

**Piranha Triathlon Club Return to Training Booklet
2020**



**Please stay up to date with the latest version of this
booklet!**

Version 6 (Updated 21st September 2020)

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Coronavirus
COVID-19



1. Introduction:

The aim of this document is to help keep members informed and up to date with the back to training procedures in line with government action and Triathlon Ireland.

It is every individual's responsibility to act and behave in a manner that protects each other and the vulnerable members of our community- this includes the following:

- Maintain social distancing of at least 2m between people
- Good hand hygiene and respiratory etiquette (sneeze and cough into your elbow)
- Self-isolate if you develop any flu-like symptoms or symptoms known to be associated with Covid-19 (more information if you are unsure is available on <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/>)
- Limit social contacts outside of your household
- Maintain a record of who you come in to contact with
- Stay at home as much as possible and avoid unnecessary journeys

Ireland has begun to reopen society and business from the 8th June in Phase 2 of the roadmap set out by the government, with a further 2 phases to follow. Please note if there is a rise in infection rates, there may be a delay in proceeding to the next phase, therefore it is our responsibility as individuals and a club to follow the restrictions that are in place.

By reading this document and attending club sessions, you are agreeing to upholding the need to behave responsibly while training, in line with government recommendations.

If anyone has any issues at all regarding Covid-19 and the return to training, please contact Hannah Gibney the Covid-19 Club Safety Officer via email on gibneyhm@gmail.com



2. Club Members Responsibilities:

- Do not attend any club sessions if you are unwell, or have been unwell for the 14 days prior to the session
- Do not attend sessions if you have been in contact with people with known or suspected Covid-19
- If have had Covid-19, please seek expert medical advice prior to commencing high intensity training
- If you become unwell at a session (develop shortness of breath, cough, fever) you must have a safe way to get home without putting others at risk (Please see below HSE poster for information)
- If you are cocooning or are in a risk group, or living with a cocooning individual or an at-risk individual, please do not attend group sessions
- If you are unwell after a session please contact your GP and do not attend the next session
- Do not attend sessions if they are outside your travel restrictions
- Do not travel to sessions with people outside your household
- When training please keep yourselves in pods, to reduce exposure to others and limit the spread of the virus
- If you become Covid-19 positive at any time and have attended club sessions, please inform the Covid-19 Club Officer **immediately**, as contact tracing will need to be done to reduce the risk to others
- Please complete the pre-screening questionnaire prior to every training session
- Follow the public health advice given
- You will be expected to register for sessions in advance as places are limited, coaches will then confirm your attendance with the Covid-19 Club Safety Officer

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days.
Check the list of affected areas on www.dfa.ie

How to Prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces



Stop

shaking hands or hugging when saying hello or greeting other people



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie OR phone HSE Live **1850 24 1850**

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice



Riailtas na hÉireann
Government of Ireland

3. Coaches Responsibilities:

- Please, when possible provide an outline to what your session will involve, to reduce waiting around of members in one area
- Communicate with members ahead of the session as to what they will need to bring
- Maintain social distancing at all times
- Try to eliminate use of out and back routes, use laps where at all possible
- If using equipment, only the coach is to touch the equipment
- Communicate with the Covid-19 Club Safety Officer of the attendees at each session to help with contact tracing
- Please complete the pre-screening questionnaire prior to every training session

4. Pre-Screening Questionnaire:

*****If you have answered YES to any of the following questions you should stay at home and inform your medical practitioner*****

Date:

Name:

Contact details: (Email:

Contact number:)

This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. This should be

completed prior to each session by club members but does not need to be shared with the club. **Frontline workers who have taken appropriate safety precautions in their workplace, who have no symptoms of Covid 19 can take part in club sessions.** They should still complete the form below.

1. Are you currently diagnosed with or believe you may have COVID-19?

YES/NO

2. Have you had any of these symptoms of COVID-19 in the past 14 days?

YES/NO

→ High temperature (fever)? YES/NO

→ A new continuous cough? YES/NO

→ New unexplained shortness of breath? YES/NO

→ Loss of taste or smell? YES/NO

→ Abnormal taste YES/NO

→ Experienced a rash YES/NO

3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days?

YES/NO

4. Provided direct care for COVID-19 patients in the past 14 days? YES/NO

→ If yes, have you followed protocol for appropriate precautions

(PPE etc) in your working environment?

