



**TULLAMORE HARRIERS A.C.**

**RETURN TO TRAINING**

**COMMENCING 10<sup>th</sup> May 2021**

**COVID 19 – RESILIENCE & RECOVERY  
EASING OF LEVEL 5 RESTRICTIONS 2021.**

**This level commencing 10<sup>th</sup> May 2021 permits outdoor sporting activity for all Club Members. The Guidance also came with many restrictions. The Committee have reviewed this information and have agreed the following guidelines which best suits our Club. We ask that each and every person take personal responsibility for their own safety and the safety of others by adhering to all the guidance and measure put in place.**

**We wish to thank you for patience and ask that you approach the reopening with caution.**

## COMMENCING 10<sup>th</sup> May 2021

**Covid-19 Safety Officer:**

**Adrian Curley**

**Covid-19 Assistant Safety Officers:**

**Damian Lawlor, Ann-Maria Cunningham,  
Adrian Brennan, Carmel McGreal  
Sean Reynolds, Anny Hyland Guilfoyle**

### 1. Club access

- (i) Access is restricted to members of Tullamore Harriers and pre invited guests.
- (ii) Everyone entering the grounds must arrive with a completed Covid 19 Screening Questionnaire.
- (iii) Please do not use the back of the Club as a starting point for informal runs during official training sessions in order to minimise traffic and for safety reasons.
- (iv) U/18 athletes must be accompanied by a parent/guardian when arriving at Club.
- (v) You cannot attend if you have been out of the country in the preceding fourteen days.
- (vi) You cannot attend if you have been in contact with someone with symptoms of Covid - 19 in the previous 14 days (fever +38 degrees, cough, sore throat, shortness of breath, flu like symptoms, loss of taste and smell)
- (vii) You cannot attend if you are in a period of self isolation or cocooning under current health policy.
- (viii) You cannot attend if you are displaying Covid-19 symptoms (fever +38 degrees, cough, sore throat, shortness of breath, flu like symptoms, loss of taste and smell). Self-isolate and contact your GP.
- (ix) You cannot attend if a member of your household is self-isolating, as per HSE guidelines you must follow restrictive movements and, therefore, stay away from training.
- (x) If you are recovering from Covid 19 seek medical advice prior to returning to train
- (xi) If you feel unwell do not present to the Club.
- (xii) The Clubhouse including changing rooms and gym is closed until further notice.
- (xiii) Emergency/Limited toilet facilities will be available.
- (xiv) The Club training facilities will open Tuesday to Friday from 6.30pm to 8.30pm only.

### 2. Athletes attending for training.

Parent/Guardian must notify Coach the night before training if athlete intends to train.

Athletes **must not car share except** with a member of the same household.

Please note that if a parent/guardian remains on site, they will not be able to access the ground/facilities (stay in car).

**Parent/Guardian must return 15 minutes before end of training session.**

**If not being collected by same parent/guardian, a new Covid -19 Screening Questionnaire must be completed.**

Athletes should arrive ready to train – please note there will be no dressing room facilities. The clubhouse is closed to all members until further notice.

Emergency/Limited Toilet facilities will be available. Please use bathroom before leaving home for training.

All athletes must bring sanitising gel/wipes.

Keep all personal equipment completely to yourself particularly water bottles. Athletes must be absolutely vigilant with water bottles so there is no touching of water bottles against another water bottle – it is suggested that athletes bring their water bottle, sanitising gel and wipes in a spike bag/small gear bag, clearly marked with their name.

Athletes should sanitise their hands upon arrival at the stadium.

Avoid touching any hard surfaces.

No physical contact whatsoever with any other individuals.

**Please, please, please no spitting.**

Cough or sneeze into your elbow.

If you use tissues put them in your bag and bring them home and dispose of at home as there are no bins on site.

Observe social distancing at all times – 2 meters.

All stadium equipment that you use must be wiped down by you with sanitising wipes – please bring a pack of wipes with you.

Athletes to ensure the Club has their up-to-date contact details (phone & email)

Repeated poor practice by athletes will result in them being asked to leave the training ground. Parent/guardian will be contacted by the Safety Officer to discuss the behaviour.

### **3. Designated Training Slots**

#### **Track/Field Group**

- Age Group 12 or over                      Tuesday and Thursday: 7.00pm to 8.30pm
- Age Group Under 12                      Tuesday and Thursday: 7.00pm to **8.15pm**
- **Parent/Guardian must return 15 minutes prior to end of session.**

#### **Middle Distance Group**

- Age Group 12 or over                      Wednesday and Friday: 7.00pm to 8.15pm
- Age Group Under 12                      Wednesday and Friday: 7.00pm to **8.00pm**
- **Parent/Guardian must return 15 minutes prior to end of session.**

Juvenile Coaches must inform the Club of the attendees - both coaches and athletes for each session Please note that any changes must be notified. It is vitally important that we have full and accurate records

### **Senior Group**

Tuesday and Thursday 6.40pm to 8.30pm

Training Session including warm up and cool down to take place in the Club Grounds.

