Before you begin the practice session, ensure all parent/guardian and participant concerns about the safety of practices and the practice venue(s) are addressed.
Variability	Ensure that all activities are suited to the readiness of the participants as they return to practice. Modify training activities to adapt to the new reality and individual needs of your participants.
Equipment	Assign each participant their own individual equipment or encourage them to bring their own equipment for safety reasons. Make sure that a personal hygiene kit is in the must-bring list of your participants. Coaches should also comply with all safety regulations.

