

Triathlon Ireland

# Return to Training Protocol for Clubs

Version 1.2 | Release Date: 5 June 2020

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

# triathlon ireland return to training protocol for clubs

Following the Irish Government’s publication of “[Roadmap for Reopening Society and Business](#)” on Friday 1<sup>ST</sup> May and later the Northern Ireland Executives document ‘[Coronavirus Our Approach to Decision-Making](#)’ published on the 12<sup>TH</sup> of May, this document is Triathlon Ireland’s interpretation and recommendations for how triathlon club activities may be resumed on a phased basis. This information is collated from the International Triathlon Union, whose guidance is approved by their medical committee and other reputable sources. 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.

During the evolving COVID-19 outbreak, effective protection of the health and safety of athletes, club members, volunteers, coaches and the general public must remain a priority. 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 regularly, as this fast-evolving

situation continues to change and it should be referred to frequently to stay abreast of changes and developments. There will be more clarity and detail added to each phase as more information becomes available. We will endeavour to ensure clubs have a detailed plan for safe training prior to each phase commencing.

## 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 household (have a micro community).
- Access advice and supports for mental wellbeing and resilience.

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 and the HSE.
- 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.



KEEP 2 METRES  
DISTANCE FROM  
OTHER PEOPLE



DO NOT SHAKE HANDS



MAINTAIN HAND  
WASHING



MAINTAIN RESPIRATORY  
HYGIENE

## Risk Assessment

Clubs should appoint a Covid 19 officer/ officers. View the role description for the Covid-19 Club Safety Officer [here](#).

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.

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 cocooning or in a vulnerable group with an underlying condition they must not attend group sessions.

Club members must not travel outside of the distance restrictions in the Government guidelines to attend a session.

Club members should avoid touching their face during sessions.

Club members should not eat after the session until they have washed their hands.

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.

Handshakes and hugging are not consistent with the social distancing required and must be actively avoided.

Club members must not travel 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.
- 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 asked 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 others equipment.
- Club facilities – See Phase 4.

# Republic of Ireland

## Specific Club Session Guidelines

### 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. Obeying the Rules of the Road remains a priority (no club sessions in phase 1).

### Swim Sessions

Open water swimming can take place with social distancing of 2 metres (no club sessions in phase 1).

# phase one

18<sup>TH</sup> May 2020

## Government Guidelines

- Up to four people not of same household to meet outdoors while maintaining strict social distancing.
- People can exercise – either on their own or in a group of no more than 4 people – where social distancing can be maintained and where there is no contact with other people.
- Continue to avoid unnecessary journeys.
- Travel up to 5 km.

## Club Training

- TI club members can train together outdoors in groups of 4 or less where social distancing of 2 metres minimum can be maintained between the group.
- Group can train within 5km of their home only and avoid contact with other members of the public.

**Run sessions:** Club sessions of groups of 4 can take place once strict social distancing is maintained at all times. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast. This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

**Bike sessions:** Club sessions are not permitted. However groups of 4 TI members or less can train together outside once government guidelines are adhered to. Strict social distancing of a minimum of 2 metres must be maintained at all times. Club members will need to carefully risk assess their route and establish whether 4 people cycling a minimum of 2 metres apart constitutes a hazard on their route. TI has not received specific guidance on an appropriate social distancing protocol for cyclists.

**Swim sessions:** Club open water sessions are not permitted. Individuals can swim in groups of 4 or less, within five kilometres of home, if they comply with the guidelines [here](#).

# phase two

8<sup>TH</sup> June 2020

## Government Guidelines

- People can take part in outdoor sporting and fitness activities, involving team sports training in small groups (but not matches) where social distancing can be maintained and where there is no contact.
- Groups of up to 15 people can meet outdoors for sporting activities.
- The advice will be to still avoid unnecessary journeys wherever possible.
- You will be able to travel up to 20 kilometres away from your home and anywhere within your own county, whichever is greater.

## Club Training

- TI Club members can train together outdoors in groups of 15 or less where social distancing of 2 metres minimum can be maintained between the group. Sport Ireland advises that while a group of 15 people are permitted to exercise in an outdoor setting, clubs should be cognisant of causing obstructions for other members of the public.
- Group can train within 20km of their home or within their own county only and avoid contact with other members of the public.

**Run sessions:** Club sessions of groups of 15 can take place once strict social distancing is maintained at all times. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast. This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

**Bike Sessions:** Club sessions are not permitted. However groups of 15 TI members or less can train together outside once government guidelines are adhered to. Strict social distancing of a minimum of 2 metres must be maintained at all times. Club members will need to carefully risk assess their route and establish whether 15 people cycling a minimum of 2 metres apart constitutes a hazard on their route. TI has not received specific guidance on an appropriate social distancing protocol for cyclists.

