

Triathlon Ireland

Return to Training Protocol for Clubs

Version 1.5 | Release Date: 31ST August 2020

*Please ensure you are referring to the most recent version of this document.

triathlon ireland return to training protocol for clubs

Following the Irish Government's publication of "[Roadmap for Reopening Society and Business](#)" on Friday 1ST May and later the Northern Ireland Executives document '[Coronavirus Our Approach to Decision-Making](#)' published on the 12TH of May, this document is Triathlon Ireland's interpretation and recommendations for how triathlon club activities may be resumed on a gradual basis. This information is collated from the International Triathlon Union, whose guidance is approved by their medical committee and other reputable sources. Triathlon Ireland has received guidance from Sport Ireland and

Sport Northern Ireland to ensure our protocol is in alignment with current Irish Government and NI Executive guidelines.

During the evolving COVID-19 outbreak, effective protection of the health and safety of athletes, club members, volunteers, coaches and the general public must remain a priority. Clubs must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimise the risk of infection. Individual club members must take personal responsibility for their compliance with preventative measures.

This is a live document that will be updated regularly, as this fast-evolving situation continues to change and it should be referred to frequently to stay abreast of changes and developments. There will be more clarity and detail added to this document as more information becomes available. We will endeavour to ensure clubs and TI members have clear guidelines for training as soon as possible after Government announcements are made.

Compliance

Clubs and club members will be expected to fully comply with Government regulations. Core concepts for us all are:

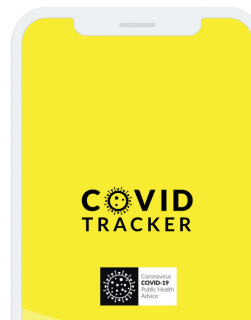
- Maintain handwashing and respiratory hygiene.
- Keep 2 metres distance from other people.
- Be hyper-alert to, and isolate if you have symptoms-including flu like symptoms.
- Reduce close contacts and duration of contact with people outside our house holds (have a micro community).
- Access advice and supports for mental wellbeing and resilience.
- Wear face coverings where required.

As a Triathlon Community:

- Follow public health advice.
- Keep informed about disease in Ireland.
- Support vulnerable people and maintain solidarity in your community.
- Support healthcare workers, the HSE and the HSCNI.
- Accept that measures can only be lifted in a slow manner and may need to be reintroduced if infection rate increases.

Insurance

Triathlon Ireland insurance will operate as normal for clubs and club members during club sessions and for race licence holders for solo training once all government guidelines are adhered to.



COVID Tracker App

It is recommended that all TI members in ROI download the [HSE COVID Tracker App](#). It is recommended that all TI members in NI download the [StopCovid NI Proximity App](#).

Please note this does not replace the requirements already set out in this document as regards registration for club sessions and contact tracing, it is an extra measure.

Covid 19 officer/officers

Clubs should appoint a Covid 19 Officer/Officers. View the role description for the Covid-19 Club Safety Officer [here](#). Covid 19 officer/officers should complete the Sport Ireland Covid 19 return to sport course. Link [here](#).

Dealing with Positive Cases

If a positive case is identified in the club, contact tracing will take place by public health authorities who will determine who are close or casual contacts. The club Covid 19 officer may need to assist the public health authorities in establishing relevant contacts in the club. Those who are identified as close contacts will be asked to refrain from attending training sessions until they have been given clearance by a medical professional.



KEEP 2 METRES
DISTANCE FROM
OTHER PEOPLE



DO NOT SHAKE HANDS



MAINTAIN HAND
WASHING



MAINTAIN RESPIRATORY
HYGIENE

Risk Assessment

All sessions are assessed as normal for safety and safeguarding risks. Additional risk assessment will need to be undertaken to ensure guidelines are met to comply with COVID-19 specific requirements. These should take into account the below. Please note this list is not exhaustive. The risk assessment template can be downloaded [here](#).

- Venue/location
- Ability to social distance on the entire route or during the full session. Government guidelines

state a **minimum of 2 metres** but the recommendation is to be generous for sporting activities where possible.

- Session registration can be taken online.
- Sessions begin on time so there is no possibility of social interaction.
- Those attending – are there any vulnerable people attending or those with vulnerable family members?
- Access to handwashing facilities/hand sanitiser.

- Members screening pre session – No signs or symptoms of COVID-19 in the past 14 days.

- Ability to clean and sanitise area/equipment pre/post session.

If clubs are unable to mitigate these risks then sessions should not go ahead. A club is not obliged to resume activities and the committee should meet to decide when they feel it is appropriate for the club sessions to resume.

Personal Responsibility

Individuals will need to take responsibility for their own health when deciding to train with others. It is recommended that club members complete the [Sport Ireland Covid 19 return to sport course](#).

