

# HISA Sports & Societies

## Covid19 FAQ

### Student Societies

#### What are the general rules around HISA clubs and societies currently?

No meet ups, either outside or inside can take place sadly, due to the Government Guidelines at this moment in time. This is ever-changing, and as soon as this guidance changes, we will notify you. If you are a sports club the rules may be different, see the bottom of this FAQ for details. Please also keep an eye on the HISA [website](#)

#### Can I still access support?

Absolutely! The HISA Activities team are here to help, offer you advice and help you with ideas. You can contact us between 9am- 5pm on Monday to Friday.

#### Can I run events and meet ups online?

Yes you can! It is not an ideal situation we are in, but this is a really important time to make sure your members still feel part of the group. Set up some socials- they can be incredibly fun! (More info on these further down the page) See some tips below:

- Encourage fitness classes online (Qualified instructors only!)
- Use VC to host get-togethers, and organise quiz's
- Host a Netflix Party using the Google Chrome extension and all enjoy a movie together
- Use your Facebook page, or other social media to share study tips, some photo highlights from your year
- Arrange an event for all UHI students (please get in touch with us if you'd like to do this, a great way to profile your club!)

#### Can I book trips for the future?

At this stage, we do not encourage this. The government guidelines change so frequently, so to avoid disappointment, we do not recommend booking until we receive further information on the next steps. Companies generally like to take deposits, and we don't want you to lose any money if there's even a slight risk your group will be unable to go.

#### Can we still apply for funding?

Yes, you can, so long as what you are applying for is compliant with these changes. If you are



looking for insurance, external affiliation, please do apply. We will encourage online event planning, and most definitely joining up with other clubs to make these happen. If you are unclear on the funding available, please click [HERE](#) – Please note, you must be an affiliated club to access these funds.

### **Why do we have to stick to these Covid-19 rules?**

Our main priority is to keep students safe, and we are fully complying with the Governments advice on this. By allowing our students to mix with others would be irresponsible on our behalf, and we want to keep you as safe as possible.

### **What happens if we break these rules?**

HISA cannot endorse breaking the guidelines, therefore if you break the rules, this could result in immediate de-affiliation and your college will be notified.

### **Can I meet other members indoors?**

According to Government Guidelines, people will not be allowed to visit other households indoors so sadly not.

### **Where can I find more information about general Coronavirus student updates?**

You can check out the NUS website and read their most up-to-date documents.

### **Other Event ideas for your clubs and societies:**

- Online murder mystery
- Online scavenger hunt
- Discussion / Debate
- Cooking Classes
- Guest speakers
- Online DJ Sets
- Online Music Jamming Sessions
- Fitness classes online
- Online Quiz
- Live Competitions
- Bingo
- Charades
- Pictionary
- Netflix Watch Party
- Home Scavenger Hunt

### **Questions to think about for hosting a virtual event:**

- What platform are you going to use?
- Will the event be live, on-demand, or both?



- Will you require event registration?
- Will people still have access to the event once it's over?
- How many people do you need to help to make the event work?
- What pre planning needs to take place?
- Are there any prizes needed for the event? If so, how will you send this to the winner?
- Don't assume everyone has the same technological abilities – make accessing the event easy
- Do the event organisers have good enough internet access to host the event?
- Do potential attendees have the correct information to access the event – link, password etc.
- Do the hosts need to wear a headset or microphone for attendees?
- Make sure it is as inclusive as possible- think about the language being clear, use large fonts and high colour contrasts for graphics, provide captions and visuals where possible for audio
- Try to ensure your event is as engaging as possible- try using a platform with a chat function or poll function
- Make sure you set respectful rules at the start of the session- ie. No swearing and let them know if the event is being recorded

## Sports Clubs

### We are a Sports Club, can we meet up and play etc?

For Sports Clubs, the rules are slightly different to general clubs and societies. Sports clubs **could potentially** play non- contact sport, if the correct procedures are put in place.

The advice is that Sport Clubs should follow their specific Sport Governing Body Guidance, which is subject to change in line with Government guidance. For example, rules in one sport may look slightly different to another- but we feel it is important to make these adaptations in order to stay safe.

To get sports activity up and running again please follow these steps:

1. Check Sport Governing Body Guidance [here](#).
2. Get in touch with [HISAactivities@uhi.ac.uk](mailto:HISAactivities@uhi.ac.uk) to develop a **plan** and **complete a risk assessment** ready for your sport. A blank form can be given.
3. Appoint a Covid Officer in the club. The Covid Officer must go through the free eLearning which you can find [here](#).



When completing the eLearning please select your sport specific Sport Governing Body as well as selecting other and typing 'Scottish Student Sport' in the box. You will also be emailed a certificate which you must forward to [HISAactivities@uhi.ac.uk](mailto:HISAactivities@uhi.ac.uk) before activity can commence.

4. Communicate changes to members of the club and ensure you have a registration process in place for each session so you can carry out Track & Trace- we can provide assistance with this too via EventBrite.

If you have any questions or queries on anything in this FAQ please contact [HISAactivities@uhi.ac.uk](mailto:HISAactivities@uhi.ac.uk)

