



Triathlon Ireland

# Return to Training Protocol

for Clubs and Members in  
the Republic of Ireland

Version 1.3 | Release Date: 17<sup>TH</sup> September 2021

Guiding Document:

→ [Reframing the challenge, continuing our recovery and reconnecting](#)

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. As restrictions ease, clubs must maintain some 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 where required.
- Be hyper-alert to, and isolate if you have symptoms-including flu like symptoms.
- 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](#).



# 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 and if they have that they have complied with the current [HSE protocol for close contacts](#) 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.

If TI members feel unwell 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.

All TI members should practice appropriate respiratory and hand hygiene/sanitation and avoid touching their face during sessions. TI members should bring their own individual hand sanitisers or single-use disposable wipes.

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.

Where car-pooling or public transport is being used individuals should take protective measures such as wearing face coverings.

# government guidelines

## From the 20<sup>TH</sup> of September

### Organised Indoor Group Activities

Organised indoor group activities (sports, arts, culture, dance classes) can take place with capacity limits of 100 people (with appropriate protective measures) where all patrons are immune (fully vaccinated or recovered from COVID-19 within previous 6 months), or accompanied minors (under 18).

Where patrons have mixed immunity status, pods of up to 6 participants will be permitted (excluding adult leaders/teachers).

Multiple pods will be permissible subject to protective measures.

Number of pods will have regard to the size of venue and substantial social distance between individual pods.

### Organised Outdoor Group Activities

Restrictions on outdoor group activities for participants will be removed.

Note, where applicable, spectator attendance will remain in line with regulations for events.

## From the 22<sup>ND</sup> of October Onwards, Final Restrictions Will Be Lifted Including:

- requirements for physical distancing;
- requirements for mask wearing outdoors and in indoor private settings;
- limits on numbers at indoor and outdoor events and activities;
- restrictions on religious or civil ceremonies;
- limits on numbers that can meet in private homes/gardens;
- restrictions on high-risk activities (nightclubs for example);
- certification of vaccination, immunity or testing as a prerequisite for access to, or engagement in, any activities or events (with exception of international travel).

### Measures that will remain in place include:

- self-isolation when we have symptoms;
- mask wearing in healthcare settings, indoor retail and on public transport.

**20th of September - 21st October**

## TI Members Training Guidance

Outside of organised club training sessions, Triathlon Ireland members must adhere to all public health guidelines.

## TI Club Sessions Protective Measures

- Pre session questionnaire
- Covid Risk assessment
- Social distancing maintained at all times.
- Handwashing
- Cleaning protocols
- Face coverings where required
- Congregation pre and post sessions should be avoided.

## Outdoor Club Sessions

Club outdoor sessions can take place with no restrictions on group size.

Where there is no restriction on group size, consideration should still be given to venue size to allow for sufficient space.

Clubs should continue to exercise caution in relation to COVID-19 including social distancing and congregation pre and post session.

## Indoor Club Sessions

Indoor adult and junior sessions can take place with group sizing depending on immunity status.

If all club members are immune (fully vaccinated or recovered from COVID-19 within previous 6 months) then the overall group size can be up to 100.

If there is mixed immunity then indoor sessions must be run in pods of 6. There can be multiple pods depending on the size of the venue and coaches/leaders do not need to be included in the pod numbers.

## Junior Sessions

Junior pool sessions do not need to be run in pods however social distancing should be maintained when they are not engaged in activities.

## 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.
- Social distancing should be maintained in the changing rooms.
- 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.
- Any individual (13 years +) entering a facility should wear a face covering until they are ready to commence training.
- Participants should wear a face covering if leaving the session to use the toilet etc.
- For pool sessions, persons on deck to wear face coverings until all participants have entered the water.
- No equipment sharing in any circumstances.
- On entry & exit, individuals should use the hand sanitizer provided.

## Club Pool Sessions

Where all swimmers can provide proof of immunity, social distancing is not required whilst in the swimming pool. Where swimmers have mixed immunity clubs should use protocols below until 22<sup>ND</sup> October 2021.