If a club member has recovered from Covid 19 it is advised that they seek medical advice prior to engaging in high intensity training.

Club members should confirm that they have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the 14 days immediately prior, that they have not been in contact with an infected person or potentially infected person in the 14 days immediately prior and that they are well enough to take part in the session. This can be completed using the screening questions in Appendix A which should be issued via email, google form or similar in advance of every training session run by the club. This is for personal use and does not need to be shared with the club.

If club members feel unwell at all they **MUST** stay at home. If individuals become unwell during a session they may be putting other club members who need to assist them at risk.

Club members must have protocol in place to get themselves home safely if they feel unwell during a session that does not put others at risk, i.e. not on public transport and not transported by someone in a higher risk group.

If club members feel unwell after a session they should contact their GP and should not attend the next session.

If there are club members who are in a vulnerable group with an underlying condition they must not attend group sessions.

Club members should avoid touching their face during sessions.

Club members should not eat after the session until they have washed their hands.

All club members should practice appropriate respiratory and hand hygiene/sanitation techniques, bringing their own individual hand sanitisers or single-use disposable wipes.

Club members should sanitise their hands before leaving home prior to each session.

Club members should arrive changed and ready for the session.

Club members must not share food or water bottles.

Handshakes and hugging are not consistent with the social distancing required and must be actively avoided.

Club members should avoid traveling to and from sessions with other members who are not from the same household.

general club session guidelines

- Ensure good communication in advance of the session to minimise the need to chat at the session.
- Session plan outlined in advance over call or email so there is no need to discuss in person on arrival. Any discussion around adaptations for injury or varying ability level discussed in advance where possible.
- Digital Sign in/registration sent out in advance and stored to facilitate contact tracing if necessary.
- General risk assessment and Emergency Action Plan completed as normal.
- Covid 19 risk assessment complete and shared with attendees in advance so everyone knows the protocol prior to the session.
- Personal responsibility guidelines distributed in advance along with a personal screening document, (see Appendix a), to be completed in advance by all attending. This does not need to be sent to the club or stored by the club.
- Club members should be encouraged where possible to train in the same small groups to create a training pod where they do not mix with other groups and risk exposure to more people.
- Social distancing must be maintained post session with everyone leaving immediately.
- Route selection – It is recommended to create courses that are loops by avoiding out and back sections and with as few laps as possible.
- Equipment – Only the coach should lay out and collect their equipment, eg cones. Club members should not share equipment or help with the set up of each others equipment.
- Club facilities – See August update.

Return to Sport for Juniors

Junior sessions can resume using the same protocol as the adult sessions although there will be some additional considerations for younger children to avoid congregation. The Health Protection Surveillance Centre has provided recommendations for the return to sport for children and adolescents. Please see the recommendations [here](#).

These are applicable to clubs in ROI and NI.

Return to Sport for Older Adults

Sport Ireland have issued the following guidelines for older adults returning to sport and physical activity. Please see link [here](#). These are applicable to clubs in ROI and NI.

People over 70 and the medically vulnerable can still meet up with people and get outside for exercise but should maintain a 2 metre distance from others when exercising outdoors and wash their hands on returning home.

Republic of Ireland

Specific Club Session Guidelines

run sessions

The International Triathlon Union guidance recommends to avoid running directly behind another athlete at a distance less than 4m. If the distance is less, it is recommended to be either at a 45-degree angle or alongside the other athlete, 2 metres apart and avoid facing each other.

bike sessions

Standard Government guidance of maintaining a social distance of 2 metres must be observed as an absolute minimum. Sport Ireland advise that as cycling is typically more vigorous and it is important to consider additional social distancing requirements to reflect the nature of the sport, slipstream effect etc. 2 metres will generally need to be expanded. Obeying the Rules of the Road remains a priority.

swim sessions

Open water swimming can take place with social distancing of 2 metres. Pool sessions can take place following the public health advice in place in the venue.

Return to Sport for People with a Disability

Sport Ireland have issued the following guidelines for people with a disability returning to sport and physical activity. Please see link [here](#).

18TH August 2020

Government Guidelines

- Multiple pods of 15 can meet outdoors for sporting activity once sufficient space is available and strict public health protocols are in place.
- Multiple pods of 6 can train indoors together if sufficient space is available and strict public health protocols are in place.
- Coaches & Instructors should be included in the pod sizes.
- Gyms, dance studios and sports clubs can remain open, only where regular and effective cleaning can be carried out and social distancing can be maintained and class size is limited to 6.
- Swimming and indoor water based activities can take place in pod's/lanes of 6 once sufficient space is available and strict public health protocols are in place.
- Strict adherence to 2 metre physical distancing before and after events and during breaks in training.
- Strict avoidance of gatherings, including social gatherings, before or after events.
- Planned races can go ahead: Outdoor gatherings of up to 200 people when conducted in line with public health advice are permissible for sports events/races only.
- Parents/Guardians attending in a safeguarding /supervisory capacity are not classified as a spectator however strict social distancing and public health guidelines should be adhered to at all times. In that context, one parent/guardian per child is permitted to attend a sporting event, including a game or training session, should they consider it necessary.
- Close physical contact sports can continue.

