

Disclaimer: Please note the protocols/guidance in this document does not stand on its own nor is intended to be relied upon as a substitute for HSE/Government Phased Reopening Guidelines.

Source: https://www.athleticsireland.ie/downloads/other/Return_to_Sport_Guidance_October_2021.pdf
<https://www.gov.ie/en/publication/3361b-public-health-updates/>

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Government Guidelines for return to Club training permits:

- Sporting activity in open outdoor public sports amenities for **ALL Ages**.
 - Sporting activity in Indoor sports facilities subject to training Pod restrictions for athletes of mixed Vaccination status.
 - Only Fully Paid Registered Members** are permitted to attend Club organised training sessions.
 - Trial training for Non-Club Members is permitted subject to completion of the DSD Covid Screening Questionnaire.
 - Members **MUST** ensure their contact details are correct and up to date via your ClubForce account.
 - To comply with Athletics Ireland Guidelines training sessions will be arranged in advance via a Pre-booking system. Pre-Bookings will be required for ALL Juvenile/Adult Coach led training sessions.
- Training invites issued by Coaches/Group Admins via ClubForce App.**

AAI Protocol - Members (Coaches/Athletes) must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Not be in a period of self-isolation (including immediate family members) and/or cocooning under the current Health Policy Rules.
- Have flu-like symptoms or are feeling unwell.

Athletes Social Distancing Behaviours & Etiquette.

To protect against infection:

- Athletes must refrain from all physical contact such as handshakes, high fives and hugs.
- Do not share food, towels and drinks.
- Wash your hands frequently with soap and water or hand-sanitizer, before and after eating, after going to the toilet, sneezing and coughing. Toilet facilities maybe closed/unavailable, for this reason it is recommended all members bring their own hand sanitizer/wipes.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Absolutely no spitting. Avoid touching your face.
- Keep your distance from people who are obviously sick.
- If running in a public place be cognitive of other athletes and/or pedestrians.
- Remain apart from other athletes when taking a break.

Members Attending Training

- Athletes/Parents **MUST** pre-book their place with their training group or coach. Training invites are issued by the Coach/Group Admin the ClubForce App.
- You must be a **fully Paid Up Member**. Any members who have yet to renew their subscription for the **Jan-Dec 2021** cycle should do so immediately.
- Prior to attending, Athletes should self-assess against the symptoms of Covid-19.
- All athletes/parents should ensure their contact details (phone and email) are up to date, contact details can be updated via your ClubForce account.
- Athletes should travel to the club alone, or only with a member of the same household.
- Ample car parking spaces should be available to ensure social distancing. If athletes must park next to another car, they should wait for the other person to exit or enter before doing so themselves.
- Athletes should arrive at the training location no more than 10 minutes prior to the start of training. It is important that athletes maintain social distancing while they wait for training to start.
- Athletes should always observe social distancing and resist the temptation to mingle.

Members Attending Training Cont/d...

- Athletes should arrive ready to train.
- Athletes should bring a small bottle of hand sanitizer and antiseptic wipes with them to all training sessions. **Essential during Phases where toilet facilities are closed.**
- Athletes should sanitize their hands prior to attending the club.
- It is recommended Athletes bring their own wipes/hand sanitizer.
- Athletes should ensure that they utilize toilet facilities in their own home prior to arriving at the training venue toilets may be restricted or not be open.
- Physical distancing should be observed throughout the period of training.

Outdoor Training:

- Fixed capacity or training pod restrictions no longer apply to outdoor training. However, Coaches should adhere to athlete:coach recommended ratios.

Indoor Training:

- **Ventilation:** Coaches should ensure the premises is adequately ventilated during activity.
- **Mixed Vaccinated/Immunity Status:** Restricted to Pods of up to 6 athletes (excluding Coach).
- **Face Covering:** The recommended use of face masks in indoor settings continues for those not participating in the activity.
- **Vaccinated Athletes/Coaches:** No pod size restriction apply. However, capacity of the venue should be observed at all times.

Vaccination/Immunity Status Note:

*DSD will **NOT** actively request a members Vaccination/Immunity Status, therefore it is assumed all our training groups are of mixed status and Indoor training Pods of 6 will apply.*

Multiple Training Pods:

Multiple Training Pods are permitted subject to protective measures.