### Full immunity:

Clubs should conduct a risk assessment to decide how many swimmers are suitable to be in each lane. This may vary between sessions depending on:

- Age of athletes
- Ability of athletes
- No. of coaches on deck
- Type of session
- Length of pool
- Width of lanes

### Mixed immunity:

Clubs should operate on the following protocols:

- 20 metre pool – option 1: 2 pods of 3, option 2: 1 pod of 6.
- 25 metre pool – option 1: 2 pods of 4, option 2: 1 pod of 6.
- 50 metre pool – option 1: 2 pods of 5, option 2: 1 pod of 6.

## Indoor Club Run Facilities

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

- 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](#).

# 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 screening questionnaire.
- 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.
- Please see Covid-19 Open Water Guidance for Swimmers document [here](#).

## 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. Club members identified as close contacts should follow the [current HSE protocol for close contacts](#).

## 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.
  - 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 for groups with mixed immunity status

- Organised Sports training / activity / exercise can take place indoors in a pods of 6 once sufficient space is available and strict public health protocols are in place.
- 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.
- In addition it is not recommended that Coaches/instructors participate in multiple pods. A single Coach/Instructor may however coach/instruct/oversee/supervise more than one pod. This Coach/Instructor should ensure that they are not directly engaging with or in close proximity to any individual members of the pod. To any independent onlooker it should be clear that the Coach/Instructor is completely separate to the groups he/she is overseeing.

## Declaration form and Proof of Immunity

All club members attending training sessions, including athletes, coaches, COVID-19 officers etc. are required to complete and return the updated declaration form to their club to enable clubs to best plan their ongoing training programme. This is a once off form that will remove the requirement for self-report screening forms for each session.

- In line with GDPR best practise the declaration forms should be held until 30th October 2021, after which time they should be safely and securely destroyed.
- Clubs can assume mixed immunity of their session participants if they do not wish to collect this data. They should then operate the pod system as outlined. Session participants will need to continue to self screen using Appendix A, which does not need to be shared with the club.
- Declaration forms can be administered in paper or online format (online recommended).
- Club members over 18 in ROI will be asked to indicate their COVID-19 immunity status.
- COVID-19 immunity is defined on [www.gov.ie](http://www.gov.ie) as fully vaccinated or recovered from COVID19 within previous 6 months.
- HSE Vaccination Card or EU Digital COVID Certificate (provides proof of recovery and vaccination) is acceptable as proof of immunity. Facilities and clubs may also ask for Photo ID for verification purposes.
- If club members (over 18) do not disclose their immunity status these members must be treated as not being immune and the club should follow mixed immunity protocols.
- Club members under 18 may be asked for proof of age by their facility, this should be agreed with facility in advance if required.

appendix a

## Covid Self Declaration

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 screen and declare immunity status to their club.

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? → High temperature (fever)? → A new continuous cough? → New unexplained shortness of breath? → Loss of taste or smell? → Abnormal taste → Experienced a rash	YES/NO
3. I have reviewed the relevant protocols issued by Triathlon Ireland and agree to comply with them?	YES/NO
4. I acknowledge the risk of COVID-19 and I am attending club activities at my own risk.	YES/NO
5. I confirm I will not attend training if I have any COVID-19 symptoms, and if I test positive for COVID-19 I will advise my club's Lead COVID-19 Officer.	YES/NO
6. If I am aware that I am a close contact of a COVID-19 case I will follow the <a href="#">guidance outlined by HSE</a> and I will contact my club's Lead COVID-19 Officer should I be required to self-isolate.	YES/NO
7. I agree to adhere to all COVID-19 notices at the facility, agree to adhere to all TI, club and the facility's COVID-19 measures and agree to abide by any directions given by all club officers/ coaches while on premises specific to COVID-19 health and safety measures.	YES/NO
8. I agree that if travelling abroad I will comply with the current <a href="#">Government Covid 19 advice</a> on international travel specific to the country you arrived from?	YES/NO

### Please indicate your COVID-19 immunity status (over 18's only)

COVID-19 immunity is defined on [www.gov.ie](http://www.gov.ie) as fully vaccinated or recovered from COVID-19 within the previous 6 months.

I have COVID-19 immunity	
I DO NOT have COVID-19 immunity	
I do not wish to disclose my COVID-19 immunity status	