



What are the hazards?	Who might be harmed	Controls Required	Additional Controls	Action by who?	Action by when?	Done
-----------------------	---------------------	-------------------	---------------------	----------------	-----------------	------

**Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.**

This is a **Risk Assessment** for dealing with the current Covid-19 situation in Moycarkey Coolcree AC. This document does not cover all scenarios in our Club and Moycarkey Coolcree AC has developed this Method Statement for a return to safe activity together with our club committee and Covid 19 Compliance Officer/Assistant, Tirenán O'Donnell.

All members and stakeholder in the athletics family have a duty of care to ensure we prevent the spread of Covid-19. We aspire to operate best practices in the athletics community and we thank you in advance for working with us to risk assess our club.



		<p>parents/guardians. This is to facilitate contact tracing in the event of a suspected Covid 19 case.</p> <p>If Moycarkey Coolcroe AC decide they can resume, on a limited basis initially, the club Covid 19 Compliance Officer/Assistant Tirenán O'Donnell Tirenán O'Donnell must communicate to all club coaches, who are prepared to resume activities, the terms of resumption.</p> <p>.</p> <p>The club in conjunction with the Covid 19 Compliance Officer/Assistant Tirenán O'Donnell Tirenán O'Donnell should nominate at least one Covid 19 Co-ordinators, who should attend training sessions to ensure these guidelines are being strictly observed. Moycarkey Coolcroe AC using extended locations may need to nominate additional Co-ordinators.</p> <p>Club coaches, bearing in mind the terms of the Government/HSE guidelines, need to examine how athletes can be accommodated in terms of times for attendance, necessity to bring their own sanitiser, wipes, towels. It may well be that the</p>	<p>Training can be done on line by accessing the Sports Ireland website, where the officers can complete the course and also complete the quiz</p> <p>At present the outdoor gatherings of 15 people separated into each zone is relevant and if Moycarkey Coolcroe AC exceeds this, it will be necessary to have extra training times</p>	<p><b>Club Covid 19 Compliance Officer/Assistant Tirenán O'Donnell</b></p> <p><b>Moycarkey Coolcroe AC and Covid 19 Compliance Officer/Assistant Tirenán O'Donnell</b></p> <p><b>Covid 19 Compliance Officer/Assistant Tirenán O'Donnell</b></p>	<p><b>Assistant Officer Tirenán O'Donnell</b></p> <p><b>Before resuming any activities</b></p> <p><b>Before resuming any activities And monitoring it after</b></p> <p><b>Before resuming any activities all parents and coached are to be</b></p>	
--	--	--	--	--	--	--