- **Substantial Distance amongst Pods:** To any onlooker it should be clear that the pods are separate groups operating independent of one another.
- **No mixing of training pods.**
- Coaches can oversee multiple Pods but not directly engage with or be in close proximity of any individual members of the pod. It should be clear the Coach is completely separate to the groups he/she is overseeing.
- The capacity of the venue size must be considered to ensure adequate spacing between pods.

Coaching Protocols.

- Sessions can take place Indoors or Outdoors subject to recommended size restrictions where appropriate.
- Training groups should be controlled and managed to ensure social distancing is maintained as much as possible.
- Trial training for Non-Club Members is permitted subject to completion of the DSD Covid Screening Questionnaire.
- **Face Covering:** The recommended use of face masks in indoor settings continues for those not participating in the activity.
- Coach:Athlete ratios recommended child safety guidelines as follows:
 - **Adult** training groups should be controlled and managed to ensure social distancing is maintained as much as possible and training pods do not exceed pod maximums.
 - **Juvenile** training groups are recommended to maintain child safety recommended guidelines as follows:
 - Athlete:Coach ratio for athletes age 14 and younger is 10:1 (10 athletes to 1 coach).
 - Athlete:Coach ratio for athletes age 15 and older is 14:1 (14 athletes to 1 coach).
- Coaching should take place only where full physical distancing is possible.
- Athletes and coaches should wash their hands with soap and water or hand sanitizer when available, before and as soon as possible after the training session.
- Practice caution with the equipment. Sanitize before and after use.
- Long/High Jump/Pole Vault/Throws training groups should be managed to ensure social distancing.
- Maintain physical distancing at all times including when giving feedback and while athletes are resting.
- If coaches witness poor practice, it should be addressed immediately in a polite fashion and ongoing disregard for protocols should be reported to the club as soon as possible.

Protocol for dealing with injured athlete:

- Coaches must have access to First Aid kit.
- If attending to an injured athlete, coaches must wear face mask and disposable/latex gloves.
- Only one person should attend the injured athlete, if additional help is required the other person must wear mask and gloves.

Managing Participants with Covid 19 symptoms'

- All participants should be advised to stay home if they feel unwell, and to consult their GP.
- Prior to commencing sport or physical activity, all participants should self-assess against the symptoms of COVID-19.
- If a participant becomes unwell during the activity, they should be isolated from other participants, return home as soon as possible, and contact their GP for further guidance.
- Ideally the designated COVID-19 Officer, staff member or volunteer should take charge of the management of any persons with COVID-19 symptoms.
- The designated person managing the situation should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.
- Immediately separate the person displaying or complaining of COVID-19 related symptoms from others.
- Ask this person to wear a face covering if possible or if available provide them with a facemask.
- Provide the unwell person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste.
- If they are well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their GP by phone of their symptoms.
- If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the unwell person is a suspected COVID-19 case.
- All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case).

Training Location Protocols:

Note: In addition to the Coach/Athlete Protocols set out above the following are the protocols which apply in respect of DSD's various training locations.

Travel to & Parking at Training Venues

- **Carpooling:**
 - Carrying those not yet vaccinated or of mixed immunity should be aware of the higher risk.
 - The use of face coverings is recommended.
 - Recommended to only consider carrying those within the same Training Pod.
- **Car Parking** should be in a manner to ensure social distancing. If athletes must park next to another car, they should wait for the other person to exit or enter before doing so themselves.

BCS, St. Thomas, Marlay Park, Ringsend Park, Irishtown Stadium, Deer Park & Meadowbrook.

- Names of those attending should be recorded via ClubForce App.
- It is recommended Equipment should be disinfected before and after training.
- Ideally each athlete should bring their own training equipment.
- Sharing of Training equipment is not recommended, practice caution always.
- Long/High Jump/Pole Vault/Throws training groups should be managed to ensure social distancing.

