

Triathlon Ireland

Return to Training Protocol for Clubs

Version 2.11 | Release Date: 30th December 2020

*Please ensure you are referring to the most recent version of this document.

guiding documents

Resilience and Recovery 2020-2021: Plan for living with Covid 19 Coronavirus Our Approach to Decision- Making

Triathlon Ireland has received guidance from [Sport Ireland](#) and [Sport Northern Ireland](#) to ensure our protocol is in alignment with current Irish Government and 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 Government regulations. Core concepts for us all are:

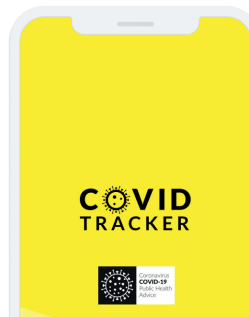
- Maintain handwashing and respiratory hygiene.
- Keep 2 metres distance from other people.
- Be hyper-alert to, and isolate if you have symptoms-including flu like symptoms.
- Reduce close contacts and duration of contact with people outside our house holds (have a micro community).
- Access advice 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, the HSE and the HSCNI
- 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 ROI download the [HSE 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.

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.



**KEEP 2 METRES
DISTANCE FROM
OTHER PEOPLE**



DO NOT SHAKE HANDS



**MAINTAIN HAND
WASHING**



**MAINTAIN RESPIRATORY
HYGIENE**

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.

Personal Responsibility

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

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

Club 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. 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 club members feel unwell at all they must stay at home. If individuals become unwell during a session they may be putting other club members who need to assist them at risk.

Club 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 club members feel unwell after a session they should contact their GP and should not attend the next session.

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

Club members should avoid touching their face during sessions.

All club members should practice appropriate respiratory and hand hygiene/sanitation techniques, bringing their own individual hand sanitisers or

single-use disposable wipes.

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

Club members should arrive changed and ready for the session.

Club members must not share food or water bottles.

Club 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.

Club members should avoid traveling to and from sessions with other members who are not from the same household.

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.

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

- Organised Sports training / activity / exercise can do so in multiple pods once sufficient space is available and strict public health protocols are in place.
- The use of multiple pods is to assist with minimising the number of people in a group while acknowledging that some outdoor and indoor facilities have the capacity to cater for larger numbers of people in a safe manner and within public health guidelines. People participating in pod training can be from different households.
- The number of pods in a given facility or area will depend on the overall size of space available.
- 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.
- A coach or instructor may oversee more than one pod and should be counted in the overall numbers.
- The coach should not move freely between pods but rather oversee the activity of the pods.

general club session guidelines

If sessions are permitted in your area

run sessions

The International Triathlon Union 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. Pool sessions can take place following the public health advice in place in the venue.

indoor sessions

The following must be in place:

- Social distancing of 2 metres minimum can be maintained between the group.
- Handwashing facilities are available.
- 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 equipment 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.
- 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 indicating maximum permissible numbers be posted for each area of the facility that is accessible.

Republic of Ireland

Please follow guidance relevant to your County

Level 2

Government Framework	Triathlon Ireland Training
<p>Organised Outdoor Gatherings</p> <p>These are controlled environments with a named event organiser, owner or manager. For example: outdoor Arts events, training events.</p> <p>Up to 100 patrons are permitted for the majority of venues.</p> <p>Up to 200 patrons for outdoor stadia or other fixed outdoor venues with a minimum accredited capacity of 5,000 (with robust protective measures as per sectoral guidance).</p> <p>For very large purpose built event facilities (for example: stadia, auditoriums, conference or event centres) specific guidance will be developed with the relevant sectors to take account of size and different conditions for larger events.</p> <p>SPORTS</p> <p>Training</p> <p>Outdoors: training can take place in pods of up to 15 (exemption for professional/elite/inter-county sports/senior club championship).</p> <p>Indoors: training, exercise and dance classes can take place in pods of up to 6 inside (exemption for professional/elite/inter-county sports/senior club championship).</p> <p>Matches and Events</p> <ul style="list-style-type: none"> → up to 100 patrons/spectators outdoors and 50 patrons/spectators indoors → up to 200 for outdoor stadia or other fixed outdoor venues with a minimum accredited capacity of 5,000. <p>For large purpose built event facilities (such as stadia, auditoriums, conferencing/event centres), specific guidance will be developed with the relevant sectors to take account of size and different conditions for events such as large national and international sporting events.</p> <p>Gyms, Leisure Centres and Swimming Pools</p> <p>These can open with protective measures, taking account of public health advice, including social distancing.</p>	<p>Protective measures:</p> <ul style="list-style-type: none"> → Pre session questionnaire → Covid Risk assessment → Social distancing → Handwashing → Cleaning protocols → Face coverings where required <p>Outdoors</p> <p>Tl members can train together outdoors in multiple groups of 15.</p> <p>Indoors</p> <p>Tl members can train together indoors in multiple groups of 6. Pod systems can be used to facilitate Group Activity where space is available. Maximum limits for indoor venues will remain at 50 at present.</p> <p>Pods</p> <p>Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes. Congregation pre and post sessions should be avoided.</p>

