



**MALLOW AC**

**RETURN TO TRAINING**

**COMMENCING FROM JULY 14<sup>TH</sup>**

[returntotrainingmac@gmail.com](mailto:returntotrainingmac@gmail.com)



**Covid-19 Safety Officer:** Liam Murphy

**Covid-19 Assistant Safety Officers:** Clive Aherne, Catriona Ryan & Shane Simcox

## 1. Club Access

- (i) Access is restricted to members of Mallow AC
- (ii) Athletes must be in excess of 18
- (iii) You cannot attend if you have been out of the country in the preceding fourteen days.
- (iv) You cannot attend if you have been in contact with someone with symptoms of Covid-19 in the previous 14 days.
- (v) You cannot attend if you are in a period of self-isolation or cocooning under current health policy.
- (vi) You cannot attend if you are displaying Covid-19 symptoms (fever +38 degrees, cough, sore throat, shortness of breath, flu like symptoms).
- (vii) 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.
- (viii) Training groups will be limited to groups of 15 (including the Coach).
- (ix) You will be required to fill out and sign a Pre-Training Form and return by email to: [returntotrainingmac@gmail.com](mailto:returntotrainingmac@gmail.com)

**PLEASE NOTE THAT THIS IS VITALLY IMPORTANT AS IT IS TO BE RETAINED BY THE CLUB FOR CONTACT TRACING BY THE RELEVANT AUTHORITIES IF NEEDED.**

- (x) You will be assigned to a training group i.e. Group 1, 2, 3 etc. and we hope that each member will get at least 1 training session per week.
  - Sign in will be required at each session
  - The Coach will decide how the groups will be made up and when training will take place.
  - Notification of training i.e. Group 1 – Town Park will be made via email and the Club Facebook Page.

## 2. Allocated training slots

**Tuesdays & Thursdays** 7.00 to 8.30 p.m.

**Saturday:** 8:30 to 10.00 a.m.

**Sunday Long Run:** Groups of 15 to leave at 15 minute intervals from 8a.m. – Details to Follow

## **Notes:**

All athletes to bring their own equipment with them – no sharing of water bottles, no sharing of equipment.

### **3. Arrival at Training**

Please also ensure that athletes are aware that they have to warm up themselves upon arrival rather than having a group congregating together. Groups should be dissuaded from congregating and should be encouraged to go and do their own warmup.

Athletes are advised not car share and must make their own way to training.

Athletes should arrive ready to train.

Athletes should sanitise their hands upon arrival at training.

Athletes must be absolutely vigilant with water bottles so there is no touching of water bottles against another water bottle.

### **4. After training**

Once your group finishes training they should be sent off singularly or in small groups of possibly two (fully observing social distancing) to do their warm down.

For athletes having completed their warm down who have travelled by car, they should leave training as soon as their warm down has been completed.

All should thoroughly cleanse their hands before leaving the training session.

All should then follow normal guidelines upon the return home.  
Good hand hygiene

Coughing etiquette

Social distancing

If you are not feeling well , contact your GP and advise the Safety Officer.

### **5. Continue doing the right things**

When leaving your house to come to Mallow AC wash your hands thoroughly.

Upon arrival at the training session sanitize your hands.

Keep all personal equipment completely to yourself particularly water bottles.

Avoid touching any hard surfaces.

No physical contact whatsoever with any other individuals.

Please, please, please **No Spitting.**

Cough or sneeze into your elbow.

Observe social distancing at all times – 2 meters.

All athletes please bring sanitising gel with you.

When you get home immediately wash and sanitise your hands.

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

Please all follow the above – athletes, coaches and parents who may be in attendance.

Finally please use without fail the booking system outlined above. This is possibly the single most important thing that you have to do as everyone training must be traceable in the event of the Health Authorities needing to do a contact tracing for any person who may have Covid-19.

Mallow AC primary goal is to ensure the safety of all our club members be they coaches, athletes or associates of the club. These guidelines are subject to review.