



COVID-19 Guidance for Athletes

during Phase I of the Roadmap for Reopening Society





Phase I

Return to Restricted Training Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The guidelines in this document relate to Phase 1 of the Irish Government's Roadmap for Reopening Society and Business.

This phase:

1. Permits sporting activity in open outdoor public sports amenities where social distancing can be maintained.
2. Permits people to engage in outdoor sporting and fitness activities, either individually or in very small groups (maximum 4 people), where social distancing can be maintained and where there is no contact.
3. Permits those individuals living within a 5 km radius of their club to attend.

This practical guide, prepared by our team in consultation with international norms and medical experts, outlines the robust measures Athletics Ireland would like clubs to implement with coaches and athletes to maintain to help safe-guard members during the COVID-19 pandemic.

The measures, which relate to Phase 1 of the Roadmap for Reopening Irish Society and Business, cover each step of the journey from home to the club gate and back home again.

These measures should be in place seven days a week and until further notice.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

Before you Train

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell
- Live outside a 5km radius of the club.

You must:

- Check with your GP prior to playing if you are in a high-risk health category
- Find out what protocols are in place at the club
- Ensure your club has up-to-date contact details for you

Attending Training

- Pre book your training session online or via phone.
- Arrive and leave as close as possible to when you are due at the club.
- Only one parent/guardian should accompany younger athletes where possible.
- Athletes should arrive ready to train as there will be no access to dressing rooms during this phase.
- Athletes should ensure that they utilize toilet facilities in their own home prior to arriving at the club as toilet facilities will not be available during this phase.
- Athletes should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.



Social Distancing Behaviours

To protect against infection:

- Athletes must refrain from handshakes and high fives
- Keep 2 metres away from other people at all times
- Do not share food, towels and drinks
- Wash your hands frequently with soap and water or hand-sanitizer, before and after eating, after going to the toilet, sneezing and coughing
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you
- Avoid touching your face
- Keep your distance from people who are obviously sick
- Try not to touch any surfaces, but if you do sanitize your hands as soon as possible
- For endurance sessions:
 - Athletes running single file unless there is an empty space where they can leave 2m between them.
 - Athletes running with 2m between them and the next runner, including when overtaking. This might, for example, mean overtaking in lane 3 to pass an athlete running in lane one on a track.
 - Athletes starting intervals in approximate order of ability with the fastest athlete starting first to minimise overtaking.
- Remain apart from other athletes when taking a break.

When Training Finishes

- Once training has finished athletes should leave the club promptly.
- Hands should be washed and sanitized as soon as possible
- Ensure equipment is cleaned thoroughly after use.
- If an athlete becomes unwell after training, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE on the next steps.
- Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- Repeated poor practice should be reported to the club as soon as possible.

Equipment

- Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. shots, javelins, discus etc.
- Although there is no specific evidence that equipment can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- Clean equipment with a disinfectant spray at the conclusion of training.



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