



## **Protect yourself at all times**

# **A Practical Guide for Boxing Clubs Returning following Covid-19 Restrictions – **\*Updated 05/09/20****

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## Introduction

These measures are part of the lifting of the public health restrictions that were put in place to protect us all from COVID-19 by both the Irish Government and the Northern Ireland (NI) Executive. They come into effect on top of the measures already announced and also as part of previous phases of existing plans.

These measures are part of the roadmap to easing restrictions. They are just an indication of what might happen if everything goes well with restricting the spread of COVID-19.

These measures will only come into effect when both the National Public Health Emergency Team and the NI Executive says that the conditions are right for more relaxation of the restrictions in place to protect us all.

The guidelines in this document relate to the Irish Government's Roadmap for Reopening Society and Business and also the NI Executive's phased return, including Sport Northern Ireland's 'A Framework to guide progression towards a resumption of sport and physical recreation in Northern Ireland'.

**\*NB: Return to Restricted Play: Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing. For more information please visit - <http://iaba.ie/covid-19-guidance/>**

The Irish Athletic Boxing Association (IABA) know boxing provides great mental and physical health benefits for our members. We therefore must ensure that boxing is only conducted within a safe environment.

This practical guide, prepared by our team in consultation with medical experts and in line with both the Irish and NI Executive Government guidelines, outlines the robust measures the IABA would like clubs to implement and maintain to help safeguard members during the COVID-19 pandemic. This will allow all of us to get back to boxing, safely, improving the wellbeing of all our members.

The measures cover each step of the journey from home to the club and back home again.

These measures should be in place seven days a week and until further notice.

Our measures and procedures are under constant review and updated as advice from both governments, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.



## Return to Contact Training (UPDATE) -05/09/20:

**\*NB:** These protocols have been updated to reflect the newest phase of the IABA Protect Yourself At All Times return to training roadmap. Please note, that from **05/09/20** affiliated clubs who have completed all IABA required Covid-19 protocols (for more information please visit - <http://iaba.ie/covid-19-guidance/>) and who are in a position to facilitate contact training in a safe fashion that follows both the appropriate health advisory guidelines and IABA protocols, can do so. Clubs reintroducing contact training will need to read this document and all other accompanying IABA guidance documents in their entirety and implement all the required protocols (for more information please visit - <http://iaba.ie/covid-19-guidance/>).

### **Safe every step of the way**

1. Club Committee
2. Club Access
3. Arrival Producers
4. Club Facilities
5. Equipment
6. During Training
  - 6.1 Updated Training Protocols (05/09/20)
7. End of Training



## 1. Club Covid-19 Committee

**\*NB: Boxing Clubs MUST appoint an assigned COVID-19 Officer/s and committee responsible for managing issues and queries relating to the Covid-19 pandemic.**

This committee should:

- ❖ Ensure that the clubs committee has completed the Covid-19 club Risk Assessment.
- ❖ Appoint a Covid-19 Officer/s.
- ❖ Ensure all members have completed and signed all the relevant IABA Covid-19 members forms.
- ❖ Ensure they review and that the club can comply with all of the protocols outlined before reopening their club.
- ❖ Ensure that the club and its members adhere to Government / Public Health advice in all cases.
- ❖ Ensure that sufficient HSE & NHS Covid-19 information Posters are in place.
- ❖ Allow for staggered training sessions with at least 30 minutes between training sessions for members to exit and enter without interaction.
- ❖ Ensure that the club maintains accurate records (including a digital record) of who is present during training sessions. This should include all persons present during training sessions, in the case that a parent/guardian is present in the club that must also be recorded. This will help with contact tracing if necessary.
- ❖ Be responsible for informing all members of the Covid-19 guidelines and insist on full cooperation.
- ❖ Ensure that the contact details for all members are up to date as this will assist with contact tracing should it be necessary.
- ❖ Listen to feedback and contact the IABA if there are issues not covered under these protocols.



- ❖ 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.
- ❖ Ensure that the club declaration form is completed and returned to [info@iaba.ie](mailto:info@iaba.ie).

## 2. Club Access

Boxing clubs should only be accessed by members and staff only.

