

Cycling Ireland

COVID-19

Guidelines for Coaches, Officials and Organisers

Introduction

This document provides recommendations for coaches, officials and organisers who take part in cycling activities in the COVID-19 Environment.

We note that this is an evolving situation and timelines on restrictions which may result in different requirements at various times. Ultimately, public health policy will govern any resumption of outdoor activities.

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>

Who should not attend?

To ensure the health and safety of all participants no person is to attend if they have any illness or symptoms of COVID-19. Any participant or supporter must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever, shortness of breath etc.), even if mild.

For further information visit: <https://www2.hse.ie/coronavirus/>

If organisers are aware or become aware that a participant falls into the above group they should be contacted immediately regarding their attendance and it be recommended that they not attend.

Before Arrival:

- Undertake a virtual briefing (if available) from the activity organiser outlining hygiene practices while undertaking the activities.
- Ensure the activity does not exceed the current government guidelines on the number of people at a gathering.
- If one is appointed, ensure all participants are aware of who has been appointed as the COVID-19 Liaison Officer.
- Determine if the activity can be conducted with varying start and finish times to reduce the number of people onsite. This should include consideration of different arrival times for participants.
- Ensure that the contact information for all participants can be made available to the government/HSE in the event of a positive case from the activity.
- Download and activate the Cycling Ireland Contact Tracing Sign on/Booking System.
- Be familiar with cough/sneeze etiquette.
- Notify the Host Club that you will be attending.
- Be aware if there are variable start and finish times.
- Assist anyone attending as a participant to become familiar with the guidelines set by the Host Club and organiser.
- Make sure to arrive at the activity as close as practical to the start and leave as soon as possible after the end.

- Ensure that the participant is in their training kit when they arrive and has any food or drink, they may require.
- Understand the plan for transporting a participant who develops symptoms of COVID-19 during the activity.
- Remind all participants they should arrive at the venue ready to participate and leave at the end of the activity.
- Plan to reduce the use of shared surfaces where possible and where the surface must be used consider a way it could be used without being shared (e.g. in the case of the track fence rail mark it out in sections so that each participant always comes back to the same place).
- Ensure all shared surfaces and spaces have been disinfected since the last activity was conducted.
- Mark out any surfaces that are not to be touched or used during the activity, especially those that would normally be in use.

During the Activity:

- Wash hands upon entering the venue.
- Do not share food or drink with anyone who is from outside of your household
- Follow the correct cough/sneeze etiquette.
- Ensure adherence to current government social distancing rules [LINK](#).

End of Activity:

- Immediately following the end of the activity remind all participants to sanitise/wash hands and leave the venue.
- Do not organise an end of activity meal or other social activity.
- Sanitise all equipment and surfaces that were used during the activity.
- Ensure all non-essential activities (e.g. recovery sessions, presentations or meetings) take place at home or online.

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
 - 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

**Healthcare or frontline workers wearing full PPE, in line with HSE/NHS guidelines are permitted to participate provided their employer has not advised self-isolation.*