



Protect yourself at all times

A Practical Guide for Boxing Clubs Returning following Covid-19 Restrictions – *Updated 03/06/21** **Indoor Non-Contact Individual Training (ROI)****

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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 the Irish Government. They are scheduled to come into effect from **Monday 07/06/21** in the 26 counties in the Republic of Ireland (ROI).

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 come into effect as 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 guidelines in this document relate to the Irish Government's 'COVID-19 Resilience and Recovery: The Path Ahead'.

***NB: Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing. For more information please visit -**

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

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 the Irish 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 Indoor Non-Contact Individual Training - 07/06/21:

Please be advised, that from **07/06/21** 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 indoor non-contact individual training in a safe fashion that follows both the appropriate health advisory guidelines and IABA protocols, can do so. Clubs returning to indoor non-contact individual 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/>).

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.
- ❖ 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 haven't already done so. Sport Ireland Elearning is currently available, and can be accessed through this link - <https://www.sportireland.ie/covid19/course>.
- ❖ 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 inside.
- ❖ 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 info@iaba.ie.



2. Club Access/ Arrival Procedures

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 person 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 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. 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** - <http://iaba.ie/site3/wp-content/uploads/2020/06/COVID-19-Additional-Guidance-for-Clubs-converted.pdf>
- ❖ Changing rooms and shower facilities should remain closed during this phase of reopening.
- ❖ Additional signage, hand sanitization stations and deep cleaning implemented.
- ❖ Non-essential furniture and chairs should be removed in order to prevent people congregating.

4. 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. No equipment sharing in any circumstances.
- ❖ 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.



5. During Training

NB: Indoor training during this period is restricted to Non-Contact Individual Training as per the HSE and Government guidelines.

Sport Irelands Expert Group recommends the adoption of the 'pod of one' concept.

This concept can be defined as 'Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment'.

Clubs returning to indoor non-contact individual training will need to assess their capacity to facilitate members as part of the overall risk assessment process before commencing indoor non-contact training. Any club or group that is not in a position to apply these measures or enforce them should not hold training sessions indoors. This continues to be on an opt-in basis for participants.

- ❖ 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.
- ❖ 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 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.
- ❖ Activity should take place in a predefined area which is visually marked out and directionally signed.
- ❖ The space required in this area should reflect the nature and intensity of the activity.
- ❖ There should be in excess of 2m social distancing between each of the predefined areas.
- ❖ The Cleaning & Ventilation of facilities should be conducted in accordance with the Governments most recent Work Safely Protocol - <https://www.gov.ie/en/publication/bb7fd-work-safely-protocol>
- ❖ Any demonstration of equipment or technique should ensure that a minimum of 2m 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, please see link - <https://www2.hse.ie/conditions/coronavirus/face-coverings-masks-and-covid-19/when-to-wear.html>

IMPORTANT – Any coach wishing to oversee indoor individual non-contact training must have first completed Sport Ireland Covid-19 online training, please see link - <https://www.sportireland.ie/covid19/course>.



6. 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/ 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.
- ❖ Repeated poor practice should be reported to the club as soon as possible.