



COVID-19 Guidance for Athletes

during Phase 3 of the Roadmap for Reopening Society





Phase 3

Return to Athletics

Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

Limiting our social interactions is crucial to preventing the spread of the virus. We must continue to act responsibly and work together.

The guidelines in this document relate to Phase 3 of the Irish Government's Roadmap for Reopening Society and Business.

Key Notes for this phase:

1. Permits sporting activity in outdoor public sports amenities for all ages.
2. Permits people to engage in outdoor sporting and fitness activities, either individually or in a group.
3. Permits individuals to travel anywhere on the island of Ireland.
4. If you feel unwell do not present to the Club.
5. If you are recovering from Covid19 seek medical advice prior to returning to train.
6. Permits outdoor social gathering for groups of up to 200 people and indoor gatherings of up to 50 people. Note these numbers include all people present at any gathering including athletes, coaches, officials and spectators.

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 3 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

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 on the AI booking system or the club booking system.
- Arrive and leave as close as possible to when you are due at the club.
- Advise all athletes to complete the covid health screening questionnaire prior to training.
- Only one parent/guardian should accompany younger athletes where possible.
- Athletes should arrive ready to train.
- Athletes should 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.
- Try to keep 2 metres away from other people as much as possible.
- 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.
- All track lanes can now be used. However, if possible, try to maintain social distances through the strategies below.

For endurance sessions:

- Athletes running single file unless there is an empty space where they can leave greater than 2m between themselves.
 - Athletes running with greater than 2m between themselves 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 and read the HSE guidelines 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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