

## COVID-19 Policy

Wicklow Triathlon Club accepts its responsibilities for training sessions and events organised during the Coronavirus COVID-19 pandemic and recognises the need to ensure it is protecting its members and minimising the risk of spread of infection.

This policy is intended to introduce consistent measures for training sessions and events in line with the Government's and Triathlon Ireland's recommendations on social distancing.

These are exceptional circumstances and we will comply with the latest Government advice on Coronavirus at all times.

The Executive Committee has nominated a sub-committee to oversee the COVID-19 Safety response from Wicklow Triathlon Club. A risk assessment has been undertaken prior to club activities resuming, a copy of which will be made available on the website.

The health and safety requirements of any club activity must not be compromised at this time. If an activity cannot be undertaken safely due to a lack of suitably qualified personnel being available or social distancing being implemented, it should not take place.

If members are not adhering to the measures set out below, activities may be curtailed.

This policy will be reviewed regularly and revised as necessary in response to changes in legislation or guidance on sports activities. Club members, coaches and volunteers are all required to cooperate with us in making this policy work.

Des Hogan

Club Chairperson

The aim of this document is to keep members up to date and informed with regard to safely getting back to club training in line with government and Triathlon Ireland guidelines.

It is every member's responsibility to act and behave in a manner that protects each other and the vulnerable members of our community. All member and coaches must adhere to these guidelines with respect and understanding to all involved.

In reading this document and participating in club training sessions you are agreeing to behave responsibly whilst training, in line with Triathlon Ireland and government guidelines.

Any queries should be directed to our COVID-19 Club Safety Officer, Corrie Adams, via email at [safety@wicklowtri.com](mailto:safety@wicklowtri.com).

## Return to Training

Wicklow Triathlon Club will resume some training activities from 24<sup>th</sup> June 2020.

- Numbers attending training sessions will be limited in accordance with Triathlon Ireland and government guidelines.
- All participants must register online prior to attending each training session.
- As part of the online registration process, members must confirm that they have completed the Personal Screening questionnaire, declaring that they are free from COVID-19 symptoms and will not be a risk to others by attending the training session.

### 1. Training locations

| Activity                      | Location   | Day/time                                       | Start date  |
|-------------------------------|--|--|---|
| <b>Intervals and Bike TTs</b> | Start at Beehive in Wicklow and use old N11                                    | Wednesday evening<br>time tbc                  | Intervals: Wed 24 <sup>th</sup><br>June<br><br>TT: 8 <sup>th</sup> July |
| <b>Group Bike Sessions</b>    | Start in the car park beside Ashford House, routes to be circulated in advance | Saturday<br>09:00 & 10:00                      | TBC   |
| <b>Run</b>                    | Start at GoGym Greystones  | Tuesday 19:30                                  | Est. 7 <sup>th</sup> July, TBC  |
| <b>OW swim Wicklow</b>        | Meet at Murrough car park  | Monday 19:00                                   | Est. 6 <sup>th</sup> July, TBC  |
| <b>OW swim Greystones</b>     | Meet at South Beach car park   | Thursday 19:00                                 | Est. 9 <sup>th</sup> July, TBC  |
| <b>Pool swims Greystones</b>  | Shoreline Greystones   | Tuesday 06:30<br><br>Thursday 19:00 &<br>20:00 | TBC   |
| <b>Pool swims Wicklow</b>     | Coral Leisure Wicklow  | Monday<br>20:00                                | TBC   |

## 2. WTC Members Responsibilities:

Prior to attending a club training session all members must make themselves familiar with the COVID-19 Club Safety Guidelines. These are available on the club website at <http://www.wicklowtri.com/covid-19-information-for-members/>.

- Do not attend a club session if you have been unwell in the last 14 days or shows any symptoms of COVID-19
- Do not attend club sessions if you have been in contact with people with known or suspected COVID-19
- If you have had COVID-19, seek expert medical advice prior to commencing high intensity training
- If you become unwell at a session you must have a safe way to get home without putting others at risk
- If you are unwell after a session, please contact your GP and do not attend the next session until cleared by medical personnel
- You are advised not to attend club sessions if you are cocooning or in an at-risk group or living with a cocooning individual
- If you become COVID-19 positive at any time and have attended club sessions, please inform the COVID-19 Officer **immediately** so that contact tracing can be done to reduce the risk to others

### Registering for a training session

- Register for sessions online at least 12 hours in advance of the session via the club website. Anyone who fails to do so will not be permitted to join the session. There will be a maximum of 15 members permitted to each training session (until 29<sup>th</sup> June). Pre-registration sign in forms will be circulated via WhatsApp/email
- Members must read the personal screening questionnaire prior to every training session, found on the club website. If they can answer yes to any questions, they must not attend the session
- Training group sizes are limited according to government guidelines (max of 15 people until 29<sup>th</sup> June)

