



## **ADDITIONAL GUIDANCE ON LEVEL 3 TRAINING:** **01/12/20**

### **Introduction:**

Following additional information issued by Sport Ireland in relation to individual 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 Level 3 training sessions in the safest possible fashion. The following guidance document has been issued to assist clubs who have the capacity to facilitate Level 3 training sessions.

Clubs should firstly run a risk assessment of their facilities to ensure that they have adequate floor space before introducing Level 3 training sessions. A club's capacity to incorporate elements of the guidance provided in this document will ultimately depend on the size of clubs training facilities.

### **Guidance for Indoor Training Sessions:**

- Indoor training can only be conducted on an individual basis and in a non-contact capacity (no sparring, no pad work, no school boxing, etc).
- Anyone wishing to attend indoor training **MUST** first complete and submit their return to training questionnaire to their club prior to attending. Clubs are encouraged to use the free IABA digital questionnaire by visiting the link provided and following the instructions: <http://iaba.ie/iaba-free-contact-tracing-digital-solution-for-clubs/>
- Clubs can implement a '**pod of one**' training strategy, which in turn allows multiple individuals to train in the same facility at the same time, independent of each other.
- THE term '**pod of one**' refers to 'Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment'.
- Clubs should firstly run a risk assessment of their facilities to ensure that they have adequate floor space before introducing '**pod of one**' training sessions.



- Boxing Clubs training within indoor facilities can do so in multiple ‘**pod of one**’ pods, 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/>

- A distance of **at least 3 Meters** **MUST** always be maintained between individual ‘**pod of one**’ pods. It should be easily evident that pods are operating as independent groups with the no interaction between boxers from different pods.
- Coaches may oversee multiple ‘**pod of one**’ pods however should not be directly involved in the activity or in close contact with multiple pods. The coach **MUST** have completed their Sport Ireland Covid-19 online training.
- There **MUST** have at least two adults present for underage (under 18 years old) ‘**pod of one**’ training sessions. At least one of these adults **MUST** have completed the Sport Ireland online Covid-19 training and **MUST** be a named club Covid-19 officer. There should be at least one adult of each gender with mixed parties.
- Indoor ‘**pod of one**’ training sessions should last for a maximum of 1 hour.
- Boxers **MUST** arrive ready to train and leave immediately after the session has been completed (no changing room or shower use).
- Clubs should introduce staggered start and finish times combined with appropriate entry, exit and traffic management protocols to limit the interaction of participants at any one time.
- Clubs **MUST** keep a digital record of all participants and support staff, for contact tracing purposes. Clubs are encouraged to use the free IABA digital tracing solution by visiting the link provided and following the instructions: <http://iaba.ie/iaba-free-contact-tracing-digital-solution-for-clubs/>
- No equipment sharing in any circumstances.
- Appropriate Covid-19 related signage **MUST** be visible within the club, hand sanitization stations **MUST** be made available for all members and deep cleaning **MUST** be implemented before and after every training session.



- The Cleaning & Ventilation of facilities should be conducted in accordance with the Governments most recent Work Safely Protocol - <https://enterprise.gov.ie/en/Publications/Publication-files/Work-Safely-Protocol.pdf>

### **One to One Training**

In the event of one to one training between a participant and instructor/coach, the following additional items to those outlined above should also be implemented.

- Any demonstration of equipment or technique should ensure that a minimum of 2meters social distancing is maintained.
- Individual equipment should not be shared.
- In the case of fixed equipment, cleaning of such equipment must be completed immediately after demonstration and before the individual participant uses.
- There should be no hands-on adjustments or physical contact during training sessions.
- Coaches and trainers are asked to refer to the HSE guidance on wearing of face coverings, which is available here - <https://www2.hse.ie/conditions/coronavirus/face-coverings-masks-and-covid-19/when-to-wear.html>



### Guidance for Outdoor Training Sessions:

- Non-contact training only in pods of up to 15.
- For Adult training outdoor sessions, coaches/support staff should be included in the pod sizes. For example, the ratio of 1:14 is acceptable once the coach has completed their Sport Ireland Covid-19 Officer 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 2:13.
- Non-contact outdoor training pods for under-age members (under 18 years of age) **MUST** have at least two adults present throughout. At least one of these adults **MUST** have completed the Sport Ireland Covid-19 officer online training. There should be at least one adult of each gender with mixed parties.
- Coaches may oversee multiple pods however should not be directly involved in the activity or in close contact with multiple pods.