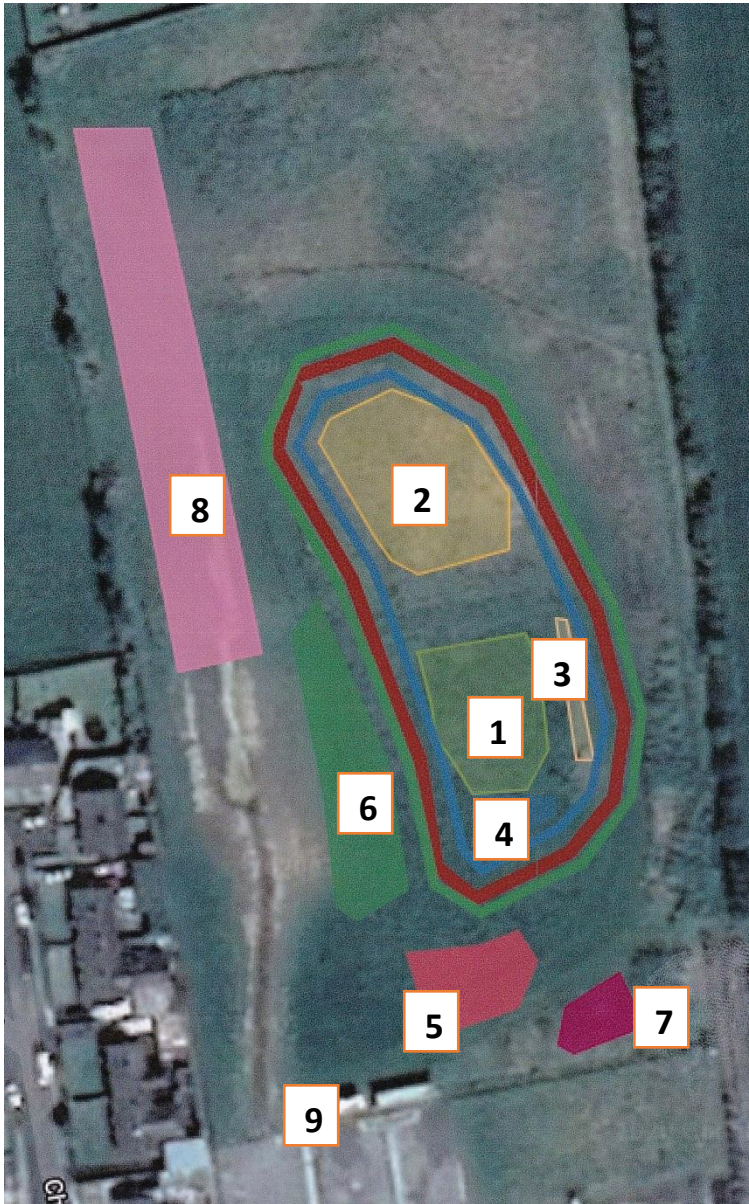
		<p>normal training period will have to be divided over a series of time periods to facilitate the attendance of athletes.</p> <p>A full record of attendance at each training session must be maintained. This is required to facilitate contact tracing should a suspected case of Covid 19 arise.</p> <p>Athletes, coaches, mentors, parents and other person who may be legitimately present within the terms of the Government guidelines;</p> <p>Will observe Social Distancing - Reducing the number of persons in any area to comply with the 2-metre (6.5 foot) gap recommended by the HSE.</p> <p>Must bring their own sanitiser, wipes and towels for their own personal use;</p> <p><b>Will not share any of these items to avoid any possible cross contamination.</b></p> <p><b><u>Cleaning</u></b> Frequently cleaning and disinfecting objects and surfaces that are touched</p>	<p>All Coaches in a particular group who uses any equipment during training will collect their own</p>	<p><b>Covid 19 Compliance Officer/Assistant Tirenan O'Donnell</b></p> <p><b>All present at training sessions</b></p> <p><b>Coaches To be over</b></p>	<p><b>advised by text</b></p> <p><b>Before resuming any activities al list is to be compiled</b></p> <p><b>All training sessions</b></p> <p><b>All training sessions</b></p>	
--	--	---	--	---	--	--

		<p>regularly in the course of training, using appropriate cleaning products and methods. All equipment used by athletes to be cleaned before and after use.</p> <p><b><u>Social Distancing</u></b></p> <p>Redesigning access flows club training areas to ensure social distancing in place. This is particularly relevant in relation, as athletes and parents are coming or going from the area and the athletes during training.</p> <p>Parents/guardians bringing children to training sessions, if they are not helping, will have to leave immediately and return later, should remain in their vehicles. If they do exit they must observe all the Government/HSE guidelines, such as social/physical distancing.</p> <p>Conference calls to be used instead of face to face meetings.</p>	<p>Equipment from the container, disinfect it before use and also clean and disinfect again after use and return it to the container.</p> <p>Method for this will be put in place. For training, the field will be divided into 8 individual zones where a total of 15 persons, including helpers etc. younger athletes who will train under the supervision of a head coach and Helpers Each athlete will be allocated a group lettering and will be directed to a particular zone noted by an numbering sign</p>	<p><b>seen by Covid 19 Compliance Officer/Assistant Tirenan O'Donnell</b></p> <p><b>To be monitored by Covid 19 Compliance Officer/Assistant Tirenan O'Donnell</b></p> <p><b>To be monitored by Covid 19 Compliance Officer/Assistant Tirenan O'Donnell</b></p>	<p><b>All athletes, coaches, parents and club officials</b></p> <p><b>Parents/Guardians</b></p>	
--	--	---	--	---	---	--

