

DCU ABC Protocol Document

Based on IABA and Government guidance we currently can only have 6 people in our trainings at anyone time including coaches and Covid officers.

1. Covid Committee Check List

Completed

Risk Assessment Completed

All relevant documentation completed

Biweekly review must be completed by the committee.

All public health guidance followed and updated week on week.

Google doc created for session booking.

Staggered session planned with coaches and covid officers at both sessions.

Messenger group set up for all covid updates.

All members have their own equipment arranged.

Sterilizing station and PPE in place.

Posters in place.

All declarations signed and returned.

Contact tracing numbers and documents in place.

2. Club Access

Current members only, no new membership permitted for the boxing year 2020-2021, unless current membership drops.

No boxers are permitted to the club if they have been travelling or in contact with any person with symptoms or positive test for Covid 19.

All members must have the Covid 19 Govt. app.

All boxers can attend if they confirm they have no symptoms.

No boxers with underlying conditions are permitted.

Split sessions of 1 hour will be arranged, 1-hour session from 6pm, the room is closed from 6.50pm for sterilization and reopened at 7.05pm.

1 coach/Covid officer per session

3. Arrival Procedure

All boxers must pre book training via our google docs with limit numbers per session

All boxers must attend in training equipment

All boxers must wear face masks prior to entering the boxing hall

All boxers must sterilize their hands before entering

All boxers must where possible not use toilet facilities, if toilets are used then cleaning must be done and sterilized.

4. Club Facilities

Cleaning before, and after every session will be managed by the Covid Officer

Boxing bags must be cleaned after each boxer, by the boxer

Changing rooms are not in use.

All chairs are removed from the club.

No communal equipment other than heavy bags are permitted to be used and have been packed away.

5. Equipment

All equipment will be sanitized after each use.

All equipment is owned by the boxer, no communal equipment other than heavy bags are permitted to be used.

6. During Training

All boxers have been requested to bring their own hand sanitizer.

No boxers to share vehicles to training unless they are living in the same household, they should wear face masks if this is the case.

2 meters distance where possible should be kept.

Boxers cannot share water, gloves, skipping ropes etc.

Hand sanitizer throughout training.

Cover coughing, sneezing etc.

No activities that imping on social distancing should be undertaken.

7. End of Training

The full club should be sterilized.

All equipment should be sterilized.

All boxers should exit immediately, sterilizing before leaving the club.

All boxers must exit with face masks on.

All boxers must not use changing facilities.

Distancing must be maintained from other club members when leaving the club.

If any boxer becomes unwell after training they must notify the group via messenger.