St Thomas HP Gym:

- Pre-booking for Gym use is mandatory and subject to approval (booking system to be confirmed).
- Names of those attending should be recorded. Attendance records to be submitted to Covid Officer.
- **Face Covering:** The recommended use of face masks in indoor settings continues for those not participating in the activity.
- All persons must use hand sanitiser on entering.
- Footwear must be clean. (Ideally athlete/coach should change footwear when entering the Gym)
- Number of persons permitted in the Gym is dependent on Covid Guidelines. As of 22/10/21, indoor training pods should not exceed 6 individuals (excluding coaches).
- Equipment should be disinfected before and after each use.
- Sharing of equipment should be avoided. Ideally each athlete should bring or be assigned their own training equipment for the duration of the training session.
- If using chalk each athlete must have their own block/bag. A communal supply is not permitted.
- Recommended Social Distancing Protocols must be always practiced.
- Coaches/Participants should ensure the premises is adequately ventilated during activities.

Irishtown Stadium Track Protocols:

PLEASE NOTE:

In addition to the protocols set out above the following are the specific Irishtown track etiquette to be deployed by each training group.

- **Entrance & Exit:**
 - Entry/Exit to/from the Track will be through the main reception area.
 - Face covering must be worn when entering/exiting.
 - Entry and Exit will be at staggered intervals to ensure no mixing of groups, this will be co-ordinated by a DSD official throughout.

- **Electronic Pre-booking and Attendance Recording:**
 - Athletes must pre-book their place to attend training with their assigned coach.
 - Attendance records will be kept centrally by the DSD Covid-19 Officer for ease of Contact Tracing.
 - Pre-Bookings is compulsory for all Coach Led training groups. Juvenile training groups will have allocated slots per coach depending on recommended child safety athlete:coach ratios as per our Coaching Protocols.
 - Athlete:Coach ratio for athletes age 14 and younger is 10:1 (10 athletes to 1 coach).
 - Athlete:Coach ratio for athletes age 15 and older is 14:1 (14 athletes to 1 coach).
 - The track/field facilities will be split into Coaching/Training Zones. This will ensure no mixing of training groups and Physical/Social Distancing Protocols are adhered to throughout.

- **Equipment & Storage Units:**
 - Access to the Storage Units is recommended to not exceed 4 persons and ensure social distance is maintained throughout.
 - Ideally equipment must be pre-arranged prior to training.
 - Sanitization of all equipment is required before and after each use.
 - Sharing of equipment is not recommended, practice caution always.
 - The use of the training mats is permitted, however, the collection and sanitization of the mat is the responsibility of the intended user.
 - Each user **MUST** sanitize the training mat after use and return it to the storage unit.
 - All Coaches/DSD Officials will have personal access to:
 - First Aid kit / Hand Sanitizer / Disinfectant wipes / Face Mask.

DSD's COVID-19 Safety/Compliance Officer

The COVID-19 Safety/Compliance Officer and C-19 Co-ordinators shall not bear sole responsibility for ensuring all hygiene and public health advice is followed – this responsibility will be shared by all.

- In accordance with the AAI Guidelines Damien Moran is appointed as DSD's Covid Safety/Compliance Officer with responsibility for managing issues and queries relating to the COVID-19 pandemic.
- Issues/Concerns/Breach of Protocols should be reported to the DSD Covid Officer (Damien Moran) in writing to dsdcovidofficer@gmail.com.
- The responsibilities of the DSD Covid Officer include but not limited to:
 - Ensure DSD AC Members, Volunteers and Officials are following all advice and guidance issued by Athletics Ireland and the HSE.
 - Oversee the appointment/removal of C-19 Co-ordinators.
 - Covid-19 Officer should be both aware of and have approved all DSD training events.
 - Covid-19 Officer should ensure that the information recorded in advance on the attendance sheet is accurate each session/activity.
 - Ensure booking and attendance records are kept as required for the purposes of Contact Tracing.
 - Ensure that relevant adjustments are made to risk assessments and safety plans to incorporate COVID-19 safety measures.
- Lead coaches and where necessary other DSD Officials will be appointed as 'C-19 Co-ordinators'.
- C-19 Co-ordinators responsibilities include:
 - To assist the Safety Officer in overseeing compliance with DSD C-19 Protocols.
 - Ensure compliance with Training Location Risk Assessment.
 - Report breaches/concerns to the Covid-19 Officer.
 - Ensure COVID 19 Protocols are adhered to by all Members/Visitors.
 - Address breaches of protocols immediately.
 - Ensure compliance with booking procedures.
 - Ensure the information recorded in advance on the attendance sheet is accurate each session/activity.