



Protect yourself at all times

A Practical Guide for IABA Boxing Clubs in the 26 ROI Counties Returning following Covid-19 Restrictions Updated 10/05/21 – Outdoor Training Only (Not Indoor)

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Introduction

These measures are part of the lifting of the public health restrictions that were put in place to protect members in the 26 ROI counties from COVID-19, by the Irish Government.

These measures are part of the roadmap to easing restrictions. They are 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 the National Public Health Emergency Team says that the conditions are right for more relaxation of the restrictions in place to protect us all. The further lifting of some public health restrictions for the country are scheduled to take place on **10/05/21**.

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 National Public Health Emergency Team 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 training 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 the Irish government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

Pathway out of Restrictions for outdoor sport – 10/05/2021

***NB: Pathway out of Restrictions for outdoor sport: Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing**

The guidelines in this document relate to the National Public Health Emergency Team and the Irish Government's phased return, including the Irish Government's 'COVID-19 Resilience and Recovery 2021 - The Path Ahead'.



Safe every step of the way

1. Club Committee
2. Session Access
3. Attending Training Sessions
4. Arrival Procedures
5. Session Facilities
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7. During Training
8. 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.**

The committee should:

- ❖ Ensure that the club's committee has completed the Covid-19 club Risk Assessment.
- ❖ Ensure the the club's committee has completed a Risk Assessment for the outdoor venue/site location that they intend to use.
- ❖ Appoint a Covid-19 Officer/s.
- ❖ For detailed guidance relating to the Club Covid-19 Officer role please see - <http://iaba.ie/covid-19-guidance/>
- ❖ Covid Officers will be required to undertake the Covid Officer training if they havent already done so. Sport Ireland Elearning is currently unavailable, as soon as it becomes available then we will notify all clubs. If Covid Officers want refresher training, The World Health Organisation (WHO) have an Elearning module available - <https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-health-and-safety-in-the-workplace>
- ❖ Ensure all members have completed and signed all the relevant IABA Covid-19 members forms please see <http://iaba.ie/covid-19-guidance/>
- ❖ Ensure they review all protocols/relevant guidance and that the club can fully comply with all of the protocols outlined before training commences outside.



- ❖ Ensure that the club and its members adhere to Government / Public Health advice in all cases.
- ❖ Ensure that sufficient Government / Public Health Covid-19 information is available to members.
- ❖ Allow for staggered training sessions with at least 15 minutes between training sessions for members to arrive and leave without interaction. Recommend sessions are a maximum of 45mins with a 15 min cross over period between sessions.
- ❖ 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 at the training session that must also be recorded. This will help with contact tracing if necessary. Clubs can download a template document to use from <http://iaba.ie/covid-19-guidance/> or alternatively there is a free digital solution which clubs can use. To get access to this free digital solution simply contact info@blocworx.com and state that you would like to be added to <https://boxing.blocworx.com> and provide the club name and your own name. They will get back with a club admin login and club member login and video instructions.
- ❖ 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 of hand sanitising stations with alcohol- based hand gel at multiple locations at the site. 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 sally@iaba.ie.

2. Club Access

***NB: THERE WILL BE NO ACCESS TO CLUB FACILITIES (WITH EXCEPTION FOR EMERGENCY TOILET USE) OUTDOOR TRAINING ONLY DURING THIS PHASE OF REOPENING.**



3. Attending Training Sessions

To attend training sessions during this period of phased reopening, a person must:

- ❖ Be a current member.
- ❖ Not have been out of the country in the last 14 days.
- ❖ Not have been around 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.
- ❖ Not be in a category of those who are encouraged to cocoon (health).
- ❖ Members 70 years of age or over 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.

4. Arrival Procedures

- ❖ Arrive as close as possible to when you are due at the session.
- ❖ Only one parent/guardian should accompany younger athletes (under 18 years of age) where possible.
- ❖ Athletes and volunteers should arrive ready to train as there will be no access to dressing rooms during this phase.
- ❖ Athletes and volunteers are encouraged to utilize toilet facilities in their own home prior to arriving at the session. Club toilet facilities will only be accessible for emergency use during this phase.
- ❖ If parents/guardians are attending the session, they must remain at least 2m away from other families or persons not from their own household.



5. Training Facilities

NB: There is to be NO INDOOR TRAINING during this phase of reopening. Only outdoor training sessions can be conducted during this phase of reopening.

- ❖ The club committee **MUST** risk assess all potential outdoor training facilities prior to using outdoor venues for training sessions. A separate risk assessment template is available for this.
- ❖ The club committee **MUST** also conduct a Covid-19 Risk Assessment. This template is also available.
- ❖ There will be no access to indoor facilities during this phase of reopening. (Emergency access to toilets only)
- ❖ Athletes must bring their own training equipment.
- ❖ People should not congregate before, during or after training. This includes athletes, coaches, volunteers or parents and guardians.

6. Equipment

- ❖ As this is outdoor training only the expectation is that little or no equipment will be required.
- ❖ Practice caution with any equipment that needs to be used. Sanitize all equipment prior to and after use.
- ❖ Boxers should be encouraged to bring and only use their own equipment. This includes skipping ropes, gloves, headguards, towels and water bottles.
- ❖ Boxers should refrain from sharing this equipment or using the equipment of other members.
- ❖ 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.



7. During Training

NB: There is to be NO INDOOR TRAINING during this phase of reopening. Only outdoor training sessions can be conducted during this phase of reopening.

- ❖ 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 and volunteers must refrain from handshakes and high fives.
- ❖ Allow for staggered training sessions with at least 15 minutes between training sessions for members to arrive and leave without interaction. Recommend sessions are a maximum of 45mins with a 15 min cross over period between sessions.

IMPORTANT – one Club Covid-19 Officer must be present at all sessions. He/she can be one of the named coaches.

- ❖ Outdoor training for athletes over the age of 18 can be conducted in a group size of a maximum of 15. This includes coaches and volunteers. E.G., 13 boxers and 2 coaches. Please note this group must include at least one volunteer who is an appointed Club Covid-19 Officer. (Max 13 boxers plus 2 coaches training at any one time)
- ❖ Outdoor training for athletes under the age of 18 can be conducted in a group size of a maximum of 15. This includes coaches and volunteers. E.G., 13 boxers and 2 coaches. Please note this group must include at least one volunteer who is an appointed Club Covid-19 Officer. (Max 13 boxers plus 2 coaches training at any one time)
- ❖ Athletes under the age of 18 MUST be supervised throughout the entirety of the session.
- ❖ There MUST be at least two adults present throughout. At least one of these adults MUST be a named club Covid-19 officer. There should be at least one adult of each gender with mixed parties.
- ❖ All persons present at training sessions MUST keep at least two metres distance from other people when not engaged in contact activities.
- ❖ Do not share food, towels and drinks.
- ❖ Sanitize hands before and after eating, and after 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.
- ❖ Remain apart from other athletes when taking a break.



8. End of Training

- ❖ Once training has finished athletes should leave the training session promptly.
- ❖ Hands should be sanitized as soon as possible. Boxers told to wash hands at home as soon as possible.
- ❖ Ensure any equipment used is cleaned thoroughly after use.
- ❖ If an athlete becomes unwell after training, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE on the next steps.
- ❖ Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- ❖ Poor practice should be reported to the club as soon as possible.
- ❖ Clubs who fail to follow the protocols and guidance outlined in this document may face disciplinary proceeding and possible sanctions.