		<p><b>Symptoms of Covid-19</b></p> <p>If any member of the club becomes unwell with a new continuous cough or a high temperature they will be sent home and advised to follow the stay at home guidance.</p> <p>If advised that a club member has developed Covid-19 and they were recently on our club premises the Covid 19 Compliance Officer/Assistant Tirenán O'Donnell Tirenán O'Donnell will contact the HSE to advise.</p> <p>Should any athlete, coach or club official have any pre-existing medical condition, they should seek the advice of their medical practitioner as to the advisability of resuming club activity at this juncture.</p> <p><b>First Aid</b></p> <p>Moycarkey Coolcree AC will need to review their first aid kits to ensure they have adequate supply of face masks, surgical gloves and sanitisers, in the event of an incident arising and needing attention.</p> <p>Arrangements will also have to be in</p>	<p>If parent/guardian is not available, the member will have to go to the quarantine area to remain there until their Parent/Guardian picks them up. The parent/Guardian must seek medical advice and follow the guidelines laid down by the HSE</p>	<p><b>Coaches to segregate the athlete from the group and send them to the quarantine area</b></p> <p><b>Club Covid 19 Compliance Officer/Assistant Tirenán O'Donnell</b></p> <p><b>Club Covid</b></p>	<p><b>Before</b></p>	
--	--	--	--	--	----------------------	--

		place for access to an AEDs, (defibrillators)		<b>19 Compliance Officer/Assis tant Tirenan O'Donnell</b>	<b>commencin g training</b>	
--	--	--	--	---	---------------------------------	--

Moycarkey Coolcrao AC



The training areas will be divided into 8 zones for training

All the zones will be highlighted on site by a sign with the zone number and a Covid 19 sign under it.

Zone 1 marked on the map in green and is on the infield

Zone 2 marked on the map in yellow and is on the infield

Zone 3 marked on the map in yellow is the long Jump area

Zone 4 marked on the map in blue is a running circuit with a blue section on the infield for warming ups etc.

Zone 5 marked on the map in red is a running circuit with a red section to the fronts of the containers for warming ups etc

Zone 6 marked on the map in green is a running track with a green section between it and the hardstanding track for warming ups etc.

Zone 7 marked on the map in dark red is the shop putt area

Zone 8 marked on the map in pink is the hardstanding running track

Zone 9 will be the isolating area for anyone showing symptoms of Covid 19

All athletes will go to their zone where they will be met by their coach and helper. There will be an area in each zone for the Athletes belongings, which will be separated by the relevant social distance, at present 2m.



## Athletes and Parents Ready For Training

### **Athletes before you Train**

You must stay at home if you:

- 1) Have been in contact with someone with COVID-19 in the last 14 days
- 2) Have been overseas or exposed to someone with COVID-19 in the last 14 days
- 3) Have flu-like symptoms or are feeling unwell
- 4) You must:
- 5) Check with your GP prior to Training if you are in a high-risk health category
- 6) Find out what protocols are in place at the club
- 7) Ensure your club has up-to-date contact details for you
- 8) Parents are asked to reiterate the best practice advice to their children pre-training.

### **Athletes Attending Training**

- 1) Parents should outline the below conditions to their young athletes before coming to training in Moycarkey Coolcree AC
- 2) Athletes will be designated a group highlighted by lettering eg “group **A**” “group **B**” and so on
- 3) Group **A** and **B** will sign in at 6:45pm each evening and go to their zone.
- 4) Group **C** and **D** will sign in at 6:50pm each evening and go to their zone.
- 5) Group **E** and **F** will sign in at 6:55pm each evening and go to their zone.
- 6) Group **G** and **H** will sign in at 7:00pm each evening and go to their zone.
- 7) Only one parent/guardian should accompany younger athletes where possible, unless one or more of the Parents/Guardians are helping out.
- 8) Arrive and leave as close as possible to when you are due at the club. If an athlete is not on time, they should wait in line and then go to their designated sign in person
- 9) On arrival there will be a sign, directing the athlete to the sign in person looking after their particular group.
- 10) Please bring the correct entry fee and place it in the bucket provided at the entrance. €2 per athlete or €5 per family

- 11) Athletes should arrive ready to train.
- 12) Athletes should bring their own, bottle of water, a small bottle of hand sanitizer, antiseptic wipes, medication and any other precautionary measures their parents/guardians deem necessary, with them to train, in a small bag.
- 13) Athletes, once signed in, should go directly to their training zone which will be indicated by a number. **1, 2, 3**, etc
- 14) Advise all athletes to complete the Covid health screening questionnaire prior to training, for the first evening and bring it with them unless it has been e-mailed during that day, to bilpur9@gmail.com.

