



EAGLE AC COVID-19 ACTION PLAN

Health and Safety

Document status

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1 BACKGROUND

COVID-19 is a new illness that can affect the lungs and airways of an infected person. Infection with the virus that causes COVID-19 can cause illness, ranging from mild to severe, which in some cases, can be fatal. It can take anything from 2 days up to 14 days for symptoms of coronavirus to appear. They can be similar to the symptoms of cold and flu. Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For the complete list of symptoms, please refer to the HSE Website. Some people infected with the virus, so called asymptomatic cases, have experienced no symptoms at all.

1.1 Eagle AC Approach

This COVID-19 Action Plan details the practices put in place to prevent the spread of COVID-19 through club organised activities in line with HSE and Athletics Ireland guidance. The following sections outline the Clubs response to the guidelines set out in “A Practical Guide for Clubs Returning to Athletics following the Covid-19 Restrictions during Phase 2 of the Roadmap for Reopening Society” on the Athletics Ireland website –

https://www.athleticsireland.ie/downloads/results/Phase_2_Guide_for_Clubs_Athletics_5_June_2020.pdf

All Eagle AC members have a duty of care to themselves and each other to ensure we adhere to this action plan and prevent the spread of Covid-19.

Phase 2

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

Key Notes for 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 a group (maximum 15 people), where social distancing can be maintained and where there is no contact.
- 3 Permits those individuals travel within their own county, or up to 20 km from home, whichever is greater.
- 4 If you feel unwell do not present to the club.
5. If you are recovering from Covid-19 seek medical advice prior to returning to train.
6. If running in single file increase the distance between athletes to more than 2m.

2 SAFETY OFFICER

AAI Guidance	Club Action
Clubs must appoint an assigned Safety Officer responsible for managing issues and queries relating to the Covid-19 pandemic. This Officer should:	The Eagle AC committee has appointed Grellan McGrath as Safety Officer.
Ensure indoor facilities are not utilized during this phase of reopening.	Eagle AC does not intend to use indoor facilities for club activities during this phase.
Plan the club return to operation with the club committee	The Safety Officer and club committee met on 9 th June 2020 to plan the club return to limited operation during Phase 2.
Should check with their insurers if any amendments to their policies are required to cover Covid19 issues.	Eagle AC has AAI insurance cover. AAI has confirmed on its website that club committee approved group training runs are covered under the insurance policy.
Ensure they review these protocols and that the club can comply before reopening their club.	These protocols have been reviewed by the club committee and the committee is satisfied that the club can reopen for limited activities as set out in this plan.
Ensure that the club and its members adhere to HSE / Public Health advice in all cases.	The Safety officer is responsible for developing this plan and communicating it to the club membership. Each member is individually responsible for adhering to this plan.
Ensure that sufficient HSE Covid-19 information Posters are in place.	As Eagle AC has no clubhouse or training venue open during phase 2 HSE Covid-19 information will be displayed on our website and in our weekly club emails.
Operate a booking system for all training. This will help with contact tracing if necessary. Ensure athletes understand the need for social distancing while entering and exiting the club.	Eagle AC will use its own booking system to organise training runs/sessions. Not applicable as Eagle AC does not have club facilities or intend using indoor facilities during phase 2
Ensure the club maintains accurate records of who is training and when. This should include all persons and not just the one making the booking. This must be carried out for all sessions, and in the case that a parent/guardian is present in the club that must also be recorded. This will help with contact tracing if necessary.	Eagle AC will use its own booking system to organise training runs/sessions. The run organiser will be responsible for keeping an accurate record of club members attending club organised training runs/sessions.
Be responsible for informing all members of the Covid-19 guidelines and insist on full cooperation.	The Safety Officer will ensure this plan is circulated to all club members.