Club Training

TI Club members can train together outdoors in multiple groups of 15 or indoors in multiple groups of 6 where social distancing of 2 metres minimum can be maintained.

Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes. Congregation pre and post sessions should be avoided.

Swim Sessions

- **Pool Sessions: Multiple pods of 6.** Clubs can hold pool sessions with 6 people per lane while maintaining the social distancing restrictions in place at the pool.
- **Open Water Sessions:** Multiple pods of 15. Club open water sessions can go ahead with groups of 15 plus safety crew following the usual [Safety Protocol](#). This is a decision for the club committee. If clubs cannot provide safety crew or decide against running club sessions then club sessions cannot go ahead. However TI members can still swim in groups once government guidelines are adhered to following the guidelines outlined [here](#).

Bike Sessions

- **Multiple pods of 15.**
- **Group spins:** Group cycling permitted under government roadmap once compliant with social distancing and hygiene protocol. TI members will need to carefully risk assess their route and establish whether a group of people cycling an appropriate distance apart constitutes a hazard on their route.
- **Time trials:** Club time trials can take place once sufficient time is given for social distancing to be managed and general safety is prioritised. As per all sessions there can be no congregation at the start or finish.
- **Brick sessions:** Club brick sessions can take place once they are run in a time trial format in an enclosed area (not using open roads) These should be carefully risk assessed for safety and Covid 19 risks with no opportunity for congregation.

Cycling is typically more vigorous and it is important to consider additional social distancing requirements to reflect the nature of the sport, slipstream effect etc. - 2 metres will generally need to be expanded

Indoor Sessions

- Multiple pods of 6.** TI Club members can hold indoor sessions with multiple groups of 6 members where the following can be complied with:
- Social distancing of 2 metres minimum can be maintained between the group.
 - Handwashing facilities are available.
 - Strict cleaning protocols – Facilities and equipment used can be cleaned before and after the session. All communal areas cleaned after each use ensuring that specific areas and equipment that come into frequent direct contact with individuals (for example, doorknobs, door bars, door keypads, chairs, armrests, table tops, light switches, handrails, toilet flush mechanisms, water taps are thoroughly cleaned even more frequently, where reasonably practical after each contact).
 - Ensure that all such cleaning is carried out where reasonably practical with single-use disposable cleaning equipment such as disposable wipes, or alternatively where the cleaning material (for example the cloth or sponge) is either placed in a disinfectant solution that is effective against COVID-19 or is discarded and not reused.
 - Ensure that where practical leave all doors wedged open to limit the use of door handles, door bars, and door keypads.
 - Use of signage for each room indicating maximum permissible numbers be posted for each area of the facility that is accessible.

Northern Ireland

Specific Club Session Guidelines

run sessions

The International Triathlon Union guidance recommends to avoid running directly behind another athlete at a distance less than 4m. If the distance is less, it is recommended to be either at a 45-degree angle or alongside the other athlete, 2 metres apart and avoid facing each other.

bike sessions

NI Executive guidance of maintaining a social distance of 2 metres must be observed as an absolute minimum. Obeying the Rules of the Road remains a priority.

swim sessions

Open water swimming can take place with social distancing of 2 metres. Pool sessions can take place following the public health advice in place in the venue.

Return to Sport for People with a Disability

Disability Sport NI are in the process of developing protocol in consultation with Sport NI.

August 2020

Government and Sport NI Expert Group Guidelines

- Indoor and outdoor gatherings of over 15 for sporting purposes are permitted if certain conditions are met. There must be a risk assessment, and reasonable steps must be taken to implement the risk assessment issues and to follow Departmental guidance. This will increase the number of risk assessments required to be undertaken, but it will not impose a limit of 15 participants for activities covered by the exemption provided the conditions are met.
- Outdoor spaces and public sport amenities to remain open. Can undertake for example, walking, running, cycling, some water activities, golf, tennis.
- Outdoor activities (work and leisure) during which social distancing can be maintained for individuals who do not share a household contact and where there is no shared contact with hard surfaces is permitted.
- Outdoor leisure playgrounds, courts and gyms can remain open.
- Outdoor competitive games and sporting events can continue.
- Spectators can attend outdoor competitive games with numbers to be determined by the venue in line with public health advice.
- Indoor fitness studios and gyms can remain open.
- Indoor sport and leisure facilities, including leisure centres can remain open.
- Swimming pools in leisure centres, hotels and private facilities can remain open.
- Wet treatments in spas, such as saunas, steam rooms and hydrotherapy pools can remain open.
- Community centres and halls can remain open.

