

**Nenagh Olympic Athletic Club COVID-19 Risk Assessment**  
**27/05/2020**

<b>What are the hazards?</b>	<b>Who might be harmed?</b>	<b>Controls Required</b>	<b>Additional Control and Action plan for Controls</b>	<b>Action by who?</b>	<b>Action by when?</b>	<b>Done</b>
<p>Spread of Covid-19 Coronavirus</p> <p>Illness to athletes</p> <p>Illness to coaches</p> <p>Illness to those exposed to the virus if</p>	<p>- Members associated with the training sessions and the implementation of (i.e. coaches, COVID-19 officers, athletes and parents)</p> <p>- Any individual who visits the premises during</p>	<p>1) The indoor training facility of NOAC will remain closed during phase 1. Awaiting guidance regarding the re-opening of the stadium.</p> <p>2) Elect a safety Officer.</p> <p>3) As discussed in the committee meeting on 15/05/2020 a trial session is to take place on</p>	<p>The trial session will allow for the evaluation of social distancing measures. It was suggested that a 'Lesson's Learned' document be created to highlight any issues</p>	<p><b>Club</b></p> <p><b>Coaches &amp; club officers</b></p> <p><b>Coaches, athletes &amp; club officers</b></p>	<p><b>15/05/20</b></p> <p><b>20/05/20</b></p>	<p>Y</p>

<p>there is a confirmed case of any member of the training group</p>	<p>allocated training times</p>	<p>Wednesday 20/05/2020 whereby the club can test:</p> <p>a.) the most appropriate strategies for the implementation of social distancing measures and;</p> <p>b.) documentation of personnel involved in training including coaches, athletes and parents bringing athletes to the training grounds.</p> <p>4) The specific guidelines for social distancing are to be in accordance with national guidelines: people must remain more than 2m/6.5ft away from each other at all times during training sessions and all participants must maintain strict respiratory hygiene.</p>	<p>with the implementation of safe training practices.</p> <p>A document will be created outlining guidelines for best practice for returning to training. This document, along with the risk assessment, will be provided to all members of the club prior to a club committee meeting on 29/05/20. These documents will be continually updated to ensure safe practice.</p> <p>Members are to be reminded on each occasion they attend for training of the importance of social distancing. These guidelines are to be enforced by the COVID-19 officers and the coaches. Athletes themselves are to be educated and reminded to adhere to social distancing guidelines. Any athletes who refuse/fail to do so will be warned. Following a warning, the COVID-19 officer has the right to remove an athlete from a session.</p>	<p><b>All club members</b></p>	<p><b>Every session</b></p>	
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		<p>5) Due to the nature of physical activity and the physiological effects associated with exercise, namely increases in respiratory rate and perspiration, distances between athletes will be increased from 2m to 3m during sessions. This distance should be maintained once the session begins until cessation of exercise.</p> <p>6) If clubs decide they can resume, on a limited basis initially, the club safety officer must communicate to all club coaches, who are prepared to resume activities the terms of resumption.</p>	<p>Phase 1 regular reminders to hand sanitize and individuals to carry their own sanitizer. Individuals must bring their own sanitiser, wipes and towels for their own personal use. Bottles must have a label by athletes with their names. Coaches are to be supplied with masks. Athletes are not required to wear face masks but may wear their own masks if they wish to do so.</p> <p>A coach will be selected as one of the COVID-19 officers for training sessions as they are directly involved in the planning of sessions i.e. athlete groups, training schedules, session plans. The second COVID-19 officer at any session, where possible, should be a member of the club who is not directly involved with the training session e.g. a parent or club co-ordinator. A senior athlete (over the age of 18) who is attending training may be considered for the same role.</p>	<p><b>Athletes, Coaches, COVID-19 Officers</b></p> <p><b>Club Safety Officer, COVID-19 co-ordinator, Coaches</b></p>	<p><b>Prior to initiation of training, Every session</b></p>	
