

Nenagh Olympic Athletic Club COVID-19 Risk Assessment
Best Practice Guidelines (28/05/20)

As a part of the phase 1 government initiative for returning to activity following the COVID-19 pandemic, Nenagh Olympic Athletic Club have performed a risk assessment (please see attached) to allow for a SAFE return to group training. It is important that every club member that is involved in the training process knows their role, be it as a coach, an athlete, the parent of an athlete or a club officer. Outlined below are some of the important guidelines that have been provided by the Athletics Association of Ireland and discussed by the NOAC Club Committee.

Athletes:

- 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 safety warning, the COVID-19 officer has the right to remove an athlete from a session.
- Individuals must bring their own sanitiser, wipes and towels for their own personal use. Bottles must be labelled by athletes with their names.
- Athletes under the age of 18 must provide coaches with consent to attend sessions upon the re-commencement of training (This must be in the form of a text message from the parent/guardian of the athlete to the coach).
- Pre-determined bag drop areas will be identified by coaches and athletes are advised to leave any training gear in these set areas.
- Athletes from the ages of 13-69 years only.

Coaches:

- It is suggested that one of the coaches at every session be elected as a COVID-19 officer or be prepared to step in should a pre-determined COVID-19 officer not be able to attend.
- Advise athletes of protocols & hygiene practices and continually re-enforce these practices.
- Coaches will be issued with the club risk assessment form and can carry out their own risk assessment based on the advice of a public health official if required.

- The first aid kit will be held by the coach. This will be updated to include essential PPE required for close contact treatment.
- In the circumstances that individuals other than NOAC members are present in the training grounds, coaches may have to adapt sessions to keep those training separate from non-members.
- Controlled & managed training groups: Timetables including training times for specific groups of athletes must be communicated with athletes/parents in advance of sessions. This information should also be shared with the elected COVID-19 officers prior to the session.

Parents:

- Parents should not mix with the training group. If they wish to remain in the vicinity, they must wait in a pre-designated area outside of the club grounds. Parents must drop their children off at the entrance to the grounds and return at the end of the session.
- 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 the club grounds). A rota will be formed according to the separate athlete groups.
- 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 observe all the Government/HSE guidelines, such as social/physical distancing.

COVID-19 Officers:

- A coach will be selected as a COVID-19 officer 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 coordinator. A senior athlete (over the age of 18) may be considered for the same role.
- 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 and the any parents who have brought athletes to sessions, the coaches in attendance.

- A copy of attendance details must be made in the form of an online document, accessible to COVID-19 officers, the club 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).
- There is to be no overlap between training groups who have been given designated training times. Athlete groups must enter and leave independently.
- In the circumstances that individuals other than NOAC members are present in the training grounds during a session, the priority is to keep all involved in the training group separate from non-members.

Due to the unforeseen circumstances that we are faced with, we are going to come across some circumstances in which operating procedures can be improved. A 'lessons learned' log is being created to highlight any issues with the implementation of safe training practices. Logs must be dated. This can be used as a means to improve our practice of social distancing, record keeping and most importantly, to keep everybody safe.

Please see below some sample documents which outline a pre-session screening questionnaire and a record of attendance sheet, on which observations and lessons learned can be noted.

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| Nenagh Endurance Group - Athlete Questionnaire: Olympic |
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Athlete Name: **Age / Within 5k from home: Yes**

| | 18/5/ | 20/5 | 22/5 | 23/5 | 24/5 | 25/5 |
|--|-------|------|------|------|------|------|
| Have you flu like symptoms? | | | | | | |
| Have you a temperature? | | | | | | |
| Have you been in contact with someone with Covid -19 in the last 14 days | | | | | | |
| Are you in a high risk health category? | | | | | | |
| Have you been overseas in the last 14 days | | | | | | |

Athlete Name: Age / Within 5k from home: Yes

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|--|-------|------|------|------|------|------|
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| Have you a temperature? | | | | | | |
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| Are you in a high risk health category? | | | | | | |
| Have you been overseas in the last 14 days | | | | | | |

Nenagh Endurance Group – Record of Attendance & Observations

Date: 20/5/20 **Venue:** CBS Nenagh **Time:** 6pm – 7pm

Coach: Sean Finn

COVID-19 Officer(s):

Athletes (groups of 3):

Observations / lessons learned:

Coach/COVID-19 Officer signature:

Athletics Club Return COVID-19 Roadmap



Further to the most recent Governments update and guidelines Athletics Ireland have drawn up a road-map of the recommencement of our sport. Due to the nature of COVID-19 the future remains very uncertain, and any or all of the details listed can be changed at any time inline with any future Government updates. As always we will respect the Government and Health Authorities recommendations in order to keep our members as safe as possible.

The guidance so far is very much dependent on how the virus responds to a lifting of the restrictions and is very changeable, therefore we are unable to set a more strict timetable for return to training and competition as yet. We will continue to update all of our members as best and as regularly as possible as more information becomes available to us.

Please note, athletics has been very privileged to be one of the first sports to be allowed back to open and we should respect this by adhering to all of the guidelines in place.

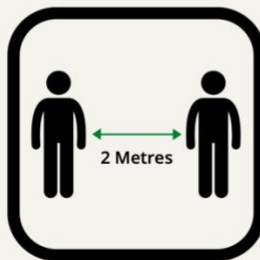
- **Social Distancing is essential at all time**
- **Good hygiene and hand washing etiquette is crucial**
- **Follow all Government Guideline and Travel Restrictions**

Welcome back to the Club!

Please adhere to the following measures
(Instructions for athletes)



No handshakes or other forms of physical contact



Keep a 2 metre distance



Arrive a maximum of 10 minutes before your training starts



Go home directly after your training ends

- Parents are to Drop off only if possible
- Use your own gear like towels and drinking bottles (fill at home!)
- Stay with your own group
- General building/rooms like clubhouses, terraces, showers, dressing rooms are closed!
- Stay home if you have the following symptoms: a cold, running nose, sneezing, sore throat, mild cough, fever
- Wash your hands before and after the training
- Try not to touch your face during the training
- No High Fives or other form of physical contact
- Follow always the instructions from the coach or someone from the club
- Keep 2 meter distance
- Present a maximum 10 min before the start of training
- Go home directly after training
- Always carry your own sanitizer and wipes



To see more: visit <https://www.athleticsireland.ie/about/COVID-19>