

Covid – 19 Return to Training Policy for current phase

Name of Club: Bandon Athletic Club
Section: Fit for Life (Walking Section)
Applies to: Walking member / Leaders

Date: 10th June 2020

Introduction

1. The objective of this document, is to assure you, that the health of our athletes and the health of the general public 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 or public areas such as roads & streets for the duration of the planned training.
3. Failure for the members to adhere to the guidelines below, will result in suspension of walking sessions until further review and training of guide lines is carried out to the satisfaction of the club.

Key Details that requires full understanding & compliance are outlined below

No	Details
1	If your athlete or any member of your family have been in contact with someone with COVID-19 in the 14 days prior to any walking sessions, if you have been overseas or exposed to someone with COVID-19 in the 14 days prior to any walking session. If you have flu-like symptoms or are feeling unwell, you must not attend the walking session, and stay at home.
2	If you live outside the current HSE guide lines for distance radius of the club. You cannot attend the session
3	You must always practice good hand hygiene and respiratory etiquette. This includes Hand sanitising on arrival and leaving.
4	All athletes will exercise good social distancing with the following scenarios <ul style="list-style-type: none">• Walking single file if you can not maintain two metres width• Walking side by side where two metres distance is achievable• Awareness up front approaching corners and bends in particular on high streets, of approaching pedestrians that are not yet visible, to maintain two metres distancing.• Warm ups, Running, Rest time / Warm down & Socialising before getting in to cars.
5	Walking formation will be in single file, two metres apart, unless you can achieve two metres distance
6	Walking groups will consist of maximum of ten in a group leader inclusive, if social distancing is ensured. This can only be relaxed in line with HSE guide lines
7	An up to date record of all contacts are kept for contact tracing.
8	Attendance records are kept of members in each group, for contact tracing. It is also the responsibility of each member to check in and have their name recorded on the attendance sheet
9	If a member becomes unwell after walking, 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.
10	After any notifications of a member 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.
11	All routes and times will be risk assessed to reduce risk for members and general public that fits the current phase guidelines. Plan the route that fits low risk times such as heavily populated areas and busy time frames
12	The members will always be aware of corners and tight spaces to allow social distancing at all times, expect the unexpected always

Declaration

I have read all the guidelines pertaining to this policy. I fully understand my responsibility in relation to the above. I confirm that I will continuously keep briefed & practice all best practice HSE guide lines with Social Distancing, the Sanitising / Washing of hands, respiratory etiquette.

Walking Member Signature _____

Date _____



Club Safety Officer Signature _____

Date _____

Please - Print it – Sign it – Photo it – and return it by email to covidofficer@bandonac.org