

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

**Name of Club:** Bandon Athletic Club

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

**Applies to:** All Coaches & Athletes outside Juvenile section. ( Liz Coomey, Frank Stam & Athletes)

### Introduction

1. The objective of this document, is to assure you that health of your young athlete, along with the health of the club official 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.

### 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 training sessions, if you have been overseas or exposed to someone with COVID-19 in the 14 days prior to any training session, or if you have flu-like symptoms or are feeling unwell, you must not attend training.
2	Your Athlete must arrive with hands sanitised, and carry a bottle of sanitiser with them in their bag. Athletes will also bring sanitising wipes, to wipe any multi used sport equipment. No athlete will train with another used equipment until it has been wiped down, supervised by a coach if they are juveniles. It is recommended that Athletes use their own equipment to reduce unnecessary risk. Athletes will sanitise again before leaving.
3	There are no toilet facilities available, so it is important to prioritise this with your athlete before leaving.
	<b>All athletes will exercise good social distancing with the following scenarios</b> <ul style="list-style-type: none"><li>• Running single file maintaining two metres or side by side maintaining two metres</li><li>• Overtaking maintaining two metres</li><li>• Warm ups, Running, Rest time / Warm down &amp; Socialising before getting in to cars.</li></ul>
4	Athletes can only travel with members of the same household. No car pooling permitted as per Athletic Ireland.
5	No bottle sharing. All belongings including water bottles are kept in their bag or beside your training area.
6	Athletes & coaches will observe social distancing at all times and resist the temptation to mingle.
7	Training will be conducted in groups, numbers using the HSE guide lines.
8	A strict roll call will be kept of all groups within the training session, for close contact tracing. All roll call details are to be kept for filing. They will be sent to the safety officer for filing by the coach during the pandemic period
9	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.
10	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.
11	All parents who remain on site as spectators must maintain social distancing at all times. All Parents to be mindful of the neighbours across the road and all pedestrians when training in the town park
12	After Training all athletes and guardians must leave promptly, and avoid unnecessary group chatting. Athletes will carry their own sports equipment.
13	In the case of an injury, no close facial contact is permitted. If necessary, both parties will wear gloves and mask. It is important that the coach has gloves and masks available for any close contact scenario.

### Declaration

I have read all the guidelines pertaining to this policy. I fully understand mine and my athlete's responsibilities in relation to the above, I will ensure that I will continuously brief and remind my athlete 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.

**Parent / Guardian Signature:** ( *if u18yrs* ) \_\_\_\_\_ **Date:** \_\_\_\_\_

**Athlete / Coach Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Club Safety Officer Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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