YES/NO

5. Visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days?

YES/NO

6. Travelled together with COVID-19 patient in any kind of conveyance in the past 14 days? YES/NO

7. Arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home? YES/NO

Dublin Level 3 Restrictions (19th September 2020)

- Dublin went into level 3 restrictions from midnight the 19th September 2020 for 3 weeks
- This will affect our lifestyles and training as follows

Swimming:

Club swim sessions can take place once restrictions at the pool are followed. (5 athletes per 50m lane, 4 athletes per 25m lane)

Open water swimming can take place in pods of 15 people

Running:

Running can take place in pods of 15

Cycling:

Cycling can take place in pods of 15, however during these weeks there can be no group coffee stops

The guidance has not changed regarding respiratory etiquette and social distancing. Please follow the below guidelines throughout this booklet.

For more information on the governments medium term plan for dealing with Covid 19 and the levels, please see website links.

Return to Swimming:

- Piranha is returning to swimming at Clontarf Baths from the 15th June, on Tuesday, Thursdays and Saturdays (Please see comms sent via socials for full details and times)
- Swim training is recommencing in UCD on the 10th July from 7-8am
- We will have beginner, intermediate and advanced sessions
- To sign up you will have to use your full name and contact number, to help with contact tracing, you will be then signed in when you attend the session
- Please read the responsibilities of club members in this booklet before attending the session and answer a pre screening questionnaire
- Please arrive ready to go for the session
- You will be expected to arrive on time for the session and to leave straight away, unfortunately there is no time for the chats!
- We are limited to a max of 15 people per session
- Please maintain social distancing of 2m at all times
- Do not share drinks bottles or food with other members
- Please sanitise your hands before and after sessions
- Please maintain respiratory etiquette

5. Return to Running:

- Piranha will be returning to Irishtown Stadium for run sessions, on Thursday 25th June at 20:00
- Return to UCD for run sessions is on Tuesday 23rd June
- Access will be via the 4m gate at the back of the stadium, which needs to be manned by members to allow no other access of outside parties to the track
- Sessions will be suitable for all levels
- To sign up you will have to use your full name and contact number, to help with contact tracing, you will be then signed in when you attend the session
- Please read the responsibilities of club members in this booklet before attending the session and answer a pre-screening questionnaire
- Please arrive ready to go for the session, there will be no toilets or changing facilities available at the track or at UCD sports complex, (the stadium will be re-open on the 20th July)
- You will be expected to arrive on time for the session and to leave straight away!
- We are limited to a max of 15 people per session
- Please maintain social distancing of 2m at all times, **when running in single file keep a distance of 4m from others, when two abreast, keep a 45 degree angle or 2m apart if space allows.**
- Do not share drinks bottles or food with other members
- Please sanitise your hands before and after sessions
- Please maintain respiratory etiquette

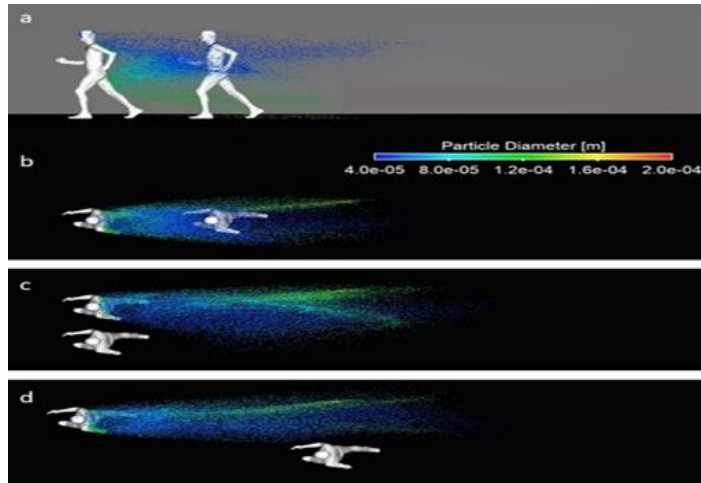


Diagram to show social distancing while running

7. Return to Cycling:

Club spins have returned on Sunday mornings, details to be posted each week. Wednesday night brick sessions recommencing Wednesday 8th July in Howth at 7pm with Ian Cassidy, meet at the Tree of Life. 2m social distancing applies on all cycle routes. Please obey rules of the road and complete pre screening questionnaire prior to attending the above sessions.

8. References and Websites:

<https://www.triathlonireland.com/Image-Document-Library/News/2020/Triathlon-Ireland-Return-to-Club-Training-Protocol-1-2-05062020.pdf>

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/>

<https://www.wired.com/story/are-running-or-cycling-actually-risks-for-spreading-covid-19/>

<https://2kmfromhome.com/>

<https://education.triathlon.org/mod/page/view.php?id=6145>

<https://www.gov.ie/en/campaigns/resilience-recovery-2020-2021-plan-for-living-with-covid-19/?referrer=http://www.gov.ie/en/publication/ad5dd0-easing-the-covid-19-restrictions-on-may-18-phase-1/>

<https://www.triathlonireland.com/News/2020/Update-on-Training-for-Dublin-Clubs.html>