

DCU Weightlifting Club covid-19 statement

Aims:

Maintain a safe and hygienic training environment following all government and Weightlifting Ireland guidelines.

Weightlifting Ireland Covid-19 return to sport:

<https://weightliftingireland.com/wp-content/uploads/2020/07/Back-to-Training-COVID-19-29th-June-Draft-2-.pdf>

Procedure:

Covid-19 safety, suspected case protocol and Covid-19 policies communicated to members before the first onsite training session

Before training:

- Sign in all coaches and athletes attending for contact tracing through Clubs and socs website
- Collect relevant info regarding covid-19 contact from all athletes attending using the following questions

Covid 19 Questionnaire

- In the previous 14 days, have you:
 - Had any Covid 19 symptoms? * yes no
 - Been in Contact with any confirmed/suspected Covid 19 case? * yes no
 - Traveled Internationally? * yes no
- If a member is feeling unwell or has had close contact, they must not attend training
- Follow government guidelines for indoor training group sizes

During Training:

- Maintain 2-meter social distance throughout a training session
- Wash hands thoroughly on entry to gym
- Open windows / doors where possible
- If a member must be isolated during training a designated area will be setup for this purpose

After Training

- Outline how to disinfect equipment thoroughly
- Allow enough time following sessions for thorough disinfection of equipment
- Disinfect all equipment after use and any frequently touched surfaces (e.g. door handles)
- Members must leave the facility and not group together outside following training

Safety/covid-19 officer:

Covid-19 safety officer – Tomás Broe-Brady

Completed covid-19 eLearning course

- Ensure covid-19 statement is up to date
- Provide information to members about protocol for safety within the club prior to first training session
- Ensure members comply with all government and club safety procedures
- Operate a sign in/booking system for training
- Maintain contact tracing information and insure up to date contact information
- Ensure necessary sanitisation equipment is available

Document should be updated following change in covid-19 protocols