

## Covid – 19 Return to Training Policy for current phase

Name of Club: Bandon Athletic Juvenile Club

Date: 10<sup>th</sup> June 2020

Applies to: Coaches

### Introduction

1. The objective of this document, is to assure you that health of your young athlete, along with your health and the health of all our officials is paramount when operating in this pandemic.
2. The Covid – 19 policy of this club as a result of a risk Assessment conducted, is designed to reduce the spread of Covid -19 Coronavirus between all people attending these grounds for the duration of the planned training.
3. Failure for the athlete to adhere to the guidelines below, will result with the athlete being removed from the training session immediately, and a call being made to the parent to arrange to have them picked up.

### Key Details that requires full understanding & compliance are outlined below

No	Details
1	If you or any member of your family have been in contact with someone with COVID-19 in the 14 days prior to any training sessions, if you have been overseas or exposed to someone with COVID-19 in the 14 days prior to any training sessions, or if you have flu-like symptoms or are feeling unwell, you must not attend training.
2	You must arrive with hands sanitised, and carry a bottle of sanitiser, gloves and masks in your bag
3	In your section you must make arrangements to ensure adequate help is there at least fifteen minutes before training. All athletes must be supervised prior to commencement & post training until they have all entered their cars. You will zone of a section with cones two metres apart in distance, to facilitate early athletes. Athletes will stand by these cones until training commences. This will help you, while you are setting up your station.
4	Remind athletes to arrive in full training gear, footwear must be changed at home or in the car before exiting
5	There are no toilet facilities available, so it is important to prioritise this every time they attend training
6	Athletes can only travel with members of the same household. No Car pooling permitted as per Athletic Ireland.
7	Athletes should arrive at the club entrance as close as possible to training times
8	No bottle sharing. No phones unless left in personal training bag at all times, this will cause mingling, looking at social media. Ensure that athletes leave all personal belongings including water bottles in their labelled bags.
9	Ensure that athletes observe social distancing at all times and resist the temptation to mingle.
10	Ensure during running drills, that athletes maintain social distancing of two metres, running side by side, or when overtaking running single file in the outer track. This applies also when standing waiting for shot or long jump.
11	Training will be conducted in groups numbers, using the HSE guide lines, and may be less at club's discretion
12	A strict role call will be kept of all groups within the training session, for close contact tracing. A photo of the group names will be sent to the safety officer.
13	If an athlete becomes unwell after training, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE on the next steps.
14	After any notifications of an athlete feeling sick or being tested positive, the club will initiate its contact tracing system, and all known people who were in contact during training will be notified.
15	You must ensure that all equipment used is sanitised, if used by multiply users, it is sanitised after each user. Best Practice is to avoid multiple use where you can.
16	After Training all athletes and guardians must leave promptly, and avoid unnecessary group chatting. Check that your athlete has all personal belongings, as all lost property will be kept in the container until next training.
17	If an injury occurs, it is important to avoid close facial contact. You must use the proper PPE (gloves & mask), and always sanitise when finished both you and the injured athlete hands.

### Declaration

I have read all the guidelines pertaining to this policy. I fully understand my responsibilities in relation to the above. I will continuously brief and remind my athletes of the importance of the current HSE Social Distancing space guide lines, and all proper best hygiene guide lines, the Sanitising / Washing of hands, respiratory etiquette.

**Coach Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



\_\_\_\_\_  
Club Safety Officer Signature

Date : 12<sup>th</sup> June 2020

**Print it – Sign it – Photo it – and return it by email to [covidofficer@bandonac.org](mailto:covidofficer@bandonac.org)**