**Swim Sessions:** Club open water sessions can go ahead with groups of 15 plus safety crew following the usual [Safety Protocol](#). This is a decision for the club committee. Clubs should establish a plan to brief safety crew separately so the group never exceeds 15 at any one time. If clubs cannot provide safety crew or decide against running club sessions then club sessions cannot go ahead. However, TI members can still swim in groups once government guidelines are adhered to following the guidelines outlined [here](#).

# phase three

29<sup>TH</sup> June 2020

STILL UNDER REVIEW

## Government Guidelines

- Sporting activities and events can resume “behind closed doors”, where arrangements are in place to enable participants to maintain social distancing.

## Club Training

TI Club members can train together outdoors in groups of (awaiting DTTAS guidance) or less where social distancing of 2 metres minimum can be maintained between the group.

**Bike Sessions:** To be confirmed.

**Swim Sessions:** To be confirmed.

TI will provide further guidance here closer to phase 3 beginning.

# phase four

20<sup>TH</sup> July 2020

STILL UNDER REVIEW

## Government Guidelines

- As part of phase 4 of the roadmap it is planned that you will be able to travel outside your region.
- Competitions for sports teams can resume, but only where limitations are placed on the numbers of spectators and where social distancing can be maintained.
- Public swimming pools can be opened where effective cleaning can be carried out and social distancing can be maintained.
- Close physical contact sports, such as rugby and boxing, can resume.
- Gyms, dance studios and sports clubs can re-open, only where regular and effective cleaning can be carried out and social distancing can be maintained.
- Spectators can begin to attend live sporting events only in accordance with both indoor and outdoor number restrictions and where social distancing can be complied with.

## Club Training

- TI Club members can train together outdoors in groups of (awaiting DTTAS guidance) or less where social distancing of 2 metres minimum can be maintained between the group.

**Bike Sessions:** To be confirmed

**Swim Sessions:** Clubs can hold pool sessions while maintaining the social distancing restrictions in place at the pool.

TI will provide further guidance here closer to phase 4 beginning.

- TI Club members can hold indoor sessions where the following can be complied with:
  - 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.

# Northern Ireland

## Specific Club Session Guidelines

### 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. Obeying the Rules of the Road remains a priority (no club sessions in step 1).

### Swim Sessions

Open water swimming can take place with social distancing of 2 metres.

# step one

Partially commenced 19<sup>TH</sup> May 2020

## Government Guidelines

- Groups of 4 – 6 people who do not share a household can meet outdoors maintaining social distancing. With the exception of people who are shielding, visits to immediate family allowed indoors where social distancing is possible.
- Outdoor spaces and public sport amenities to open. Can undertake for example, walking, running, cycling, some water activities, golf, tennis.
- Outdoor activities (work and leisure) during which social distancing can be maintained for individuals who do not share a household contact and where there is no shared contact with hard surfaces.

## Sport NI Framework

- Outdoor activities – Small groups of ≤ 6 people who do not share a household. Do not travel with someone from outside your household unless social distancing can be maintained.
- Maintain social distancing at all times.
- Prevent congregations of people, manage flow.
- Aim for no shared contact with hard surfaces e.g. equipment . If unavoidable disinfect surfaces between use by different participants / groups.
- Use systems to control numbers on greens, ranges, courts, courses, riding out routes, nets and circuits. Individuals operate at low risk and within their capabilities.
- Indoor facilities closed with the exception of restricted access to small shared facilities e.g. storage area / toilet/ throughways. These are disinfected regularly with sanitation products available.
- Avoid, running or cycling in the slipstream of others  
Individuals arrive, train/ practice and leave.

## Club Training | Allowed from 8<sup>TH</sup> June

TI licence holders can train together outdoors in groups of 6 or less where social distancing of 2 metres minimum can be maintained between the group

**Run sessions:** Club sessions of groups of 6 can take place once strict social distancing is maintained at all times. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

**Bike sessions:** Club sessions are not permitted. However groups of 6 TI members or less can train together outside once government guidelines are adhered to. Strict social distancing of a minimum of 2 metres must be maintained at all times. Club members will need to carefully risk assess their route and establish whether 6 people cycling a minimum of 2 metres apart constitutes a hazard on their route. TI has not received specific guidance on an appropriate social distancing protocol for cyclists.

**Swim sessions:** Club open water sessions can go ahead with groups of 6 plus safety crew following the usual [Safety Protocol](#). This is a decision for the club committee. Clubs should establish a plan to brief safety crew separately so the group never exceeds 6 at any one time. If clubs cannot provide safety crew or decide against running club sessions then club sessions cannot go ahead, however TI members can still swim in groups once government guidelines are adhered to and following the guidelines outlined [here](#).

