



EAGLE AC COVID-19 ACTION PLAN

Health and Safety

Document status

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Grellan McGrath  2 July 2020

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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 3 of the Roadmap for Reopening Society” on the Athletics Ireland website –

https://www.athleticsireland.ie/downloads/results/Phase_3_Guide_for_Clubs_Athletics_26_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 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.

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 Covid-19 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.

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 phase 3 return and risk assessment with the club committee	The Safety Officer and club committee met on 2 nd July 2020 to plan the club return to operation during Phase 3.
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 Ai 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 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 3.
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/session 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.
Ensure that the contact details for all members are up to date as this will assist with contact tracing should it be necessary.	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



AAI Guidance	Club Action
	runs/sessions will be required to confirm their email and phone number to the run/session organiser.
Listen to feedback and contact Athletics Ireland if there are issues not covered under these protocols.	Noted. This Action Plan will be issued to Athletics Ireland for information.
Ensure all athletes and coaches carry hand sanitizer and antiseptic wipes at all times.	The Safety Officer and Run/session organisers will ensure that all athletes attending club organised runs/sessions have hand-sanitizer. No equipment used – therefore wipes not necessary. The club weekly emails will communicate the requirement for all athletes attending club organised runs/sessions to have hand sanitizer and antiseptic wipes. The online booking system will require members to confirm that they will bring hand-sanitiser.



3 CLUB ACCESS

AAI Guidance	Club Action
<p>Access to the clubhouse should be limited to small numbers.</p>	<p>Not applicable as Eagle AC does not have a clubhouse or training facilities. However, it is intended to use third party outdoor training facilities (CIT Track) during this phase.</p>
<p>Club facilities should only be accessed by members. Toilets should be open and cleaned regularly as per Club risk assessments.</p>	
<p>To access the club property in this phase of the reopening, an athlete should:</p> <ul style="list-style-type: none"> • 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. • Have a pre-reserved training time. 	<p>While Eagle AC does not have a clubhouse or training facilities it does intend using third party training facilities at CIT during this phase.</p> <p>To attend club organised training runs/sessions athletes should:</p> <ul style="list-style-type: none"> • 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. • Not be displaying Covid-19 symptoms. • Have booked in for the training run/session using the clubs on-line booking system.

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>While Eagle AC does not have a clubhouse or training facilities it does intend using third party CIT 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 observe social distancing at all times and resist the temptation to mingle.</p>	<p>Club members are reminded to ensure that they observe social distancing requirements when attending club organised runs/sessions and that they sanitize their hands and arrive in their training kit prior to attending the run/session.</p>
<p>Athletes should arrive in training kit and change footwear at the car or at home.</p>	
<p>Athletes should sanitize their hands prior to attending the club.</p>	



5 CHECK-IN PROTOCOL

AAI Guidance	Club Action
Two-meter queue markers should be in place at any single-entry point..	Not applicable as Eagle AC does not have a clubhouse or training facilities. However, members are reminded to observe the queueing requirements when attending club organised runs/sessions at third party training facilities (e.g. CIT Track). Members are required to adhere to CIT track guidelines for clubs and users (attached to this document)
Advise all athletes to complete the covid health screening questionnaire prior to training.	Members are required to complete the screening questionnaire when using the clubs online run/session booking system.



6 CLUBHOUSE FACILITIES

AAI Guidance	Club Action
Clubhouse access is for members only/authorized users and should be limited.	Not applicable as Eagle AC does not have a clubhouse or training facilities.
Toilets should be opened in this phase and cleaned regularly.	
Changing rooms and function rooms where relevant can open 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.



