



## COVID-19: ADDITIONAL GUIDANCE FOR CLUBS

### Personal hygiene measures

- Everyone should be encouraged to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be disposed of in a hygienic fashion (where possible members should dispose of any used tissue in your own bag and bring it home) the members should be reminded to wash their hands immediately with soap and warm water or hand sanitizer that contains at least 60% alcohol. This hand sanitizer should be readily available and easily accessible.
- Where possible, facilitate handwashing with soap and water for at least 20 seconds for everyone on arrival and departure from the location where the activity is taking place, as a minimum. Support healthy hygiene by providing all supplies including soap, paper towels, tissues, and no-touch/foot pedal rubbish bins. If hand-washing facilities are not available, hand-sanitizer containing at least 60% alcohol should be used as an alternative. Regardless of availability of hand-washing facilities, hand-sanitizer should be readily available to all members, that can be used regularly after handling equipment, coughing or sneezing or having direct contact with others. Children should be supervised when handwashing or using hand sanitizer
- Avoid sharing of water-bottles. Each member should bring their own water-bottle.
- Discourage sharing of items that are difficult to clean or disinfect. Do not allow sharing of towels, clothing, or other items used to wipe faces or hands.
- Spitting should be strictly forbidden.
- Whistles should not be used at any time as alternative alert mechanisms can be used.

### Toilets:

Toilets should have restricted access and must be regarded as potentially contaminated areas. Ventilation is important, doors and windows should remain open in so far as is reasonable and appropriate. Basic hygiene etiquette adapted to the circumstances should be promoted: for example, use of elbows to open doors, and using paper towels to turn taps on and off and to flush. On exit of toilet, use hand sanitizer. There should be a regular cleaning programme with daily deep disinfection in place.



### Face coverings:

- Where physical distancing is not possible, cloth face coverings should be worn by coaches, officials, parents, volunteers and any other members who are present. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).
- Face coverings are not recommended to be worn by children under 13 years.
- Face coverings may also be challenging to wear while playing sport. However, unless there is a safety concern, children older than 13 years should be allowed to wear a face covering if they wish to.
- People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. For more information on the safe use of face coverings please visit <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>

### How to manage a member with COVID-19 symptoms:

- Ideally the designated COVID-19 Compliance Officer should take charge of the management of any persons with COVID-19 symptoms.
- Immediately separate any person displaying or complaining of COVID-19 related symptoms from other members present in the club.
- Ask this person to wear a face covering if possible or if available provide them with a facemask.
- The designated person managing the situation should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.
- Provide the ill person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste.
- If they are well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their general practitioner by phone of their symptoms.
- If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the sick person is a COVID-19 suspect.
- All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case).



### **Medical isolation room:**

In the unlikely event that a member becomes unwell during a training session, facilities **MUST** be in place for immediate isolation in a designated medical room (this could be a dressing room as they will not be in general use) containing the appropriate personal protective equipment. There will be a clearly defined protocol for linking up with the appropriate medical service - for example, local accident and emergency department (in the event of an injury), general practitioner or out of hours GP service.

### **Equipment:**

Ideally each member should have their own headgear and pair of boxing gloves. However, recognising that this is not always feasible especially when boxers are trialling the sport for the first time, the following measures should be considered:

- Before recommencing boxing, each club committee should assign a member to examine the equipment they have in stock to determine whether the gloves are visibly soiled and smelly and whether the inner and outer lining is intact or needs to be replaced.
- Most boxing gloves made from artificial leather such as PU and Rexene can be machine-washed. In addition, gloves with the closed cell foam design can be washed in a machine. These gloves don't absorb water. They also dry well after washing. If the gloves cannot be satisfactorily cleaned/disinfected between use by different members, clubs should consider the practicality of members wearing a pair of disposable nitrile gloves with extended cuff inside the boxing gloves to limit the likelihood of the inner lining of the gloves becoming contaminated.
- If a member wears hand wraps, after use they should take them home and place the wraps in a laundry bag, wash them in your washing machine, and let them air dry. It is best to wash them after each use and follow the instructions for the particular hand wraps that is worn.
- Headgear that is shared between members should be cleaned and disinfected between use by a detergent/disinfectant wipe.
- Each member should be aware that they should not share boxing equipment if they have broken skin, cuts or sores that cannot be completely covered with a waterproof dressing or an exfoliative skin condition such as eczema, psoriasis or contact dermatitis.



### **Cleaning and Disinfection Measures:**

- 1 staff member/coach should be designated in charge of cleaning and disinfecting of any shared equipment before, during and after all sessions/activities.
- Minimize equipment sharing, and clean and disinfect shared equipment between use by different people.
- Develop a schedule for increased, routine cleaning and disinfection of all frequently touched surfaces.
- Ensure safe and correct use and storage of disinfectants, including storing products securely away from children.
- In addition to cleaning and disinfecting equipment, provide and encourage members to use hand sanitizer to disinfect their hands after playing contact sports or activities or using any shared equipment.
- Use gloves when removing rubbish bags or handling and disposing of any rubbish and wash hands with soap and water for at least 20 seconds afterward.

### **Contact Tracing Measures:**

- A log of all members attending every session, with contact information for contact tracing purposes must be recorded to enable contact tracing, should it be required.
- This log should be electronic and should be completed in advance where possible.
- The designated COVID-19 Compliance Officer should ensure that the information recorded in advance on the log is accurate each day.
- This log should be readily and quickly accessible for contact tracing purposes.

### **Communication with parents and children:**

- Communicate all new measures and rules which will need to be implemented related to COVID-19 with parents in advance of resumption of any activities. Ensure that parents and children understand what measures are obligatory.
- Ensure that parents and children are fully aware of all symptoms of COVID-19. The most common signs and symptoms of COVID-19 are available on the HSE website.
- Ensure all parents understand the need to immediately self-isolate for 14 days and to phone their doctor in the event of onset of any COVID-19 signs or symptoms or to restrict their movement if they have had recent close contact with a suspect or confirmed COVID-19 case. Further information on when and how to self-isolate and restrict movement are also available on the HSE website.