

**Cycling Ireland**

**COVID-19**

**Club Training Guidelines**

These guidelines are designed to provide Clubs with a checklist for training in the COVID-19 environment. They provide a high-level listing of items that should be considered when planning training, however we note that each instance will have specific requirements that should be considered. It is critical to remember that any activities must comply with public health guidelines.

It is strongly recommended that anyone organising or attending a cycling activity complete the following e-learning COVID-19 Course developed by Sport Ireland – <https://www.sportireland.ie/covid19/course>

We note that the COVID-19 environment is an evolving situation and timelines on restrictions may result in different requirements at various times. Ultimately, public health guidelines will govern any resumption of cycling activities.

### Pre-Activity

- Appoint a COVID-19 liaison who is responsible for staying up to date on community and Provincial recommendations and any associated changes.
- Participants of training sessions are required to use Cycling Ireland Booking System for all club activities. Government requirement for contact tracing purposes.
- Clubs should undertake briefing and/or provide 'Induction Guides' for all participants outlining hygiene practices which are site specific. The following have been developed as tools that can be used:
  - Physical Distancing Guidelines [LINK](#)
  - COVID-19 Symptoms
  - Physical Distancing Markings
  - Venue Specific Movements
  - Hygiene Guidelines
  - Medical Locations and Protocol
- Participants of training sessions should complete Self-Assessment Personal Screening Questionnaire.
- If applicable, agreement on the site-specific requirements and use of venue should be made with the venue owner.
- If possible, post education materials at facilities:
  - Good hygiene practices poster for businesses
  - Good hygiene is in your hands
  - Hand washing guidance
  - Keep that cough under cover
- It is recommended that clubs complete a risk assessment for club training activities and ensure an appropriate location/venue/route is selected.

### Site Specific

- Frequently used spaces at each facility, surfaces and objects should be cleaned within the required regulations.
- Provide sufficient sanitising hand rub dispenser. These should be in a prominent place available to all participants.

- The use of change rooms should be minimised (e.g. for toilets not for showering).
- Develop a plan on the use of canteens/kiosks and cash handling that meet the current regulations.
- Develop a plan to avoid the use of non-essential surfaces including benches, fences, and gates etc.
- Develop a plan to ensure that the number of participants must not exceed the maximum allowed by government regulations.
- Participants should be accompanied by not more than one parent or guardian, if possible. Where possible parents should be encouraged to stay in their car during activities.
- Participants should only attend the activity as close as practical to the start of any training and leave as soon as possible after the end of the session.
- Participants should only handle their equipment (bikes, bidons, nutrition, towels etc) and not touch the equipment of others.
- Participants should bring their own filled bidons (no use of water taps). No post-training social activities are to be conducted.
- Should set up an arrival and departures process including consideration for staggered training start and finish times.
- Determine which activities are non-essential (e.g. recovery sessions or meetings) and are to be done remotely (e.g. at home or online).
- Prepare a contingency plan for absenteeism among volunteers and staff.
- Develop a protocol if someone develops symptoms of COVID-19 during an activity and how they can be safely transferred to a health facility.

### **Behaviour**

- No participants and organisers are to attend or must leave immediately, a club activity if they have any illness or symptoms of COVID-19.
- Participants and organisers must not attend a club activity if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19, even if mild.
- Participants and organisers must ensure physical distancing requirements are adhered to.

## Self-Assessment Personal Screening Questionnaire

This is a self-assessment form for your personal use. If you answer YES to any of the questions below you should stay at home and DO NOT ATTEND ANY CYCLING ACTIVITIES and inform your medical practitioner if you have not already done so.

Date:

Name:

Contact details: (email/contact number)

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 [LINK](#)? YES NO
  - High temperature (fever)? YES NO
  - A new continuous cough? YES NO
  - New unexplained shortness of breath? YES NO
  - Sneezing or runny nose? YES NO
  - A sore throat? YES NO
  - Loss of smell? YES NO
3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days? YES NO
4. Have you provided direct care for COVID-19 patients in the past 14 days? YES NO
5. Have you visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days? YES NO
6. Have you travelled together with COVID-19 patient in any kind of conveyance in the past 14 days? YES NO
7. Have you arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home? YES NO