Club Training

TI Club members can train together outdoors where social distancing of 2 metres minimum can be maintained between the group. The group can consist of more than 15 people if there is a thorough risk assessment and steps taken to follow departmental guidelines. Congregation pre and post sessions should be avoided.

Swim sessions:

- **Pool Sessions:** Clubs can hold pool sessions if it is possible to comply with the public health protocol in place at the pool.
- **Open Water Sessions:** Clubs can hold open water sessions following the usual [Safety Protocol](#). This is a decision for the club committee. If clubs cannot provide safety crew or decide against running club sessions then club sessions cannot go ahead, however TI members can still swim in groups once government guidelines are adhered to and following the guidelines outlined [here](#).

Bike sessions:

- **Group spins:** Group cycling is permitted once compliant with social distancing and hygiene protocol. TI members will need to carefully risk assess their route and establish whether a group of people cycling an appropriate distance apart constitutes a hazard on their route.
- **Time trials:** Club time trials can take place once sufficient time is given for social distancing to be managed and general safety is prioritised. As per all sessions there can be no congregation at the start or finish.
- **Brick sessions:** Club brick sessions can take place once they are run in a time trial format in an enclosed area (not using open roads) These should be carefully risk assessed for safety and Covid 19 risks with no opportunity for congregation.

TI has not received specific guidance on an appropriate social distancing protocol for cyclists.

Run sessions: Club sessions can take place outdoors once strict social distancing is maintained at all times. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

Indoor Sessions: TI Club members can hold indoor sessions if there is compliance with the public health protocols in the facility. The following must also be complied with:

- Social distancing of 2 metres minimum can be maintained between the group.
- Handwashing facilities are available.
- Strict cleaning protocols- Facilities and equipment used can be cleaned before and after the session. All communal areas cleaned after each use ensuring that specific areas and equipment that come into frequent direct contact with individuals (for example, doorknobs, door bars, door keypads, chairs, armrests, table tops, light switches, handrails, toilet flush mechanisms, water taps are thoroughly cleaned even more frequently, where reasonably practical after each contact).
- Ensure that all such cleaning is carried out where reasonably practical with single-use disposable cleaning equipment such as disposable wipes, or alternatively where the cleaning material (for example the cloth or sponge) is either placed in a disinfectant solution that is effective against COVID-19 or is discarded and not reused.
- Ensure that where practical leave all doors wedged open to limit the use of door handles, door bars, and door keypads.
- Use of signage for each room indicating maximum permissible numbers be posted for each area of the facility that is accessible.

appendix a:

Personal Screening Questionnaire – To be sent pre-session via email, Google form or similar.

This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. This should be completed prior to each session by club members but does not need to be shared with the club. Frontline workers who have taken appropriate safety precautions in their workplace, who have no symptoms of Covid 19 can take part in club sessions. They should still complete the form below.

Date: _____ Name: _____

Contact details: (email/contact number)

1. Are you currently diagnosed with or believe you may have COVID-19?	YES	NO
2. Have you had any of these symptoms of COVID-19 in the past 14 days?	YES	NO
→ High temperature (fever)?	YES	NO
→ A new continuous cough?	YES	NO
→ New unexplained shortness of breath?	YES	NO
→ Loss of taste or smell?	YES	NO
→ Abnormal taste	YES	NO
→ Experienced a rash	YES	NO
3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days?	YES	NO
4. Provided direct care for COVID-19 patients in the past 14 days?	YES	NO
→ If yes, have you followed protocol for appropriate precautions (PPE etc) in your working environment?	YES	NO
5. Visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days?	YES	NO
6. Traveled together with COVID-19 patient in any kind of conveyance in the past 14 days?	YES	NO
7. Arrived in Ireland from another country NOT CURRENTLY ON THE GREEN LIST in the last 14 days – this includes Irish citizens travelling home?	YES	NO

If you have answered YES to any of these questions you should stay at home and inform your medical practitioner.

Resources:

[Department of Health](#)

[Green list Countries Northern Ireland](#)

[Triathlon Ireland Covid Club Return to Training Form](#)
ONLY NEEDED IF REQUESTED BY A FACILITY

[Sport NI Return to Sport Framework](#)

[Health Protection Surveillance Unit Return to Sports Activities for Children and Adolescents](#)

[Green list Countries Republic of Ireland](#)