



## Introduction

This guidance document has been developed by the Irish Athletic Boxing Association (IABA) as part of the return to play protocol for Irish Athletic Boxing Association (IABA) affiliated boxing clubs/bodies. This document **MUST** be read in full and signed by all members prior to them returning to training. Members under the age of 18 **MUST** also have the document signed by a parent/guardian prior to the member returning to training.

The document **MUST** be signed and dated by a member of the clubs committee. Clubs are expected to keep a copy of the fully completed document on file. The measures outlined in this document should be in place seven days a week and until further notice. The measures and procedures outlined in this document are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

**\*NB: Clubs MUST ensure the availability to hand washing stations, alcohol- based hand gel and hygiene facilities at multiple locations in their facility. Clubs should encourage all members to regularly practice good hand hygiene throughout the session while observing the strict 2 meters social distancing guidance.**

## Disclaimer

Please be advised, the IABA accept no responsibility/liability for any Coronavirus Covid-19 issues members may experience from returning to training or from using the facilities of IABA affiliated clubs/bodies. All members are expected to strictly adhere to government guidelines and keep up to date in relation to any change to this guidance (please see applicable links below):

<https://www2.hse.ie/coronavirus/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### ➤ Before you Train

*You must stay at home if you:*

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms or are feeling unwell.

**\*Members who live with a person 70 years of age or older, or a person who is cocooning are strongly advised not to attend club activities. For clarity, this decision is a matter for the individual to decide.**



You must:

- Check with your GP prior to attending training if you are in a high-risk health category.
- Find out what protocols are in place at the club.
- Ensure your club has up-to-date contact details for you.

➤ **Attending Training**

- Arrive and leave as close as possible to when you are due at the club.
- Only one parent/guardian should accompany younger athletes where possible.
- Athletes should arrive ready to train as there will be no access to dressing rooms during this phase.
- Athletes are encouraged to utilize toilet facilities in their own home prior to arriving at the club. Club toilet facilities will have restricted access. Clubs who decide to open toilets to members **MUST** adhere to strict cleaning protocols.
- Athletes should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.
- Athletes should only travel to training by car with members of the same household

➤ **Social Distancing Behaviours**

To protect against infection:

- Athletes must refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times.
- Do not share food, towels and drinks.
- Wash your hands frequently with soap and water or hand-sanitizer, before and after eating, after going to the toilet, sneezing and coughing.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Avoid touching your face.
- Keep your distance from people who are obviously sick.
- Try not to touch any surfaces, but if you do sanitize your hands as soon as possible.
- Remain apart from other athletes when taking a break.

➤ **When Training Finishes**

- Once training has finished athletes should leave the club promptly.
- Hands should be washed and sanitized as soon as possible.
- Ensure equipment is cleaned thoroughly after use.



- If an athlete becomes unwell after training, they should first contact their GP/HSE/NHS and then inform their club. The club will then follow advice provided to them by the HSE/NHS on the next steps.
- Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- Repeated poor practice should be reported to the club as soon as possible.

➤ **Equipment**

- Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. boxing gloves, bags, ropes, etc.
- Boxers should be encouraged to bring and only use their own equipment. This includes gloves, hand-wraps, skipping ropes, towels and water bottles. Boxers should refrain from sharing this equipment with or from using the equipment of other members. It is recognised that this may not be feasible in all cases. Clubs seeking additional information on the safe use of equipment should consult the **COVID-19: Additional Information for Clubs document.**
- Although there is no specific evidence that equipment can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- Clean equipment with a disinfectant spray at the beginning and conclusion of training. Equipment should be cleaned when applicable throughout training sessions.

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**Declaration:**

*I confirm that I have read the IABA guidance in full and agree to adhere to all the provisions outlined in this document.*

**Name of Member:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Name of Parent/Guardian (For under 18s only):** \_\_\_\_\_

**Signature of Parent/Guardian (For under 18s only):** \_\_\_\_\_

**Name of Club Official (Committee Member):** \_\_\_\_\_

**Signature of Club Official (Committee Member):** \_\_\_\_\_

**Date:** \_\_\_\_\_