

**Nenagh Olympic Athletic Club COVID-19 Risk Assessment  
Phase 3  
26/06/2020**

<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</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 re-open for phase 3. Training must be organised and authorised by a COIVD officer and may only take place during pre-determined time slots.</p> <p>a.) Bookings for the indoor facilities must first be organised with a designated club official.</p> <p>b.) For an athlete or group of athletes to train, they must also use</p>	<p>Update risk assessment to include considerations for indoor training</p> <p>Posters/banners and sanitisation stations to be used in stadium.</p> <p>Groups must train at schedules times during the week to avoid any over-crowding in the indoor facilities</p> <p>Training during phase 3 will be reserved for club members &amp; associate members</p>	<b>Safety Officer</b>	29/06/20	Y

<p>exposed to the virus</p>	<p>allocated training times</p>	<p>the online contact tracing reservations system  <a href="https://membership.athleticsireland.ie/reservation.html">https://membership.athleticsireland.ie/reservation.html</a></p> <p>c.) Complete the Covid health screening questionnaire before each training either online or at your club prior to training  <a href="https://forms.gle/HDgVyrDQkqEesTgn9">https://forms.gle/HDgVyrDQkqEesTgn9</a></p> <p>d.) Inform athletes, coaches and COVID officers of SOP's for indoor training</p> <p>2) Elect a safety Officer  Elect a lead COVID-19 Officer</p>	<p>only, with the exception of those who train with the club groups on a regular basis.</p> <p>Complete prior to each session</p> <p>Juvenile training will not resume during Phase 3 (i.e. Thursday night sessions).  Juvenile athletes may attend sessions if instructed to do so by coaches.</p>	<p><b>Committee  Coaches &amp;  club  officers</b></p>	<p><b>15/05/20</b>  <b>29/06/20</b>    <b>29/06/20</b></p>	<p>Y</p>
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		<p>3) Trial session for indoor running is to take place 29/06/2020 whereby the club can test:</p> <p>a.) the most appropriate strategies for the implementation of social distancing measures;</p> <p>b.) documentation of personnel involved in training including coaches, athletes and parents bringing athletes to the training grounds</p> <p>c.) sanitisation of equipment</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</p>	<p>Trial session: allow for the evaluation of social distancing measures. A 'Lesson's Learned' document will be used to highlight any issues with the implementation of safe training practices.</p> <p>The risk assessment will be published on the club website. This documents will be continually updated to ensure safe practice.</p> <p>Sanitisation of equipment must be prior to and after use must be enforced by the COVID officer at every session</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</p>	<p><b>Coaches, athletes &amp; club officers</b></p> <p><b>All club members</b></p> <p><b>Athletes, Coaches, COVID-19 Officers</b></p> <p><b>Club Safety Officer, COVID-19 co-</b></p>	<p><b>Every session</b></p>	
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		<p>participants must maintain strict respiratory hygiene.</p> <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 determined by coaches during sessions (no less than 2m). This distance should be maintained once the session begins until cessation of exercise.</p>	<p>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>Phase 3: 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 labelled 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</p>	<p><b>ordinator, Coaches</b></p> <p><b>COVID-19 co-ordinator, Coaches, Athletes, Registrar, Club Secretary, Safety Officer</b></p>	<p><b>Prior to initiation of training, Every session</b></p> <p><b>20/05/20</b>  updated as required</p>	
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		<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>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>Every individual involved in the training setup (Athletes, coaches, parents, club members) will be provided with the risk assessment and the AAI guidelines for phase 3 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</p>	<p><b>All present at training sessions</b></p> <p><b>Coaches, COVID-19 officers, safety officer</b></p>	<p>Ongoing Basis</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 or 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 who should attend training sessions to ensure these guidelines are being</p>	<p>who have brought athletes to sessions, the coaches in attendance and the elected COVID-19 officer on the night (see 1 a. regarding booking procedures)</p> <p>See 1a.) In the event of a suspected/confirmed case of the virus within the training group, 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 will 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><b>Safety Officer, Club Members</b></p>	<p>Ongoing basis</p>	
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		<p>strictly observed. Large clubs using extended locations, may need to nominate additional Co-ordinators.</p> <p>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>8) Session plans must be outlined by coaches to ensure that groups of no more than 15 athletes are training in any one group.</p>	<p>Sessions, where possible, are to take place set times each week (e.g. Mon, Wed, Fri at 6:30-7:45). Groups of up to 15 athletes are permitted. 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. It is advised that groups remain constant to avoid crossover</p>	<p><b>Safety officer, athletes, parents and coaches</b></p> <p><b>All members</b></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>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.</p> <p>If equipment is being taken and returned, it must be decontaminated. All equipment used by athletes is to be cleaned before and after use using an alcohol solution as provided by the club.</p> <p>Parents/guardians must observe Government/HSE guidelines, such as social/physical distancing if they remain in the training grounds during training sessions. There is to be no overlap between training groups who have been given designated training times. Athlete groups</p>	<p><b>Athletes &amp; coaches</b></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>must enter and leave independently. If there is more than one group present in the training facility, the groups must remain separate for the duration of the session.</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, coaches</b></p>		
		<p><b>Symptoms of Covid-19</b></p> <p>12) If any member of the club becomes unwell with a new</p>	<p>If a member becomes unwell at training, the athlete must be brought to a designated</p>	<p><b>Safety Officer,</b></p>		

		<p>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>medical isolation room and remain there until collected by a parent or guardian. It is advised that a supervisor in this case, adheres to social distancing measures. Any room used for medical isolation must be decontaminated after use.</p> <p>Coaches will be issued with the risk assessment form and can carry out their own risk assessment based on the advice of a public health official if required.</p>	<p><b>COVID-19 officer, coaches</b></p> <p><b>Safety Officer, COVID-19 officer, 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><b>Enquiries:</b></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.</p> <p>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>		23/06/20	Y
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		<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>			
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