Athletes will be divided into pods

- Warm up and cool down with your pod,
- Each pod will be allocated a start location on the track for the training session
- Observe social distancing at all times – 2 meters

#### **4. Access to Grounds**

Access to the grounds is via the back gate on Spollanstown Road entrance. Access to the track is via the gate to the left of the dressing rooms only.

#### **5. Arrival at Stadium**

Please ensure the Screening Questionnaire is completed prior to attending.

When leaving your house to come to Tullamore Harriers wash your hands thoroughly.

Upon arrival at the stadium sanitise your hands.

Athletes should arrive at Club entrance no earlier than ten minutes before their session as per Athletics Ireland guidelines.

Each person arriving at grounds will be required to submit their completed Screening Questionnaire and check in.

Senior Athletes/Parent/Guardian must wear face mask in car during check-in and submission of Screening Questionnaire.

Proceed to designate drop off area. Please note a Club member will be present in the car park to advise of the drop off/pick up area and parking area.

Coaches will advise each athlete in advance of the session, the coach taking the session and the location/position of their training pod.

#### **6. Athletes**

Athletes to strictly observe social distancing whilst warming up.

Social distancing must be maintained at all times (all to be 2 meters apart) during training.

During the course of the rep a two meter gap must be maintained by all members of the group at all times.

Once the rep is finished, social distancing must be maintained at all times. During rest time, athletes to return to their designated area.

If running in single file increase the distance between athletes to more than 2m

Track & Field Athletes to wear facemasks entering and leaving track.

## 7. Field Event Athletes

Physical distancing to be observed throughout the course of the period.

No equipment should be exchanged between athletes.

If stadium equipment has to be used it should be sanitised before handling and after handling. In so far as is possible all should use their own personal equipment.

If athletes must use equipment, for example long jumpers needing to use rakes, you must bring sanitation wipes with you to wipe down any equipment before you use and to wipe down after you use. Long jumpers to replace the covering on the long jump after use.

During any breaks in field event training athletes must stay well apart from one another – returning to their designated area.

## 8. Coaches

The same regulations apply to coaches as to athletes.

Coaches should not attend if they have been in contact with an individual with Covid-19 symptoms in the preceding fourteen days (fever +38 degrees, cough, sore throat, shortness of breath, loss of taste or smell, flu-like symptoms).

Coaches should not attend if they have been outside the country in the previous fourteen days.

Coaches should not attend if they have any flu like or Covid-19 symptoms in the preceding fourteen days (fever +38 degrees, cough, sore throat, shortness of breath, loss of taste or smell, flu-like symptoms).

Coaches in the high risk category should consult with their GP prior to return to training.

Physical distancing has to be observed by coaches from all other users.

## 9. After training

Once training has finished athletes must leave the premises promptly.

Juvenile Athletes having completed their warm down should gather their belongings at their designated area and will be instructed by their coaches when to return to the designated pick up area.

All should thoroughly sanitise their hands before leaving the stadium.

When you get home immediately wash and sanitise your hands.

When you have finished training ensure that all your gear, towels etc. are washed.

All should then follow normal guidelines upon the return home.

- Good hand hygiene, Coughing etiquette, Social distancing.

**If an athlete/coach/volunteer becomes unwell after training, they should first contact their GP, read the HSE Guidelines and inform the Club.**

## **10. Cleaning**

### **Toilets – Emergency/Limited Facilities**

Toilets will be cleaned and disinfected prior to and at the end of training and at regular intervals during each training session.

Each person is requested to sanitise their hands on both entry and exit of the toilets.

It is everyone's responsibility to keep the toilet facilities clear of rubbish and clean.

### **Equipment**

Equipment used during training session will be disinfected prior to and at the end of each training session. Athletes using the equipment must use their sanitation wipes to wipe down the equipment before and after use

### **Touch Area**

Frequently touched areas will be cleaned and disinfected at end of session.

Tullamore Harriers primary goal is to ensure the safety of all Club members be they coaches, athletes, parents/guardians, volunteers, associates of the Club. These guidelines are subject to review. Athletes, Coaches, Parents/Guardians must read and understand the guidance.

**In the interest of health and safety, the grounds of Tullamore Harriers are a non-smoking area.**

**These guidelines are a live document and subject to change on a regular basis in line with guidance provided by Athletics Ireland and Sports Ireland.**