7 TRACK/FIELD

AAI Guidance	Club Action
<p>Training groups should be controlled and managed to ensure social distancing is maintained as much as possible. More than one group can train onsite with appropriate social distancing e.g. long jump group and track group.</p>	<p>While Eagle AC does not have a clubhouse or training facilities members are reminded to comply with the requirements of third party training facilities during this phase and that failure to do so may result in their exclusion from the training facility.</p>
<p>Athletes should enter the area one 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>Any spectators present during this phase should remain socially distanced at all times..</p>	
<p>Parents supervising children should be limited to one and maintain ample distance from the training activity if staying on site.</p>	<p>Eagle AC does not have Juvenile Members.</p>

8 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 should bring a small bottle of hand sanitizer and antiseptic wipes to keep with them at all times. This is to prevent the virus spreading if present.	The Safety Officer and Run/session organisers will ensure that all athletes attending club organised runs/sessions have hand-sanitizer. As no equipment will be used there is not requirement for wipes. The club weekly emails will communicate the requirement for all athletes attending club organised runs/sessions to have hand sanitizer.
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.

9 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 Lead Club Safety Officer.	Not applicable, as Eagle AC does not intend holding formal coaching sessions during this phase.
Coaching sessions should be booked and recorded.	All club organised runs/sessions will be recorded using the clubs on-line booking system
Coaches must brief their athletes and/or their parents of the protocols that should be followed in advance of the session.	For club organised runs/sessions the run/session leader shall remind those attending of the covid-19 protocols to be followed in line with this document.
Coaching must only be provided to club members or approved users.	The clubs on-line run/session booking system will be used to confirm/approve those attending club organised runs/sessions and their contact details.
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.	Eagle AC do not intend using club provided equipment during this phase.
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.</p> <p>All track lanes can now be used. However, if possible, try to maintain social distances through the strategies below.</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 ideally leave greater than 2m between them. • Athletes ideally 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. 	<p>For club organised training runs/sessions:</p> <p>Club members are responsible for adhering to physical distancing requirements before, during and after the run/session.</p>



10 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 run/session:</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.



**CIT ATHLETICS TRACK
GUIDELINES FOR CLUBS/INDIVIDUALS/USERS RETURNING
FOLLOWING THE COVID-19 RESTRICTIONS**

These guidelines will remain in place from 29th June until 20th July 2020 and will be subject to ongoing review.

- Clubs/Individuals/Users agree to abide by the ***Current Athletics Ireland Returning to Athletics Guidelines and CIT Guidelines***
- Clubs/Individuals/Users must book in advance with the Sports Office on email fintan.oleary@cit.ie
- Booking slots are a maximum of ONE hour in order to facilitate all Clubs/Individuals
- Club COVID Officer must report to CIT Designated Officer 15 minutes prior to allocated time
- Athletes to arrive no more than 10 minutes before allocated time
- No entry until approved by CIT Designated Officer
- Club COVID Officer must send attendance list to fintan.oleary@cit.ie within 24 hours of attendance at CIT Track
- Clubs/Individuals/Users must be registered members of AAI
- Members must leave track promptly and also not congregate in the car park afterwards
- NO access will be provided to dressing rooms or toilet facilities
- NO CIT equipment to be provided. No club use of pole vault, high jump or long jump.
- NO Rubbish bins provided – take your rubbish with you when you leave the campus
- Each athlete to bring their own hand sanitizer and water bottle with name marked on it - Water tap in CIT not in use.
- This is a live guidance document and will be regularly reviewed and communicated

BE ACTIVE AND BE RESPONSIBLE

Coronavirus COVID-19

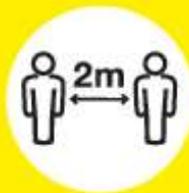


Coronavirus
COVID-19
Public Health
Advice

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



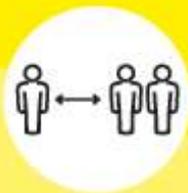
Don't
share exercise
equipment



Pay
special attention to
vulnerable people



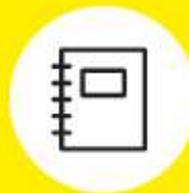
Practice
good cough/sneeze
hygiene. Use your
elbow or a tissue



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