



# DCU Aikido Club COVID-19 Plan

Last updated: 21 September 2021

## 1. Introduction

As we try to return gradually to normal activities, we must do so in a way that is responsible and safe.

This document incorporates advice from:

- Sport Ireland COVID-19 Return to Sport Online e-Learning Course:  
<https://www.sportireland.ie/covid19/course>
- Sport Ireland guidelines, 21 August 2020:  
<https://www.sportireland.ie/news/sport-ireland-issues-practical-guidance-for-sport-on-covid19-measures>
- Irish Martial Arts Commission (IMAC) Return to Training Protocol, 24 August 2020:  
<https://www.imac.ie/returntotraining>

In addition, all members (including the instructor) must abide by the requirements DCU Sports Complex whenever we use that facility.

## 2. COVID-19 response plan

### 2.1 Responding to symptoms

Members **must not** attend training:

1. If they show any symptoms of the virus, which include:
  - Fever (high temperature, 38 Celsius or above)
  - Coughing
  - Shortness of breath
  - Changes to taste or smell
2. If they have been in close contact within the past 14 days with someone showing symptoms of the virus.
3. If they have been in a country within the past 14 days that is not on the government green list.

Members who show symptoms of the virus **must inform the instructor** if they have been present at training within the past 14 days.

If a member starts to show symptoms of the virus **during training**, they must stop training, put on a facemask, inform the instructor and return home immediately.

## **2.2 Contact tracing and testing**

The instructor will:

- Retain contact details for all members of the club.
- Keep a record of attendance for all training sessions.

If a member who has been training within the past 14 days reports symptoms of the virus:

- The instructor will inform all other members who trained at the same sessions over the past 14 days.
- Training sessions will pause until the sick member has received test results (since the instructor might also have been affected).
- If a test result is negative, regular training will resume.
- If a test result is positive, the club will close until the instructor and all members who have had contact with the sick individual can be tested. The club will re-open only to members who have received a negative test result.

## **3. Protocol for use of training facilities**

Before training:

- Travel separately (i.e. do not share cars), unless part of the same household.
- Bring your own weapons if possible. If the club provides a weapon, the member should clean and disinfect it before use.
- Arrive dressed for training. Changing rooms should not be used. No hakamas to be worn.
- Wear a facemask.
- Sanitize hands on entry.
- Maintain 2m social distance.

During training:

- When more than 6 people are training, the group will be divided into pods of maximum 6 who will practise together.
- Maintain 2m social distance while not practising contact training.
- Practise good respiratory hygiene: when coughing or sneezing, cover your mouth and nose with your elbow or a tissue; discard the tissue afterwards and clean your hands.
- Avoiding touching eyes, nose and mouth.
- Sanitize hands regularly.
- Facemasks should normally be worn, unless by consultation with the instructor.

After training:

- Sanitize hands.
- Maintain 2m social distance.
- Wear a facemask.
- All members to help sanitize the training area, following the instructor's guidance. (Instructor to provide a checklist of tasks.)
- Any shared weapons should be cleaned and disinfected.
- Showers and changing rooms will not be available.
- Leave the training facility promptly.
- Training clothes (e.g. keikogi) must be washed after each session.

#### **4. Protocol for aikido training**

The options outlined below run from lowest risk to higher risk. Outdoor training is clearly the safest situation, but is weather and daylight dependent and will become increasingly impractical as the year progresses.

Since it will be impossible to remove risk completely until the pandemic is over, each member must assess for themselves what level of risk is acceptable for their own situation. Considerations would include an individual's own medical vulnerability and whether they live with or care for someone else who is medically vulnerable. As always, every member is completely free to opt out of any activity if they feel unsafe or uncomfortable.

The level of community transmission of the disease in the Galway area will probably be the main factor in deciding which training option is most appropriate. Decisions will be made by group consensus in the club, with the instructor retaining final say.

##### **Option 1: Outdoor weapons training, zero contact**

- No personal contact or contact between weapons.
- Face masks optional.

##### **Option 2: Outdoor weapons training, weapons contact**

As above, except:

- Occasional contact with weapons only (no personal contact) within 2m distance for brief periods.

##### **Option 3: Indoor weapons training, zero contact**

- No mats during weapons-only training.

##### **Option 4: Indoor weapons training, weapons contact**

As for the previous option, except with weapons contact as described under option 2.

**Option 5: Indoor training on mats, zero contact** Zero-

contact training on mats will involve:

- Aiki-taiso (warming up and stretches)
- Ukemi (rolling) and body-conditioning exercises
- Tai sabaki (footwork exercises)
- Individual kata practice (aikido techniques without partners, both roles)

Each member should train within an area of the mats designated to them (minimum 8m<sup>2</sup>). Different areas can be physically separated if desired. Members may wish to carry and lay out their own mats.

**Option 6: Indoor training on mats, with contact**

Effectively regular practice, though with same requirements as for option 5 above.

**5. Risk assessment**

Hazard:	COVID-19
Risks:	Contracting COVID-19

Controls:	1) Club COVID-19 response plan 2) Protocol for use of training facilities 3) Protocol for aikido training
Actions to be taken:	<ul style="list-style-type: none"> <li>• Members to confirm (via online questionnaire) that they have read and understood and agree to follow the guidelines of this document.</li> <li>• Instructor to supervise group and ensure compliance with these guidelines.</li> <li>• Instructor to retain contact details and register of attendance to facilitate contact tracing.</li> <li>• All members to assist in sanitisation of equipment and spaces after use.</li> </ul>
Responsible persons:	Michael O'Donovan, Brian Milton (instructors)