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		<p>7) Clubs will need to ensure they have full contact details for all members. In respect of members under 18, this will require full contact details for parents/guardians. This is to facilitate contact tracing in the event of a suspected COVID-19 case.</p> <p>a.) The club in conjunction with the safety officer should nominate at least two COVID-19 co-ordinators</p>	<p>Every individual involved in the training setup (Athletes, coaches, parents, club members) will be provided with the risk assessment and a 'best practice guidelines' statement prior to the resumption of training. COVID officers must be elected prior to the training session. A rota system will be put in place to manage this.</p> <p>Contact details must be gathered by the COVID-19 officers at every training session. The officer in charge must be thorough in the collection of the following details: athletes in attendance and contact details for athletes over 18, the parents of athletes under 18, any parents/guardians who have brought athletes to sessions, the coaches in attendance and the elected COVID-19 officer on the night.</p> <p>A copy of attendance details must be made in the form of an online document, accessible to COVID-19 officers, the club</p>	<p><b>Safety Officer</b></p> <p><b>COVID-19 co-ordinator, Coaches, Athletes, Registrar, Club Secretary, Safety Officer</b></p>	<p><b>20/05/20</b></p> <p>updated as required</p>	
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		<p>who should attend training sessions to ensure these guidelines are being strictly observed. Large clubs using extended locations, may need to nominate additional Co-ordinators. A full record of attendance at each training session must be maintained. This is required to facilitate contact tracing should a suspected case of COVID-19 arise.</p> <p>b.) Athletes, coaches, mentors, parents and other person who may be legitimately present within the terms of the Government guidelines.</p> <p>8) Session plans must be outlined by coaches to ensure that groups of no</p>	<p>secretary and the safety officer. In the event of a suspected/confirmed case of the virus within the training group, these records will allow for effective contact tracing. Any member of the training group who has been in the vicinity of the individual who is suspected to have contracted the virus must adhere to national guidelines regarding precautionary isolation. Should there be any suspected cases a report shall be made by the safety officer outlining the follow up procedures (contact tracing).</p> <p>Parents should not mix with the training group. If they wish to remain at the training, they must wait in a pre-designated area.</p> <p>Following a successful trial session (20/05/20), a weekly outline of training</p>		<p>Ongoing Basis</p> <p>Prior to initiation of training 20/05/20</p>	
					<p><b>All present at training sessions</b></p> <p><b>Coaches, COVID-</b></p>	

		<p>more than 4 athletes are training in any one group.</p>	<p>sessions can be made. Sessions are to take place on the same day every week at set times (e.g. Mon, Wed, Fri at 6:30-7:45). Groups shall contain no more than 4 athletes. Session times can be staggered for different groups, or groups may train in separate areas of the grounds once social distancing guidelines are strictly adhered to. Each group will be under the care of either a senior athlete or a coach (who may also be a COVID-19 officer), whose role is to enforce the social distancing measures.</p> <p>Athlete groups (i.e. groups of 4) must be formed before the resumption of training. These groups are to include the same 4 athletes for the duration of Phase 1 (to be revised prior to phase 2). No crossover of athletes is to be allowed between groups.</p> <p>Parents of athletes may offer to perform the role of the COVID-19 officer (note: as per section 10, the COVID-19 officer may enter</p>	<p><b>19 officers, safety officer</b></p> <p><b>Coaches, Athletes, COVID-19 officers</b></p>	<p>Prior to initiation of training 20/05/20</p> <p>Ongoing basis</p>	
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		<p><b>Cleaning</b></p> <p>9) Frequently cleaning and disinfecting objects and surfaces that are touched regularly in the course of training, using appropriate cleaning products and methods.</p> <p>10) Redesigning access flows club training areas to ensure social distancing in place. This is particularly relevant in relation to car parks, as athletes and parents are coming or going from the area.</p>	<p>the club grounds). A rota will be formed according to the separate athlete groups.</p> <p>If any individual seeks equipment from the indoor facility, they may gain access to the stadium following the approval of the safety officer. If equipment is being taken and returned, it must be decontaminated. All equipment used by athletes to be cleaned before and after use.</p> <p>Only the coaches and COVID-19 officers have access to the CBS grounds. Parents must drop their children off at the entrance to the grounds and return at the end of the session. All participants have been advised regarding a suitable parking outside of the training grounds and entering via foot. Parents/guardians bringing children to training sessions, if they do not leave immediately and return later, should remain in their vehicles. If they do exit, they must</p>	<p><b>Safety Officer, Club Members</b></p> <p><b>All club members</b></p>	<p>Prior to initiation of training 20/05/20</p>	
