



# DCU Athletics COVID-19 Return to Play Protocol

## Introduction

**Date: 22/09/20**

**Review: 24/08/21**

The COVID-19 pandemic guidelines continue to develop and our knowledge of how best to manage living with the virus also continues to grow. This summary sheet is designed to streamline the DCU Sport, Athletics Ireland (NGB) and Sport Ireland guidelines for all DCU Athletics members in one page.

**Note:** COVID-19 is still with us and we need to be ever vigilant regarding contact tracing, social distancing and hygiene. This protocol was developed to safeguard our students, staff and give you the best possible experience of our sport while all the while protecting you and minimising the risk of transmission of COVID-19.

- Athletics Ireland Phase 3 guideline are used in the development of this protocol which were released on 17<sup>th</sup> July 2020 by Athletics Ireland and are the most up to date guidelines from the NGB as of the making of this document on 22<sup>nd</sup> September 2020 and in the review of this document on 24<sup>th</sup> August 2021. Outdoor gatherings of up to 200 people can proceed and sporting competition can commence. Groups exercising outdoors should be limited to 15 people, including training sessions. There should be no mixing between groups.
- Outdoor Exercise & Sports training can do so in multiple pods of 15 once sufficient space is available and strict public health protocols are in place.
- Organised Sports training within indoor facilities can do so in multiple pods of 6 once sufficient space is available and strict public health protocols are in place.

## **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.**

### **Before you Train**



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 Training

- You must complete the DCU Athletics COVID-19 declaration via the Google Form (<https://forms.gle/UdeER9LPZ9ZzWxMK9>) this **must be completed at LEAST 3 days prior to returning** to training. **This form only needs to be filled out once**, it is then the responsibility of the club member to report any change in circumstances or if you test POSITIVE for COVID-19 to any of our Committee members or COVID-19 Officers listed below, on the club website, and via the DCU Clubs and Socs portal.
- Arrive and leave as close as possible to when you are due at the club.
- 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 Behaviours

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.
- All track lanes can now be used. However, if possible, try to maintain social distances through the strategies below:

### For endurance/distance sessions:

- Athletes running single file unless there is an empty space where they can leave greater than 2m between themselves.
- Athletes running with greater than 2m between themselves and the next runner, including when overtaking. 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 minimise overtaking.
- Remain apart from other athletes when taking a break.

## When Training Finishes

- Once training has finished athletes should leave the club 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

- Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. shots, javelins, discus, starting blocks and the areas around where you place your hands on the ground/startling.
- 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.
- Clean equipment with a disinfectant spray at the conclusion of training.

## DCU AC COVID-19 OFFICERS

Please contact one of the following club COVID-19 officers or anyone on the DCU Athletics Committee if you are feeling unwell, have tested positive for COVID-19 or have any other concerns of queries.

Paul Byrne (paul.byrne@dcu.ie)  
Colin Smith (csmithno.7@gmail.com)  
Peter O'Shea (peterfoshea@yahoo.ie)