# step two

## Awaiting Date from NI Executive

### Government Guidelines

- Groups of up to 10 can meet outdoors.
- Resumption of, for example, team sports training on a non-contact basis in small groups.
- Indoor activities involving limited contacts of less than 10 mins and interactions of only 2-4 people that maintain social distancing and prevent congregating in places for any extended period.
- Outdoor activities involving small groups of less than 10 people during which it may be difficult to maintain social distancing but where contacts are brief (less than 10 minutes).

### Sport NI Framework

- Outdoor activities – groups of ≤ 10 people who do not share a household
- Team sport training allowed up to a maximum of 10 athletes / staff.
- Indoor activities ≤ 4 people who do not share a household. In all cases, maintain social distancing as far as possible – any contacts are brief.
- Indoor facilities used must have public health measures in place
- Prevent congregations of people indoors.

### Club Training | Still Under Review

- TI Club members can train together outdoors in groups of 10 or less where social distancing of 2 metres minimum can be maintained between the group.

**Run sessions:** Club sessions of groups of 10 can take place once strict social distancing is maintained at all times. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast. This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

**Bike sessions:** To be confirmed.

**Swim Sessions:** To be confirmed.

# step three

## Awaiting Date from NI Executive

### Government Guidelines

- Resumption of, for example, team sports training on a non-contact basis.
- Indoor activities involving larger number of individuals where social distancing can be maintained for individuals who do not share a household connection.
- Outdoor activities involving larger groups of less than 30 people during which it may be difficult to maintain social distancing but where contacts are brief (less than 10 minutes).

### Sport NI Framework

- Outdoor activities – groups of ≤ 30 people.
- Team sport training allowed up to a maximum of 30 athletes / staff.
- Indoor activities possible with increased numbers up to a maximum of 30. Group size dependent on size of indoor space.
- In all cases, maintain social distancing as far as possible – any contacts are brief.

## Club Training | Still Under Review

- TI Club members can train together outdoors in groups of 30 or less where contacts are brief- less than 10 minutes.

**Run sessions:** Club sessions of groups of 30 or less can take place once strict social distancing is maintained where possible or where interactions are brief. Athletes should run in single file with up to 4 metres between them (ITU guidance) or at a 45 degree angle unless there is space for 2 metres minimum while running abreast. This includes overtaking. Consider ability level for interval sessions, for example the fastest athlete starting first to avoid overtaking.

**Bike Sessions:** To be confirmed

## Indoor facilities

- Clubs should minimise the use of indoor facilities unless space allows.
- TI Club members can hold indoor sessions where the following can be complied with:
  - 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.

# step four

Awaiting Date from NI Executive

## Government Guidelines

- Resumption of, for example, competitive sport 'behind closed doors' or with limitations on the number of spectators. Leisure centres and other indoor leisure facilities open.
- Indoor activities involving larger numbers of individuals where social distancing cannot be consistently maintained but contacts are limited and last less than 10 minutes or longer if effective mitigation is possible.
- Outdoor gatherings involving larger numbers of individuals where social distancing cannot be easily maintained and multiple contacts of less than 10 minutes are likely.

## Sport NI Framework

- Outdoor activities for larger numbers >30 where social distancing cannot be easily maintained and multiple short contacts likely.
- Indoor activities for larger numbers >30 where social distancing cannot be consistently maintained but contacts are limited or mitigated.
- Any NI conditions on gatherings will apply e.g. size.
- Leisure Centres and indoor leisure facilities open – may initially be on restricted hours.
- Full training in non-contact sports.
- Competitive sport can take place but with restrictions in total numbers of people involved – athletes / coaches / staff / officials and spectators.
- Some events may take place 'behind closed doors'.

## Club Training | Still Under Review

TI Club members can train together outdoors in groups of 30 or more but contacts should be brief - less than 10 minutes.

**Run sessions** can take place.

**Bike Sessions:** To be confirmed.

**Swim Sessions:** If pools re open in this step, clubs can hold pool sessions while maintaining the social distancing restrictions in place at the pool.

TI will provide further guidance here closer to step 4 beginning.

# step five

## Awaiting Date from NI Executive

### Government Guidelines

- Resumption of close physical contact sports. Return to competitive sport and full use of sporting facilities. Spectators to attend live events on restricted basis.
- Indoor gatherings of large numbers of people where social distancing cannot be easily maintained and multiple contacts of more than 10 minutes are likely.

### Sport NI Framework

- No restrictions on non-contact activities outside of any general PHA guidelines in place at the time.
- Return to full use of sporting facilities.
- Spectators able to attend live events on a restricted basis.

### Club Training | **Still Under Review**

All club training sessions can resume.

# 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.**

Date:	Name:
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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
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
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.**

Resources:

[Department of Health](#) | [Gov.ie Press Release](#) | [Sport NI Return to Sport Framework](#)