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		<p><b>Consent</b></p> <p>11) Athletes under the age of 18 must have consent from a parent or guardian before training</p>	<p>observe all the Government/HSE guidelines, such as social/physical distancing.</p> <p>There is to be no overlap between training groups who have been given designated training times. Athlete groups must enter and leave independently.</p> <p>Athletes under the age of 18 must provide coaches with consent to attend sessions upon the re-commencement of training. This consent may be a text message from the parent/guardian of the athlete to the coach. Parents/guardians of athletes who are attending sessions must have read the club risk assessment prior to allowing their child to attend sessions. The risk assessment and best practice guidelines will be made available online for all club members on the club website.</p>	<p><b>Safety officer, athletes, parents and coaches</b></p>		
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		<p><b>Symptoms of Covid-19</b></p> <p>12) If any member of the club becomes unwell with a new continuous cough or a high temperature, they will be sent home and are advised to adhere to national guidelines regarding self-isolation</p> <p>a.) If advised that a club member has developed COVID-19 and they were recently on our club premises the safety officer will contact the secretary to organise the relevant contact tracing process.</p> <p>b.) Should any athlete, coach or club official have any pre-existing medical condition, they should seek the advice of their medical practitioner as to the advisability of resuming club activity at this juncture.</p>		<p><b>All members</b></p> <p><b>All members involved in training</b></p> <p><b>Athletes &amp; coaches</b></p>		
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		<p><b>First Aid</b></p> <p>13) Clubs will need to review their first aid kits to ensure they have adequate supply of face masks, surgical gloves and sanitisers, in the event of an incident arising and needing attention.</p> <p>a.) Arrangements will also have to be in place for access to AEDs, (defibrillators) which are mostly stored in club houses.</p>	<p>Checks will be carried out by the safety officer and coaches to ensure that the necessary procedures are being followed.</p> <p>The club must have access to the defibrillator on site at the CBS secondary school or the AED in the club stadium. First aid that requires close medical attention must be carried out paying close attention to infection prevention and control measures (gloves, mask and other forms of personal protective equipment). Coaches will be informed of same by COVID-19 officers and safety officer. The first aid kit will be updated to include essential PPE required for close contact treatment. The first aid kit will be held by the coach.</p>	<p><b>Safety officer, coaches</b></p>		<p>Y</p>
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		<p><b>Enquiries:</b></p> <p>14) Arrangements following a failure to comply with national guidelines and the club risk assessment policy</p>	<p>In the instance that a coach fails to adhere with the distancing guidelines, the COVID-19 officer must advise them towards proper practice. In the instance that any member of the training group refuses to adhere to the guidelines outlined in the risk assessment, COVID-19 officer must report the same to the safety officer. If the enquiry involves a child or the welfare of a child, the child protection officer must be included in the process. All enquiries are to be discussed with the safety officer online before any actions are taken. If training practices are deemed unsafe, the ‘Lessons Learned’ document must be updated. A committee meeting involving the safety officer and the COVID-19 officer must be carried out to investigate any reported issues with training practices. If the training practices are deemed unsafe, training can be postponed until further notice.</p>	<p><b>Safety Officer, COVID-19 officer</b></p>		
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		<p><b>Notes:</b></p> <p>15) Conference calls to be used instead of face to face meetings.</p> <p>Standard operating procedures are to be updated regularly according to the 'lessons learned' log which will involve weekly or bi-weekly reports to the safety officer.</p>	<p>Lessons learned should be highlighted and documented by coaches and COVID-19 officers. An online document will be created which can be updated by coaches, COVID-19 officers and the safety officer. These lessons must document the date of the sessions and the COVID-19 officers on the night.</p>			
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