Level 3

Government Framework	Triathlon Ireland Training
<h3>Organised Outdoor Gatherings</h3> <p>These are controlled environments with a named event organiser, owner or manager. For example: outdoor arts events, training events.</p> <p>Gatherings of up to 15 people can take place.</p> <h3>SPORTS</h3> <h4>Training</h4> <p>Outdoors: Non contact training only in pods of up to 15 (exemption for professional/elite/inter-county sports/senior club championship).</p> <p>Indoors: Individual training only. No exercise or dance classes.</p> <h4>Matches and events</h4> <p>No matches or events to take place. Exemption: professional/elite/inter-county/club championship/horse-racing can take place behind closed doors.</p> <h4>Gyms, leisure centres and swimming pools</h4> <p>Gyms/leisure/swimming pools open with protective measures, for individual training only.</p>	<h3>Protective measures:</h3> <ul style="list-style-type: none">→ Pre session questionnaire→ Covid Risk assessment→ Social distancing→ Handwashing→ Cleaning protocols→ Face coverings where required <h3>Outdoors</h3> <p>TI members can train within their own County.</p> <p>TI members can train together outdoors in multiple groups of 15.</p> <h3>Indoors</h3> <p>Sport Ireland have approved club pool sessions, however this will be at the discretion of the pool operator. The following must be in place;</p> <ul style="list-style-type: none">• Social distancing restrictions in place at the pool must be observed.• Sessions are individualised rather than group or pod based. The numbers below allow sufficient spacing to be classified as individual training, with a club coach leading the session.• Each individual should be given their own start and end point to avoid congregation at either end of the pool.<ul style="list-style-type: none">→ 50m Pool – up to 6 individual athletes per lane→ 25m Pool – up to 5 individual athletes per lane→ 20m Pool – up to 4 individual athletes per lane• A maximum of 2 coaches per session, working from opposite sides /ends of the pool <p>No other indoor training permitted.</p> <h3>Pods</h3> <p>Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes. Congregation pre and post sessions should be avoided.</p>

Level 4




















Government Framework	Triathlon Ireland Training
<p>Domestic Travel Exercise within your own county</p> <p>Organised Outdoor Gatherings</p> <p>These are controlled environments with a named event organiser, owner or manager. For example: outdoor arts events, training events.</p> <p>Gatherings of up to 15 people can take place.</p> <p>SPORTS</p> <p>Training</p> <p>Outdoors: Non contact training only in pods of up to 15.</p> <p>Indoors: Individual training only. No exercise or dance classes can take place.</p> <p>Matches and events</p> <p>No matches or events to take place.</p> <p>Gyms, leisure centres and swimming pools</p> <p>Gyms/leisure/swimming pools closed</p>	<p>Protective measures:</p> <ul style="list-style-type: none"> → Pre session questionnaire → Covid Risk assessment → Social distancing → Handwashing → Cleaning protocols → Face coverings where required <p>Outdoors</p> <p>Ti members can train within their own County.</p> <p>Ti members can train together outdoors in multiple groups of 15.</p> <p>Indoors</p> <p>No club sessions permitted. Individual sessions only.</p> <p>Pods</p> <p>Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes. Congregation pre and post sessions should be avoided.</p>

Level 5 (updated 30/12/2020)

Government Guidelines	Triathlon Ireland Training
<p>Organised Outdoor Gatherings</p> <p>These are controlled environments with a named event organiser, owner or manager. For example: outdoor arts events, training events.</p> <p>No organised out gatherings should take place.</p> <p>EXERCISE & SPORTING EVENTS</p> <p>Training</p> <p>People may meet with people from one other household in outdoor settings when taking exercise.</p> <p>No indoor or outdoor exercise group activities, including those involving children, should take place.</p> <p>Outdoor golf and tennis are not permitted.</p> <p>Individual training only. No exercise or dance classes. No indoor or outdoor gatherings involving "individual training" except for professional and elite sports.</p> <p>Matches and events</p> <p>Professional, elite sports, horse racing, greyhound racing and approved equestrian events only are permitted to continue behind closed doors.</p> <p>No other matches or events are to take place.</p> <p>Gyms, leisure centres and swimming pools</p> <p>Gyms, leisure centres and swimming pools must close from close of business on 31 December.</p>	<ul style="list-style-type: none"> → Triathlon Ireland Club Training is not permitted → Triathlon Ireland members can train outdoors within 5km of their home

national framework for living with covid-19

Very low rate of COVID-19 infections Very high rate of COVID-19 infections
 Low R-Number High R-Number

