



## Return to training guidelines for club members

The following are guidelines for club members who wish to participate in club training. The club is doing everything that is reasonably practicable to ensure safety for all, but it is everyone's personal responsibility to keep themselves and others safe.

### GENERAL

Training plans for sessions will be sent prior to each session. Please familiarise yourself with it.

Training sessions must be booked on Picktime, our online appointment system. (this will aid contact tracing).

A questionnaire is being circulated to all members. You must read the questions and if you answer "yes" to any of them you must stay away from training and follow HSE guidelines. It is for use as a personal guide. **You do not have to return it to the club.**

You must sign in, digitally, prior to each session. This will be on a Google form, a link to the form will be sent to members who have pre-booked for the session.

You must travel to the session alone, unless with others from the same household.

You must arrive to training "ready to go."

Good hand hygiene and cough etiquette must be practised.

Maintain 2m distance, where possible.

**You must stay at home from training if say yes to any of the following**

1. Are you currently diagnosed with or believe you may have COVID-19?
2. Have you had any of these symptoms of COVID-19 in the past 14 days?
  - High temperature (fever)?
  - A new continuous cough?
  - New unexplained shortness of breath?
3. Have you been in contact with a COVID-19 confirmed or suspected case in the previous 14 days?
4. Provided direct care for COVID-19 patients in the past 14 days?
5. Visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days?
6. Travelled together with COVID-19 patient in any kind of conveyance in the past 14 days.

7. Arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home?

## **OPEN WATER SWIM**

Safety crew will be in place as per normal sessions (kayaks, bank walkers).

Equipment will be sanitised prior to, and, after training.

No congregating before training. Arrive as close to start time as possible.

Start will be staggered, with strongest swimmers going first to reduce crowding after training.

No sharing of equipment of any kind.

No handshakes.

No spitting.

No zipping up of other people's wetsuits, unless from the same household. (advice here is to get fully dressed at home and travel down).

You may, if you wish, place your keys in sandwich bag which will be provided. your name will be pre-written on the bag (from the online booking system).

Other clubs have been contacted and informed of our training days to reduce numbers in the river.

When swimming, a tow float is advised to aid social distancing and visibility.

When swimming, swim on the left-hand side at all times. This helps reduce crowding and maintain social distancing.

No congregating after training, the staggered swim starts should help with this.