AAI Guidance	Club Action
<p>Ensure that the contact details for all members are up to date as this will assist with contact tracing should it be necessary.</p>	<p>The Safety Officer will liaise with the club registrar to ensure contact details for all members are up-to-date. All members attending club training runs/sessions will be required to confirm their email and phone number to the run/session organiser.</p>
<p>Listen to feedback and contact Athletics Ireland if there are issues not covered under these protocols.</p>	<p>Noted. This Action Plan will be issued to Athletics Ireland for information.</p>

3 CLUB ACCESS

AAI Guidance	Club Action
<p>In the initial period following a club’s reopening, access to the clubhouse should be limited to committee members only and only for emergency access by athletes.</p> <p>Club facilities should only be accessed by members.</p>	<p>Not applicable as Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase.</p>
<p>Children under 13 years should not attend the club during phase2.</p>	<p>Not applicable as Eagle AC does not have Juvenile Members.</p>
<p>To access the club property in this phase of the reopening, an athlete should:</p> <ul style="list-style-type: none"> • Be a current member & a minimum age of 13 years of age. • A parent/guardian should accompany any athlete under 18 years. • Not have been out of the country in the last 14 days. • Not have been around someone with symptoms of Covid-19 in the last 14 days. • Not be in a period of self-isolation and/or cocooning under the current Health Policy Rules. • Not be displaying Covid-19 symptoms. • Live within a 20k radius of the club or live in the same County 	<p>Not applicable as Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase.</p> <p>However to attend club organised training runs/sessions athletes should:</p> <ul style="list-style-type: none"> • Be a current member of Eagle AC. • Not be displaying Covid-19 symptoms. • Not have been out of the country in the previous 14 days. • Not have been around someone with symptoms of Covid-19 in the previous 14 days. • Not be in a period of self-isolation and/or cocooning under the current Health Policy Rules. • Live within a 20k radius of or live in the same County as the venue

4 BOOKING AND ARRIVAL

AAI Guidance	Club Action
<p>Booking a time in advance is required, preferably via the AI Club booking system, website, app, or phone. This will assist should contact tracing be required subsequently.</p>	<p>The club will use its own online booking system for all organised club training runs/sessions.</p>
<p>All athletes should ensure their club has their up-to-date contact details (phone and email).</p>	<p>All members who attend organised training runs/sessions are required to confirm their phone number to the run/session organiser in advance via the online booking system. Club member emails have been confirmed during the recent switchover to the new club email newsgroup.</p>
<p>All athletes, and not just the athlete making the booking, should be included in the booking notes. If there is a change to who is training, it is advisable to make sure the booking is updated.</p>	<p>The run/session organiser will be responsible for ensuring all athletes who attend club organised training runs/sessions are included in the booking system.</p>
<p>Athletes should travel to the club alone, or only with a member of the same household.</p>	<p>Members are required to travel to club organised training runs/sessions alone or only with members of their household.</p>
<p>Ample car parking spaces should be available to ensure social distancing. If athletes must park next to another car, they should wait for the other person to exit or enter before doing so themselves.</p>	<p>Club training runs/sessions will be organised for venues that have sufficient car parking. Attending club members are responsible for adhering to physical distancing requirements when exiting/entering their cars.</p>
<p>Athletes should arrive at the club entrance no more than 10 minutes prior to training time. It is important that athletes maintain social distancing and wait in a pre-designated waiting area that allows for social distancing.</p>	<p>Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase. Club members attending club organised training runs/sessions are responsible for adhering to physical distancing requirements before, during and after the run/session.</p>
<p>Athletes should ensure that they utilize toilet facilities in their own home prior to arriving at club as club toilets will not be accessible.</p>	<p>Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase. Club members are reminded to ensure that they utilise toilet facilities in their own homes prior to arriving at organised club training runs/sessions.</p>



5 CLUBHOUSE FACILITIES

AAI Guidance	Club Action
Clubhouse access for members should only be in emergencies.	Not applicable as Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase.
Toilets should not be reopened in this phase	
Changing rooms, function rooms and where relevant, the club bar will remain closed during this Phase of reopening.	
Athletes must provide their own equipment where possible.	Not applicable as Eagle AC does not intend using club equipment during this phase.

6 TRACK/FIELD

AAI Guidance	Club Action
<p>Training groups should be controlled and managed to ensure social distancing is maintained at all times. More than one group can train onsite with appropriate social distancing e.g. long jump group and track group.</p>	<p>Not Applicable as Eagle AC does not have a clubhouse or training facilities nor does it intend using third party training facilities during this phase.</p>
<p>Athletes should enter the area only at a time as and when directed.</p>	
<p>Entrances / Gates to clubs should remain open, if safe to do so, perhaps tied back to prevent use of handles.</p>	
<p>Rubbish bins should be removed, and all items should be taken home afterwards.</p>	
<p>Any athlete(s) repeatedly not following the club directives should be asked to leave the club.</p>	
<p>There should be no spectators present during this phase of reopening.</p>	
<p>Parents supervising children should be limited to one and maintain ample distance from the training activity if staying on site.</p>	