	Level 1	Level 2	Level 3	Level 4	Level 5
Indoor Events	Depending on venue size 100 200	Depending on venue size 50 100	 No organised events	 No organised events	 No organised events
Outdoor Events	Depending on venue size 200 500	Depending on venue size 100 200	Gatherings of up to 15	Gatherings of up to 15	No organised events
Sports Training	 Normal training with protective measures	Indoors Pods of 6 	1  Individual only	1  Individual only	 Individual training only
		Outdoors Pods of 15 	Pods of 15 Non-contact 	Pods of 15 Non-contact 	
Matches & Events	100 indoor 200 outdoor 500 stadia	50 indoor 100 outdoor 200 stadia	 Except specific exemptions	 Except specific exemptions	 No events
Gyms, Pools & Leisure Centres	 Open with protective measures	 Open with protective measures	 Individual training only	 Closed	 Closed

Northern Ireland

Please ensure you are following correct guidance for your area. If your area is subject to local restrictions and you have a query, please contact Triathlon Ireland Head of Development & Education **Niamh O’Gorman** on niamh@triathlonireland.com.

Government Guidelines

- Outdoor exercise in groups of up to a maximum of 15.
- As Covid is spread by respiratory droplets, group indoor sports/exercise activities that have high levels of exertion (i.e. that cause participants to get out of breath) are not permitted at this time.
- Gyms, swimming and diving pools can open for individual training, training with a personal trainer/coach and classes of up to 15 that do not cause an individual to get out of breath. Contact details must be taken.
- Sports events, subject to a risk assessment if more than 15 people attending with measures in place to limit risk of virus transmission. An upper limit of 500 spectators is permitted. The risk assessment in respect of a venue at which a sporting event occurs must include a consideration of risks relating to those outside the venue who are entering or leaving the venue.
- Physical education delivered by or for schools, preschools and other education providers is permitted to continue.
- Inter-school competitive sporting events are not permitted.
- Elite training and competition can continue, both indoors and outdoors. The definition of an elite athlete is set out in the regulations.

From 26/12/2020 to 01/01/2021 Inclusive:

- No sporting events permitted at all, even at elite level.
- Elite athletes permitted to train between 6:00 a.m. and 8:00 p.m.
- Outdoor sports and exercise facilities including activity centres, equestrian centres, Golf courses, marinas and venues relating to motor sport and water sport must close.
- Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.
- Outdoor exercise permitted only as an individual or with members of your own household.

Triathlon Ireland Training

Protective measures:

- Pre session questionnaire
- Covid Risk assessment
- Social distancing
- Handwashing
- Cleaning protocols
- Face coverings where required

Outdoors

TI members can train together outdoors in a group of 15.

Indoors

No club sessions permitted, individual sessions only.

Pods

Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes. Congregation pre and post sessions should be avoided.

From 26/12/2020 to 01/01/2021 Inclusive:

- Triathlon Ireland High Performance Athletes are permitted to train between 6:00am and 8:00pm
- Triathlon Ireland Club Training is not permitted
- Triathlon Ireland members can train outdoors as an individual or with members of your own household

Government Guidelines**From 02/01/2021:**

- Outdoor gatherings for the purposes of exercise or sport are only permitted for elite athletes, for the purposes of P.E in or for schools, or if participants are members of the same household.
- Outdoor sports and exercise facilities including activity centres, equestrian centres, Golf courses, marinas and venues relating to motor sport and water sport must close.
- Indoor sport is only permitted for elite athletes or for P.E in, or for, schools.
- Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.
- Elite training and competition can continue, both indoors and outdoors. The definition of an elite athlete is set out in the Regulations
- Spectators are not permitted at elite sporting events

Triathlon Ireland Training**From 02/01/2021:**

- Triathlon Ireland Club Training is not permitted
- Triathlon Ireland members can train outdoors as an individual or with members of your own household

appendix a:

Personal Screening Questionnaire – To be sent pre-session via email, Google form or similar.

This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. This should be completed prior to each session by club members but does not need to be shared with the club. 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 NOT CURRENTLY ON THE GREEN LIST 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.

Resources:

[Department of Health](#)

[NI Executive](#)

[Sport NI Return to Sport](#)

[Green list Countries Republic of Ireland](#)

[Health Protection Surveillance Unit Return to Sports Activities for Children and Adolescents](#)

[Guidance on Carpooling](#)

[NI Restrictions](#)

FROM SEPTEMBER 22ND

[Green list Countries Northern Ireland](#)

[Triathlon Ireland Covid Club Return to Training Form](#)

ONLY NEEDED IF REQUESTED BY A FACILITY