### **Social Distancing Behaviours**

To protect against infection:

- 1) Athletes must refrain from handshakes and high fives.
- 2) Try to keep 2 metres away from other people as much as possible.
- 3) Do not share food, towels, drinks, sanitizer, wipes or any of their belongings.
- 4) Wash your hands frequently with soap and water or hand-sanitizer, before and after eating, after going to the toilet, sneezing and coughing.
- 5) Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- 6) Avoid touching your face.
- 7) Keep your distance from people who are obviously sick, and inform your coach.
- 8) Try not to touch any surfaces, but if you do sanitize your hands as soon as possible.
- 9) Athletes starting intervals in approximate order of ability with the fastest athlete starting first to minimise overtaking.
- 10) Remain apart from other athletes when taking a break.

### **Athletes When Training Finishes**

- 1) Once training has finished athletes should leave the club promptly.
- 2) Hands should be washed and sanitized as soon as possible, afterwards.
- 3) Ensure your equipment is cleaned thoroughly after use.

- 4) If an athlete becomes unwell after training, they should first contact their GP and read the HSE guidelines and then inform our club. Our club will then follow advice provided to them by the HSE on the next steps.
- 5) Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- 6) Repeated poor practice should be reported to the club Coach or Covid 19 compliance Officer Tiernan O'Donnell as soon as possible.
- 7) Group **A** and **B** will finish at 7:45pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 8) Group **C** and **D** will finish at 7:50pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 9) Group **E** and **F** will finish at 7:55pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 10) Group **G** and **H** will finish at 8:00pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.

### **Athletes own Equipment**

- 1) Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. shots, javelins, discus etc.
- 2) 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.
- 3) Clean equipment with a disinfectant spray at the before use and again at the conclusion of training.

## Coaches/Helpers Ready for Training

### **Before you Coach**

- 1) Develop and prepare a risk assessment and consult with your club how lessons can be delivered safely. Ensure that you get permission from the club to carry out your session. You or your athlete(s) should stay at home if you or they:
- 2) Have been in contact with someone with COVID-19 in the last 14 days
- 3) Have been overseas or exposed to someone with COVID-19 in the last 14 days
- 4) Have flu-like symptoms
- 5) Are in a high-risk health category. Such Coaches/Helpers should consult with their GP prior to training

### **Preparing for a Coaching Session**

- 1) Coaches should try to maintain full physical distancing if at all possible, at all times.
- 2) Pre arrange your session before attending on site.
- 3) On the first night back, advise all athletes to complete the Covid health screening questionnaire prior to training and insure that yourself and your helpers have filled it in as well.
- 4) Group **A** and **B** will sign in at 6:45pm each evening and go to their zone with their coach already there.
- 5) Group **C** and **D** will sign in at 6:50pm each evening and go to their zone with their coach already there.
- 6) Group **E** and **F** will sign in at 6:55pm each evening and go to their zone with their coach already there.
- 7) Group **G** and **H** will sign in at 7:00pm each evening and go to their zone with their coach already there.
- 8) Let your athlete know before each session how you expect them to act to help ensure a safe environment for themselves and others, and what precautions you have put in place. Advise parents in the case of younger athletes, to instruct their children.
- 9) Ensure that you have a designated area in your training zone for the athletes belongings and that there is adequate room for social distance of bags of 2m
- 10) Only one zone can be used for each coaching session on an evening

### **Prior to the training session informs your athlete that:**

- 1) Only people core to your session can be in attendance.
- 2) All Athletes Coaches and helpers will sign in with Moycarkey Coolcroe AC Covid 19 Compliance Officer, Tiernan O'Donnell before commencing training
- 3) Coaches/helpers should arrive and leave as close as possible to when you need to be there.
- 4) Only one parent/guardian should accompany younger athletes where possible, unless they are helping out.
- 5) Athletes should arrive ready to train.
- 6) Athletes and coaches should wash their hands with soap and water or hand sanitizer when available, before and as soon as possible after the training session.
- 7) Athletes should carry a bottle of hand sanitizer and antiseptic wipes at all times and these should be in their bags in their particular zone.
- 8) Coaches/Helpers should complete the Covid health screening questionnaire prior to training, for the first evening and bring it with them unless it has been e-mailed during that day, to bilpur9@gmail.com.