7 RUNNING/JUMPING/THROWING

AAI Guidance	Club Action
Physical distancing should be observed throughout the period of training.	Club members attending club organised training runs/sessions are responsible for adhering to physical distancing requirements.
Athletes must refrain from handshakes and high fives.	Club members attending club organised training runs/sessions are responsible for ensuring that they refrain from handshakes and high fives.
Equipment such as towels, food, and drink must not be exchanged between athletes.	Club members attending club organised training runs are responsible for ensuring that they do not share or exchange equipment such as towels, food, and drink.
Athletes should avoid touching their face after handling equipment.	Eagle AC does not intend using club equipment during this phase.
Athletes must remain apart from other athletes when taking a break.	Club members attending club organised training runs are responsible for adhering to physical distancing requirements.

8 ON THE TRACK/FIELD - COACHING

AAI Guidance	Club Action
Coaches should prepare and present a Risk Assessment document and get approval to coach from the Club Safety Officer.	<p>Not applicable as:</p> <ul style="list-style-type: none"> Eagle AC do not intend to organise coaching sessions during this phase. Eagle AC do not intend organising training runs/sessions on a track during this phase. Eagle AC do not intend using club provided equipment during this phase. <p>However for club organised training runs/sessions:</p> <ul style="list-style-type: none"> Run/session organisers shall ensure that no more that 15 athletes take part the training run/session. Club members are responsible for adhering to physical distancing requirements before, during and after the run/session.
Only coaching in a group of 15 people should take place during this phase of reopening.	
Coaching sessions should be booked and recorded.	
Coaches must brief their athletes and/or their parents of the protocols that should be followed in advance of the session.	
Coaching must only be provided to club members or approved users.	
Coaches must ensure an athlete has registered their contact details with the club.	
Coaches should limit the use of equipment such as cones, hurdles etc.	
Do not let athletes manipulate practice equipment. Coaches should take charge of picking up the equipment.	
Coaches to wear latex gloves if handling any equipment is required.	
<p>Users of athletic tracks and similar facilities adhering to the basis of track etiquette and groups cooperating to avoid situations where social distancing could be compromised. This must include limiting the total number of people on the track at any one time and working together to organise how the space is used. For example, an endurance group using lanes 1-3 while a sprint group used 5-8.</p> <p>For endurance sessions:</p> <ul style="list-style-type: none"> Athletes running single file unless there is an empty space where they can leave greater than 2m between them. Athletes running with greater than 2m between themselves and the next runner. 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 minimize overtaking. 	



9 GETTING HOME SAFELY

AAI Guidance	Club Action
<p>Once training has finished athletes must leave the premises promptly, sanitizing their hands on the way out.</p>	<p>Not Applicable as Eagle AC does not have a clubhouse or training facilities.</p>
<p>Clubs must make provision for thorough cleaning of all accessible areas and ensuring that all “touch areas” are cleaned thoroughly daily.</p>	<p>However Club members attending club organised training runs/sessions are responsible for maintaining good personal hygiene, cough etiquette and hand washing/sanitising in line with HSE guidelines.</p>
<p>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 should contact the HSE and follow the advice provided to them on the next steps.</p>	<p>If a club member becomes unwell after attending a club organised training runs/sessions:</p> <ul style="list-style-type: none"> • The individual club member is responsible for contacting their GP, reading the HSE guidelines and then informing their club. • The Club Safety Officer is responsible for contacting the HSE and following the advice given on the next steps.

Coronavirus COVID-19

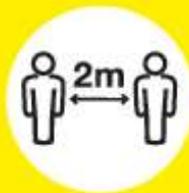


Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines exercising outdoors.



Know
the symptoms. If you
have them self isolate
and contact your GP
immediately



Stay
2m away from
people



Avoid
contact sports



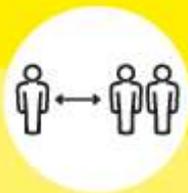
Don't
share exercise
equipment



Pay
special attention to
vulnerable people



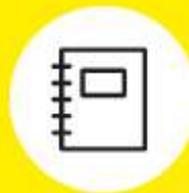
Practice
good cough/sneeze
hygiene. Use your
elbow or a tissue



Step
aside to give
others space



Wash
your hands for at least
20 seconds when you
return home



Keep
a log of who you
meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

#holdfirm