

**Triathlon Ireland**

# **Return to Training Protocol**

**for Clubs and Members in  
the Republic of Ireland**

**Version 1.2 | Release Date: 2<sup>ND</sup> June 2021**

Guiding Document:

→ **COVID-19 Resilience and Recovery 2021**

Triathlon Ireland has received guidance from Sport Ireland to ensure our protocol is in alignment with current Government 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 TI 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 at all times before and during sessions.
- 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.
- 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 **COVID Tracker 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.



# personal responsibility

applies to Triathlon Ireland (TI) members when training;  
both during club sessions and outside of club sessions

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

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

If attending a club session or meeting others to train, TI 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.

For Club sessions, 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 TI members feel unwell at all they **MUST** stay at home. If individuals become unwell during a session they may be putting other club members or those they are training with who need to assist them at risk.

TI 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 TI members feel unwell after a session they should contact their GP and should not attend the next session with a club or other training partners.

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

TI members should avoid touching their face during sessions.

All TI members should practice appropriate respiratory and hand hygiene/sanitation techniques, bringing their own individual hand sanitisers or single-use disposable wipes.

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

TI members should arrive changed and ready for the session if applicable.

TI members must not share food or water bottles.

TI 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.

TI members should not travel in a car to and from sessions with other members who are not from the same household.

# government guidelines

From 7<sup>TH</sup> June

Outdoor sports matches can recommence.  
No spectators are permitted.

Gyms, swimming pools, leisure centres  
can reopen for individual training only.

Outdoor sports facilities can remain open  
(for example: pitches, golf courses and tennis  
courts, other facilities as appropriate).

Outdoor training for adults and under 18's  
in pods of a maximum of 15 can continue.

# ti members training guidance

Outside of organised club training sessions, Triathlon Ireland members must adhere to all public health guidelines. This currently means that outdoor distanced sport for adults can continue and members can train alone indoors in gyms and pools following the health protocols in place at the venue.

Before taking part in open water swimming we recommend that all members read the Covid-19 Open Water Guidance for Swimmers document [here](#).

## PROTECTIVE MEASURES

### INDIVIDUAL INDOOR SESSIONS ONLY

**SOCIAL DISTANCING**  
maintained at all time

**HANDWASHING**

**FACE COVERINGS**  
where required

# ti club training guidance

## Club Sessions

Outdoor club sessions for Juniors (under 18) and adults can take place in pods of 15.

It will be permitted to open outdoor sports facilities for structured club training sessions in pods of no more than 15 and in compliance with approved COVID-19 protocols and all relevant public health guidance.

- Pods must include the coach and anyone else present to assist in the total number (eg. pod of 14+ 1 coach).

- A coach can oversee multiple pods but must not move between pods.

- Multiple pods are permitted if space allows.

- Safety crew for open water sessions should be a separate pod.

Indoor sessions are permitted for individual sessions only. The Sport Ireland expert group has recommended the 'pod of one' concept and

defines individual sessions as **'Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment'**.

From the 7<sup>TH</sup> of June 'indoor sessions' does not apply to 'training or exercise classes'.

Club pool sessions are permitted using the guidance below.

## Indoor Facilities (Pools/Gyms/Sports halls)

Clubs should consult with individual facilities regarding their protocol prior to club sessions.

Clubs should adhere to facility protocol around social distancing, sanitising, wearing of face coverings and use of changing rooms.

Arrival times and use of changing facilities should be staggered to limit the interaction of participants at any one time.

Avoid congregating at the facility entrance pre and post session.

Where possible members should arrive changed for sessions and leave immediately after.

While showers and changing rooms are open, the use of them should be kept to a minimum.

On entry & exit, individuals should use the hand sanitizer provided.

Any individual (13 years +) entering a facility should wear a face covering until they are ready to commence training.

For pool sessions all persons on deck to wear face coverings until all participants have entered the water.

Participants should wear a face covering if leaving the session to use the toilet etc.

## Indoor Club Run Facilities

The club using the facility should establish who has responsibility for sanitizing the indoor area used and toilet facility.

The following is recommended for club run facilities:

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

- 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 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.

- Activity should take place in a predefined area which is visually marked out and directionally signed.
- The space required in this area should reflect the nature and intensity of the activity
- There should be in excess of 2m social distancing between each of the predefined areas.
- The Cleaning & Ventilation of facilities should be conducted in accordance with the Governments most recent [Work Safely Protocol](#).

## Club Pool Sessions

Changing Rooms and Showers:

- Participants arrive ready to train with swimwear under clothes.
- Time in the changing room should be staggered and minimised and members should leave immediately after they have changed. Social distancing should be maintained in the changing rooms. Where possible showers should not be used. Clubs should engage with their facilities to agree on appropriate, and safe use of shower area.

## Club Training

Coaches to ensure that sessions are individualised rather than group or pod based.

Participants should wear a face covering if leaving the pool to use the toilet etc.

All persons on deck to wear face coverings until all participants have entered the water.

No equipment sharing in any circumstances.

1 coach per 2 lanes of activity permitted per session.

Strict use of 'home points' within lanes as start and finish points for each individual, ensuring social distancing is in place (at least 2 metres).

Individuals per lane:

- 50m Pool – up to 8 individuals per lane
- 25m Pool – up to 6 individuals per lane
- 20m Pool – up to 4 individuals per lane

During indoor and outdoor club training sessions it will only be permitted for participants and relevant coaching and support personnel to be present. Parents/Carers of junior members will be permitted to attend for child safeguarding purposes, however they will be required to comply with social distancing and other public health advice.

Training sessions must not exceed the duration time normally associated with the activity and Sport Ireland has recommended that clubs consider a reduction in the overall duration of the activity.

Any club or group that is not in a position to apply these measures or enforce them should not hold training sessions.

This continues to be on an opt-in basis for participants.

## Pods

Training pods should be maintained and pods should avoid mixing. Coaches & Instructors should be included in the pod sizes.

## PROTECTIVE MEASURES

### PRE SESSION QUESTIONNAIRE

### COVID RISK ASSESSMENT

### SOCIAL DISTANCING

maintained at all time

### HANDWASHING

### CLEANING PROTOCOLS

### FACE COVERINGS

where required

# 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 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.

## Run Sessions

World Triathlon 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. Please see Covid-19 Open Water Guidance for Swimmers document [here](#). Pool sessions can take place following the public health advice in place in the venue **and the guidelines above**.

## 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.

## 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.

## 'Pod' System

Organised Sports training / activity / exercise can take place in a pod/s once sufficient space is available and strict public health protocols are in place.

Currently multiple pods are only permitted for junior athletes (under 18). 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.

# return to sport for specific groups

## 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](#).



# appendix a

## PERSONAL SCREENING QUESTIONNAIRE

To be sent by the club to participants pre-session via email, Google form or similar.

This form should be used by session participants to self-screen prior to each session but does not need to be shared with the club. This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. 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.

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 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.