### **During the Training Session**

- 1) Limit the use of coaching equipment such as cones etc.
- 2) Don't let the athletes handle any coaching equipment if possible. The coach should pick up any equipment used e.g. cones.
- 3) Be aware of what surfaces you or your athlete(s) touch and if you touch the equipment such as hurdles, cones, rakes etc. you, the Coach must clean these surfaces before you leave. Coaches should have access to disposable disinfectant wipes at all times.
- 4) Maintain physical distancing as much as possible including when giving feedback and while athletes are resting.
- 5) When training finishes athletes must leave the club promptly, in an orderly fashion, ie; no running, pushing or shoving..
- 6) If coaches witness poor practice it should be addressed immediately in a polite fashion and ongoing disregard for protocols should be reported to our club as soon as possible.
- 7) All track lanes can now be used. However, if possible, try to maintain social distances through the strategies below.

- 8) Athletes running single file unless there is an empty space where they can leave a distance of more than 2m between themselves.
- 9) Athletes starting intervals in approximate order of ability with the fastest athlete starting first to minimise overtaking.

### **Post training Sessions**

- 1) Coaches should adhere to the finishing times so as that Social distances can be maintained as the athletes exit.
- 2) Group **A** and **B** will finish at 7:45pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 3) Group **C** and **D** will finish at 7:50pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 4) Group **E** and **F** will finish at 7:55pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 5) Group **G** and **H** will finish at 8:00pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance at all times.
- 6) Ensure that all the athletes take away their own belongings.
- 7) Make sure that all equipment is put away safe in the container

### **Equipment**

- 1) Practice caution with all equipment and avoid letting the athletes touch unnecessarily.
- 2) Clean all equipment with a disinfectant spray prior to and after use.
- 3) Although there is no specific evidence that equipment can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- 4) Try to restrict equipment to a particular group.
- 5) Clean all equipment with a disinfectant spray at the start and conclusion of your session.
- 6)

## Covid19 Compliance Officer

- 1) Will have a list of all Athletes, Coaches and helpers for each training session
- 2) All Athletes Coaches and helpers will sign in with Moycarkey Coolcree AC Covid 19, Compliance Officer Tiernan O'Donnell before commencing training.
- 3) Covid 19 Officer/assistant will have contact numbers for all parents at all times during training in the event that an emergency
- 4) The Covid 19 Officer/Assistant will oversee the starting times and finish times of all the sessions and that they are maintained.
- 5) Group **A** and **B** will sign in at 6:45pm each evening and go to their zone.
- 6) Group **C** and **D** will sign in at 6:50pm each evening and go to their zone.
- 7) Group **E** and **F** will sign in at 6:55pm each evening and go to their zone.
- 8) Group **G** will sign in at 7:00pm each evening and go to their zone.
- 9) Group **A** and **B** will finish at 7:45pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance
- 10) Group **C** and **D** will finish at 7:50pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance.
- 11) Group **E** and **F** will finish at 7:55pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance.
- 12) Group **G** and **H** will finish at 8:00pm collecting their belongings will go immediately to the carpark, maintaining the 2m social distance
- 13) Our Covid19 officer will oversee training and advise Athletes, Coaches, and Helpers on possible breaches of the guidelines.
- 14) Ensure that social distancing is adhered to by all Athletes, Coaches, Helpers and Parents/Guardians when accessing and leaving the training area
- 15) Ensure contact is kept to a minimum during the training session, as per National AAI Safer Return to Training Protocol
- 16) Oversee the protocell in relation to equipment, that it is sanitized before and after training
- 17) Ensure Athletes, Coaches and Parents refrain from congregating at the venue or car park during pick-ups and drop-offs.
- 18) Ensure that all check-in logs are kept safe in case of an out-brake of covid19 and may have to be retrieved
- 19) The Covid 19 Compliance Officer/Assistant should have completed the Covid health screening questionnaire prior to training, for the first evening and bring it with them unless it has been e-mailed during that day, to bilpur9@gmail.com.