

Guidance for Athletes Document for Waterford Athletic Club Phase 3 - COVID-19 return to training.

Waterford Athletic Club is pleased to announce that a limited return to training is possible with the recent government announcement in accordance with HSE advice. In order to resume training athletes (or parents of an u18 athlete) must sign this document stating that they will agree with all particulars in contained therein.

1.1 Before you attend training you must consider the following:

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 returning 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.

2.1 Policies for attending Training

- An athlete can only attend training if they have been invited to the session via text, phone or email by their coach. Any athlete not invited by their coach will be asked to leave.
- Each athlete must arrive and leave as close as possible to when you are due at the club.
- Only one parent/guardian should accompany u18 athletes.
- Each athlete should arrive to the club alone or only with other household members.
- All athletes need to respect the rules of the facilities in which we train, for example the RSC.
- 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 complex as dressing room facilities will not be available during this phase. The public toilet facilities will be available from 29th June.
- Athletes **MUST** bring a small bottle of hand sanitizer and antiseptic wipes.
- Any athlete using club equipment must bring a cloth and dis-infectant to sanitise the equipment prior to and after usage.
- Athletes to bring their own water bottles/towels and must not share these.
- An attendance log will be maintained with your name and contact number for the purpose of contact tracing.
- Athletes should adhere to all required guidelines of the club and training venue

3.1 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. Do not leave any tissues or towels or water bottles lying around. If you accidentally drop tissues – please pick them up and dispose of them as appropriate.
- 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 or at least 2m abreast of one another.
- Athletes must run with at least 2m between them and the next runner. When over-taking athletes should leave reasonable space and make the passing move as efficiently as possible.
- Athletes may have to start at intervals at different times in order to be compliant with social distancing limits.
- Athletes must remain over 2m apart when taking a break.

4.1 When training finishes

- Once training has finished athletes should leave the sporting grounds 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 the club safety office or coach. Waterford Athletic 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 will result in an athlete being prohibited from training.

5.1 Equipment

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. Therefore the following best practice is advised:

- Athletes must practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. shots, javelins, discus etc.
- Clean equipment with a disinfectant spray at the conclusion of training.

Return to Club Activity - Athlete Statement

I, _____ can confirm that having considered all the details contained in section 1.1 of the WAC Athletes policy document that I am in a suitable position to return to training in Phase 3.

I agree to comply with all other policies as laid down in this document.

| | |
|--|--|
| Athlete Name: | |
| Address: | |
| Athlete's signature. | |
| Tel No: | |
| E-Mail: | |
| UNDER 18 Years of Age | |
| Parent/Guardian Name: (Please PRINT Name) | |
| Parents Tel: | |
| Parents e-mail: | |
| Parents Signature: | |
| | |

Please sign the above – a digital signature will suffice or typed. Then provide this to your coach if possible or WAC-Secretary@outlook.com for Seniors/Masters. The signed forms must be provided to your coach prior to commencing training. If no form is provided an athlete cannot commence training.

Training Session – Questionnaire

(must be completed before each training session)

For coached Sessions the Coach or COVID Officer may confirm the questions with athletes in attendance before the training session starts

| | YES | NO |
|--|-----|----|
| Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days? | | |
| Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days? | | |
| Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2m for more than 15 minutes accumulative in 1 day)? | | |
| Have you recently visited any country outside of Ireland (excl. N.Ireland) | | |
| Have you been advised by a doctor to self-isolate at this time? | | |
| Have you been advised by a doctor to cocoon at this time? | | |

| | |
|---------------|--|
| Name: | |
| Signed: | |
| Phone Number: | |
| Email: | |
| Date: | |