Children should always be supervised during training session.

To access the club in this phase of the reopening, a member must:

- ❖ Be a current member.
- ❖ Not have been out of the country in the last 14 days.
- ❖ Not have been in close contact someone with symptoms of Covid-19 in the last 14 days.
- ❖ Not be in a period of self-isolation and/or cocooning under the current Health Policy Rules.
- ❖ Not be displaying Covid-19 symptoms.
- ❖ Attend the appropriate training session at the correct time.
- ❖ *Members 70 years of age or over/or those who have been encouraged to cocoon are strongly advised not to attend club activities as they are classed as being in a very high-risk group. For clarity, this decision is a matter for the individual to decide.*
- ❖ Have signed the members declaration form and have completed a Covid-19 club questionnaire.

**\*NB: Covid-19 club questionnaire MUST be completed prior to attending training by all members. Members who have not completed the relevant documentation can not attend training sessions.**



### 3. Arrival Procedures

- ❖ Arrive and leave as close as possible to when you are due at the club.
- ❖ Only one parent/guardian should accompany younger athletes (under 18 years of age) 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. More information on the use of toilet can be found in the **COVID-19: Additional Information for Clubs document**.

### 4. Club Facilities

- ❖ Protocols for cleaning club facilities should be in place prior to opening and during operation.
- ❖ Club access should be limited to members and staff only.
- ❖ Club toilet facilities will have restricted access. Clubs who decide to open toilets to members **MUST** adhere to strict cleaning protocols. More information on the use of toilet can be found in the **COVID-19: Additional Information for Clubs document**.
- ❖ Changing rooms should remain closed during this Phase of reopening.
- ❖ Where possible athletes should bring their own training equipment.
- ❖ Non-essential furniture and chairs should be removed in order to prevent people congregating.



## 5. Equipment

- ❖ Practice caution with the equipment. Sanitize all handheld implements prior to and after use.
- ❖ 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*. **\*It is highly recommended that equipment used during sparring sessions i.e. gloves and headgears is not be shared amongst athletes.**
- ❖ 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.
- ❖ The athlete should insert and remove their own gumshield.

## 6. During Training

- ❖ 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. Athletes must refrain from handshakes and high fives.
- ❖ Members **MUST** adhere to social distancing guidance at all appropriate 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.

#### 6.1 Updated Training Protocols -05/09/20

**\*NB: Before reintroducing contact training clubs MUST conduct a risk assessment. For more information please see IABA guidance document on reintroducing contact training and IABA guidance on Pod Training sessions.**

- ❖ **Pad Work Sessions-** Coaches MUST wear appropriate PPE during Pad work sessions. Coaches MUST wear a face shield or mask and goggles for all pad sessions with athletes and a protective apron over their clothes.
- Coaches MUST wipe down their face shield with disinfectant wipes after every pad session or dispose of their mask and goggles after every Pad session. For more information please visit <http://iaba.ie/covid-19-guidance/>
- ❖ **School boxing/Tic-Tac Sessions-** Should only be conducted amongst members of the same training Pod throughout the entire session.



- ❖ **Sparring Sessions** – Clubs should designate specific days/times for sparring sessions. It is advised that athletes taking part in sparring sessions have staggered times of entry to the gym to mitigate unnecessary contact with other athletes and to allow the coach to monitor the session.
- Individual sparring sessions should be restricted to a maximum time limit of 12 minutes – (i.e. 3 minutes x 3 rounds) with 1-minute breaks between rounds. Athletes should remain on opposite sides of the ring from each other maintaining at least a 2-meter distance during all breaks between rounds.
- Athletes **CAN ONLY** spar with members of their own pods during a sparring session.
- Sparring **MUST** be limited to two athletes per ring at any one time.
- Coaches will maintain a social distance of 2 meters from athletes during sparring.
- Coaches **MUST** wear a face mask during sparring sessions.
- Athletes **MUST** take all equipment used during sparring sessions (i.e. gum shield, hand wraps, etc) home with them after the session. No equipment should be left in the gym to dry or air.

## 7. End of Training

- ❖ 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.