



## TRAINING IN MULTIPLE POD'S: Updated- 05/09/20

### Introduction:

Following the additional information issued by Sport Ireland in relation to indoor and outdoor training, the IABA have subsequently been working with various stakeholders in an effort to produce additional guidance for clubs aimed at assisting them in implementing Pod training sessions in the safest possible fashion. The following guidance document has been issued to assist clubs who have the capacity to facilitate multiple pods during the same training session.

Clubs should firstly run a risk assessment of their facilities to ensure that they have adequate floor space before introducing multiple pod training sessions. The number of training pods a club can incorporate within a single training session will ultimately depend on the size of clubs training facilities.

### Guidance on Multiple Pod Training Sessions:

- Boxing Clubs training within indoor facilities can do so in multiple pods of 6 once sufficient space is available and strict public health protocols are in place. For more information please visit:  
<http://iaba.ie/covid-19-guidance/>  
<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>  
<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
- Boxing Clubs participating in outdoor training sessions can do so in multiple pods of 15 once sufficient space is available and strict public health protocols are in place. For more information please visit:  
<http://iaba.ie/covid-19-guidance/>  
<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>  
<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
- As of the **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. During this period, it is acknowledged that in order to have any meaningful participation, participants will come into (close) contact with one another for short periods of time throughout the 'contact' element of sessions.



All other times, rest breaks, listening to instructions etc participants should adhere to social distancing practices and other public health measures- hand hygiene, cough/ sneeze etiquette etc, for more information please visit:

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

- A distance of **at least 3 Meters MUST** always be maintained between pods. It should be easily evident that pods are operating as independent groups with the no interaction between boxers from different pods.
- The maximum number of people allowed indoors in a sporting facility is currently 50. The number of pods will be dependent on the size of the venue. The total number of people should not however exceed 50.
- Coaches may oversee multiple pods however should not be directly involved in the activity or in close contact with multiple pods.
- Boxers should not alternate between pods during activity. The primary purpose of the pod system is to minimise the interactions and transmission of Covid-19 between people.
- Boxers should remain in the same pods for all additional training sessions while the current restrictions are in place.
- Boxers assigned to a pod should not interact with boxers assigned to other pods before, during and after training sessions. Once again, primary purpose of the pod system is to minimise the interactions and transmission of Covid-19 between people.
- For Adult training sessions, coaches/support staff should be included in the pod sizes. For example, in the case of two pods operating simultaneously indoors, ratios of 1:11 is acceptable once the coach has completed their Sport Ireland Covid-19 online training. However, if the coach who is present has not completed this online training, a qualified person from within the club (i.e. a club Covid-19 officer) should also be present, changing the ratio for the scenario used above to 2:10.
- For Underage training sessions, there **MUST** be at least two adults present throughout. At least one of these adults **MUST** have completed the Sport Ireland online training and preferably be a named club Covid-19 officer. There should be at least one adult of each gender with mixed parties.