

DCU Caving Club COVID-19 Protocols & Procedures

Purpose

This document details the procedures and protocols that the Dublin City University Caving Club will implement to manage and reduce the risks of COVID-19 to club members while engaging in club activities. It includes information on the following:

- COVID-19 Guidelines
- COVID Coordinators & Committee Responsibility
- Members Responsibilities
- Procedure on how to deal with a Suspected Case of COVID-19 (DCU guidelines)
- Before Attending Club Events
- Participant Health Screening Questionnaire
- Attending Club Events
- Social Distancing Guidelines
- Attendance Records
- After Club Events
- When Training Finishes
- Attendance Records
- Equipment Cleaning and Disinfecting
- Review of Protocols & Procedures

COVID-19 Guidelines

This protocol complies with the following guidelines and the Club Committee will ensure that these protocols are updated as necessary as guidelines change:

- Governments Resilience and Recovery 2020-2021: Plan for Living with COVID-19,
<https://www.gov.ie/en/campaigns/resilience-recovery-2020-2021-plan-for-living-with-covid-19/>
- The Speleological Union of Ireland (SUI) COVID-19 guidelines
<https://www.caving.ie/sui-policies-and-codes/covid-19-guidance/>
- Dublin City University Clubs & Societies COVID Guidelines available at
<https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/home>

COVID Coordinators & Committee Responsibility

Thomas McCarthy is the designated COVID Coordinator responsible for ensuring compliance with DCU Caving Club COVID-19 protocols. The COVID Coordinator has completed the Sport Ireland COVID-19 eLearning Course available at www.sportireland.ie/covid19/course, and other sport specific courses of applicable. The

role of the COVID Coordinator is available at

<https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/clubs-covid-19-return-to-play>. The Caving

Club Committee will support the Club COVID-19 Coordinator and are responsible for the following:

- Ensure all appropriate COVID-19 Safety Protocols, Risk Assessments and forms are completed and updated as required.
- Keep updated with all new government, health authority, DCU and SUI guidelines on COVID-19.

Members Responsibilities

All members should be informed of the DCU Caving Club COVID-19 Protocols & Procedures and are advised to complete the Sport Ireland COVID-19 eLearning Course available at www.sportireland.ie/covid19/course.

Procedure on how to deal with a Suspected Case of COVID-19*

When responding to a suspect case, there are number of actions that may need to be taken.

- 1)** If someone becomes unwell in the DCU Caving Club with symptoms such as cough, fever, difficulty breathing, keep at least 2 metres away from the symptomatic person and also make sure that others maintain a distance of at least 2 metres from the symptomatic person at all times. Contact the Club COVID-19 Coordinator(s).
- 2)** The Club COVID-19 Coordinator should initially assess whether the unwell individual can immediately be directed to go home, call their doctor and continue self-isolation at home.
- 3)** Where the individual needs or requests an ambulance, isolate the area, call the ambulance advising of suspect COVID-19 case, stay with the patient (or call for First Aid Response on 5999) (at least 2m away) and comfort them until the ambulance attends.
- 4)** Where the person does not require an ambulance and cannot return home independently or without using public transport (while maintaining 2 metre distance), the unwell individual should be directed to the campus designated isolation area (see below) and advised to call their doctor, outlining their current symptoms. On route, advice should be given to the unwell individual to cover their mouth and nose with a disposable tissue or surgical mask if available. The following spaces are designated isolation rooms for staff and students: - Glasnevin Campus - Student Health Centre, Henry Grattan Building - St Patrick's Campus - Student Health Centre, Block A - All Hallows Campus - PG08, Purcell House.
- 5)** The Club COVID-19 Coordinator should notify management who should subsequently notify the Chief Operations Officer (COO).

6) The Club COVID-19 Coordinator should make available to the COO, records kept regarding Direct Contact to identify people who have been in contact with the individual. If COVID-19 positive is confirmed, the HSE may advise direct contacts on any actions or precautions that should be taken.

