

Triathlon Ireland

# Return to Training Protocol for Clubs

in Northern Ireland

Version 1.1 | Release Date: 24<sup>TH</sup> May 2021

## Guiding Documents:

[→ NI Executive](#)[→ Sport NI](#)

Triathlon Ireland has received guidance from [Sport Northern Ireland](#) to ensure our protocol is in alignment with current NI Executive guidelines.

Effective protection of the health and safety of athletes, club members, volunteers, coaches and the general public must remain a priority at all times. 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 as necessary, as the situation continues to change and it should be referred to frequently to stay abreast of changes and developments. 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 NI Executive 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.
- Accept that measures can only be lifted in a slow manner and may need to be reintroduced if infection rate increases.

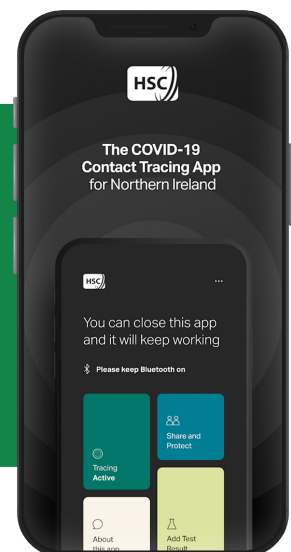
## Insurance

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 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.



# personal responsibility

applies to Triathlon Ireland (TI) members when training; both during club sessions and outside of club sessions

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

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

If attending a club session or meeting others to train, TI 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.

For Club sessions, 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 TI members feel unwell at all they must stay at home. If individuals become unwell during a session they may be putting other club members or those they are training with who need to assist them at risk.

TI 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 TI members feel unwell after a session they should contact their GP and should not attend the next session with a club or other training partners.

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

TI members should avoid touching their face during sessions.

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

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

TI members should arrive changed and ready for the session if applicable.

TI members must not share food or water bottles.

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

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

TI members should not travel in a car to and from sessions with other members who are not from the same household.

## NI Executive

From the 24<sup>TH</sup> of May, indoor group exercise and training (numbers informed by venue) can resume as well as a full return of outdoor sport. For outdoor sporting events the maximum number of participants, including coaches and support staff, will be limited to 500 people and the maximum number of spectators will be limited to 500 people.

All outdoor and indoor sport and leisure venues (including changing rooms, showers and shared facilities) will also be permitted to open.

## Triathlon Ireland Clubs and Members

All club sessions and individual training can resume following the guidance below. Basic protective measures will still need to be observed.

### PROTECTIVE MEASURES

#### PRE SESSION QUESTIONNAIRE

#### COVID RISK ASSESSMENT

#### SOCIAL DISTANCING

#### HANDWASHING

#### CLEANING PROTOCOLS

#### FACE COVERINGS where required

## Indoor Facilities

Clubs should consult with individual facilities regarding their protocol prior to club sessions. Clubs should adhere to facility protocol around social distancing, sanitising, wearing of face coverings and use of changing rooms.

Arrival times and use of changing facilities should be staggered.

Where possible members should arrive changed for sessions and leave immediately after.

While showers and changing rooms are open, the use of them should be kept to a minimum.

Any individual (13 years +) entering a facility should wear a face covering until they are ready to commence training.

For pool sessions all persons on deck to wear face coverings until all participants have entered the water.

Participants should wear a face covering if leaving the session to use the toilet etc.

## For Club Run Facilities the Following is Recommended

Social distancing of 2 metres minimum can be maintained between anyone queuing to use the facility.

Handwashing facilities are available.

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/area indicating maximum permissible numbers be posted for each area of the facility that is accessible.

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 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.

## Track and Trace

Clubs are still required to take registration in order to assist with track and trace where necessary.

## Equipment

Any equipment used during sessions should not be shared and should be sanitized after use.

## Numbers

While caps have been removed on overall numbers, clubs will need to risk assess to ensure the numbers at sessions are safe and appropriate for social distancing to be maintained. It is also recommended to maintain the 'pod system' where possible in order to minimise contacts.

# 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 other's equipment.

**RUN SESSIONS** | World Triathlon 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. Please see Covid-19 Open Water Guidance for Swimmers document [here](#). Pool sessions can take place following the public health advice in place in the venue.

## 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.

## 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.

# return to sport for specific groups

## 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.

## 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](#).

# 'pod' system

While caps have been removed on overall numbers, clubs will need to risk assess to ensure the numbers at sessions are safe and appropriate for social distancing to be maintained. It is also recommended to maintain the 'pod system' where possible in order to minimise contacts.

The space between pods will depend on the nature, duration and intensity of the session but it should be clearly evident that the pods are independent groups not interacting with one another. At a very minimum Social Distancing of 2m between pods should be implemented.

Depending on the frequency of activity (i.e. multiple times in a week) it may be helpful for participants to stay within the same pod.

# appendix a

## PERSONAL SCREENING QUESTIONNAIRE

To be sent by the club to participants pre-session via email, Google form or similar.

This form should be used by session participants to self-screen prior to each session but does not need to be shared with the club. This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. 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 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.