### Attending a training session

- Only club members may attend training sessions. No spectators or family members are permitted
- Members must wait in their car until the session is due to start. This will ensure there is no congregating of members prior to training
- Members are asked to wear a face covering where appropriate
- Follow public health guidelines at all times, maintaining social distancing and adhering to cough etiquette and hand hygiene at all times
- Direct contact is only permitted in emergency situations, and only with the appropriate PPE. Appropriate PPE as per HSE guidelines will be made available at all sessions in case needed for an emergency
- Do not travel to club session with members outside your household
- Club members are responsible for their own hand hygiene, bringing their own sanitiser or single use disposable wipes to training sessions
- Club members should avoid touching their face during sessions

### 3. Coaches Responsibility:

- Communicate with members as to what they will need to bring to the session in advance
- Where possible provide an outline of what the session will involve to reduce congregation of members in one area
- Complete the personal screening questionnaire prior to every coached session. If you answer YES to any question you must not coach
- Confirm attendees after each session with the COVID-19 Safety Officer to help with contact tracing
- Maintain social distancing, hand hygiene and cough etiquette at all times
- If you have any concerns re guidelines not being adhered to please liaise with the COVID-19 Safety Officer

### 4. Personal Screening Questionnaire

All members will be asked to review the Personal Screening questionnaire when registering for each training session. Members may only register for a training session if they confirm they have answered NO to the all questions below.

This form must be utilised to ensure members and coaches are free from COVID-19 symptoms and pose limited risk to others.

If a person answers YES to any question they should stay at home and inform their medical practitioner.

|    |   |
|----|---|
| 1. | Are you currently diagnosed with or believe you may have COVID-19?  |
| 2. | Have you had any of these symptoms of COVID-19 in the past 14 days? <ul style="list-style-type: none"><li>• High temperature( fever)</li><li>• A new continuous cough</li><li>• New unexplained shortness of breath</li></ul> |
| 3. | Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days?   |
| 4. | Provided direct care for COVID-19 patients in the past 14 days?   |
| 5. | Visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days?  |
| 6. | Travelled together with COVID-19 patient in any kind of conveyance in the past 14 days?   |
| 7. | Arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home?   |

<http://www.wicklowtri.com/wp-content/uploads/2020/06/PersonalScreeningQuestionnaire.pdf>

## 8. Return to Training – General

### For all training sessions members must adhere to the following:

- Read the responsibilities of club members in these guidelines before attending the session and answer the [Personal Screening Questionnaire](#)
- Register for each training session online at least 12 hours prior to the session. Provide your full name and contact number to help with contact tracing. Confirmation of attendance will be noted by the coach or an assigned club member when you attend the session
- Arrive ready to go for the session
- Arrive on time for the session and leave straight away when it is finished so no congregating afterwards
- Maintain social distancing of 2m at all times
- Do not share drinks bottles or food with other members
- Sanitise your hands before and after sessions, bringing your own hand sanitiser
- Maintain cough etiquette at all times

## 9. Return to Cycling

- Bike interval training will start on **Wednesday 24th June at 19:00** starting from The Beehive, Wicklow
- Bike TTs will start on **Wednesday 8th July at 19:00**
- Session will be suitable for all levels

### Cycling specific requirements

- Members must adhere to government guidelines with regards to travel restrictions if attending these sessions (within your own county, or 20km of your home if crossing county line)
- Train in your pods of 3/4 and stick to this same pod weekly to ensure the risk of spread of COVID-19 is minimised
- Strict social distancing of a minimum of 2 metres must be maintained at all times
- Obey the rules of the road

## 10. Return to Swimming

WTC will be returning to Open Water swimming at 2 locations, **start date to be confirmed**. There will be beginner, intermediate and advanced sessions.

- The Murrough car park, Wicklow on Mondays at 19:00
- Greystones South Beach car park on Tuesdays at 06:30 and Thursdays at 19:00

## 11. Return to Running

WTC will be returning to coached running sessions, meeting outside GoGym, Greystones on Tuesdays at 19:30. **Start date to be confirmed.**

Session will be suitable for all levels.

### Run specific requirements

- When running in single file keep a distance of 4m from others, when two abreast, keep a 45 degree angle or 2m apart if space allows

## 12. References and Websites:

<http://www.wicklowtri.com>

<https://www.triathlonireland.com/Image-Document-Library/News/2020/Triathlon- Ireland-Return-to-Club-Training-Protocol-1-2-05062020.pdf>

<https://assets.gov.ie/77450/Ofd354ec-654f-464a-aaef-653b0c066717.pdf>

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/>

## 13. Document revisions

| Version | Updates                  | Effective Date             |
|---------|--------------------------|----------------------------|
| 1.0     | Initial version released | 22 <sup>nd</sup> June 2020 |