Before Attending Club Events

The club has implemented the following procedures for members before attending club events.

Participant Health Screening Questionnaire

All members will complete the Participant Health Screening Questionnaire at least 3 days in advance of returning to play.

- Only one form must be submitted prior to returning to play **OR** The form must be completed by the member in advance of each training/match/activity if the SUI stipulates this as part of its COVID-19 procedures.
- The questionnaire above will be sent to members scheduled to return to play by Shane Walker.
- The questionnaire will be electronic.
- It is each club member's responsibility to notify the Club COVID Coordinator or the Club Committee if their health questionnaire has changed, and they must not participate in DCU sports club activity.

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 playing 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

Attending Club Events

- Arrive and leave as close as possible to when you are due at the club.
- Where travel to club events is required, walking, use of a bicycles or private domestic vehicles is preferred. In the case of private domestic vehicles, members should travel alone or at a maximum travel with one other passenger who should adhere to physical distancing guidelines.
- Advise all athletes to complete the COVID-19 health screening questionnaire prior to training.
- No parents/guardians or external coaches should attend training sessions in DCU at present.
- Athletes should arrive ready to train.
- Athletes should bring a small bottle of hand sanitizer and antiseptic wipes with them to training.

Social Distancing Guidelines

To protect against infection:

- Athletes must refrain from handshakes and high fives.
- Try to keep 2 metres away from other people as much as possible.
- 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.
- Avoid touching your face.
- Avoid unnecessary spitting or clearing of airways
- 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.

Attendance Records

The DCU Caving Club will set up and maintain attendance records listing attendees name and contact phone number, and the dates and times they attended training sessions and matches. This is for contact tracing purposes. The club will keep a record of who attends which events for a period no less than 3 months.

Attendance records will be used to initiate contact tracing if there is a confirmed case in the club.

Attendance records will be electronic and Octavian Tiolan is responsible for maintaining attendance records.

When Training Finishes

- Once training has finished athletes should leave the facilities 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 and read the HSE guidelines and then inform their club. The 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 should be reported to the club as soon as possible.
- Wearing of a mask or face covering is optional but strongly encouraged when entering and exiting training sessions. Wearing of masks during training is not necessary as mentioned above.

Equipment Cleaning and Disinfecting

The club will provide hand sanitizing supplies for members, and members are also advised to bring their own hand sanitizing supplies.

Items of sporting equipment can become contaminated with COVID-19, which can subsequently be transmitted to another person, either directly, or via the hands. Cleaning and sanitising of the club's equipment must be completed as the procedure below. The procedure lists all sports equipment used by the club, and the cleaning & disinfection procedures to include cleaning frequency, substance and responsibility. DCU will recommend products/supplies and will purchase on behalf of the club, however it is the caving clubs responsibility to hold, monitor and replenish sanitizing and cleaning agents.

First Aid kits will also be stocked with 2 x face masks, 2 x pairs of gloves and a bottle of hand sanitiser, in addition to the HSA First Aid Kits requirements for up to 25 people.

Equipment Cleaning and Disinfecting Procedure

Equipment	Cleaning & Disinfection required	Frequency	Substance	Responsibility
SRT Kits	Yes	Before and after each training session	Disinfectant wipes	COVID Coordinator/ Gear Officer
Helmets	Yes	Before and after each caving trip	Disinfectant wipes	COVID Coordinator/ Gear Officer
Oversuits	Yes	Before and after each caving trip	Scrubbed with water and a brush	COVID Coordinator/ Gear Officer
Mallions/ Carabiners	Yes	Before and after each training session	Disinfectant wipes	COVID Coordinator/ Gear Officer
Rope	No	—	—	—

Review of Protocols & Procedures

Club Committees should meet with the Club COVID Coordinator to review the implementation and compliance with the protocols. Clubs should also ensure that the protocols are updated as necessary as the Government, SUI and/or DCU guidelines change.

