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<p>Document Title: COVID-19 Protocols for the Safe Return to IWA Sports and Activities</p>		
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Updates

Version 6.0 Issue Date: 19th May 2021

Following recent Government Guidelines and Sport Ireland recommendations, updates were made to **Section 7.0 Our Activities**.

Section 7.1 Guidance for hosting outdoor activities was edited to include updates for May 10th and June 7th

Sections 7.2 Guidance for hosting indoor events and 7.3 Individual Training and One to One Training were added

Version 5.0 Issue Date: 6th April 2021

Following recent Government Guidelines and Sport Ireland recommendations, updates were made to **Section 7.0 Our Activities**.

Section 7.1 Guidance for hosting outdoor activities was added


Version 4.0 Issue Date: 10th September 2020

Version 3.0 Issue Date: 19th August 2020

Version 2.0 Issue Date: 14th August 2020

Version 1.0 Issue Date: 23rd July 2020

Approved by Task Force on	14 th August 2020
Approved by IWA-Sport National Sports Executive Committee on	18 th August 2020
Approved by Sport Ireland on	3 rd September 2020

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1.0 Introduction

This document should be read in conjunction with the Government's Road Map for the reopening of Society and the associated HSE guidelines/recommendations for the return to Sports activities.

This information is intended for the guidance of Irish Wheelchair Association (IWA) Sports and Activities and is not intended to replace the guidance and restrictions of the Government and public health authorities. This document is primarily for use by IWA-Sport and its Sports Clubs and Sports Sections only.

1.1 IWA-Sport Return to Sport Task Force

As a national governing body IWA-Sport is obliged to prepare 'Return to Sport' protocols prior to recommending sports and activities. To assist with this process the IWA-Sport National Sports Executive Committee approved the establishment of a Task Force.

1.2 Purpose of IWA-Sport Return to Sport Task Force

- To act as an advisory committee to the National Sports Executive Committee regarding the Return to Sport for IWA-Sport and monitor/make recommendations on an ongoing basis.
- To consider all elements required in line with Government guidelines and Sport Ireland requirements.
- To develop/review/make recommendations to IWA-Sport NSEC regarding the Return to Sport for IWA-Sport and to remain in place for as long as oversight is required in the context of the COVID-19 pandemic.


The IWA-Sport Return to Sport Task Force has been tasked with preparing a guidance document and making recommendations that will inform the safe resumption of IWA sports and activities. While this document provides a guide for a safe return for IWA sports and activities, it is important to note that more detailed advice, guidance and protocols will be provided regarding specific areas contained within this document such as online training, the role of the COVID Officer, advice on assessing and monitoring the health of athletes and volunteers, etc.

The IWA-Sport Return to Sport Task Force makes its recommendations on the resumption of activities having considered the best advice available from the Irish Government and National Health agencies as well as other sporting bodies such as International Sports Federations to which we are affiliated.

The objective of this document is to put in place measures and protocols regarding how a resumption of activities can best be achieved in a controlled and safe manner. The resumption of activity and the timing of progression between the various phases outlined may be influenced by factors outside the control of IWA-Sport.

The protocols and recommendations within the document are capable of evolving and staying abreast of changes in Government policy and developments within IWA-Sport. The priority at all

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times must be to protect the health and welfare of all those involved in IWA Sport and activities and to minimise the risk of transmission within the wider community. The IWA-Sport network of Sports Clubs and Sports Sections are community based and volunteer led.

Participation is voluntary; athletes/players, coaches, officials, club officers and volunteers may choose to opt-in or opt-out from activity at any level at their discretion. IWA members (or their parents/guardians) are solely responsible for deciding if they wish to return to IWA sport activities. IWA members who have a concern regarding personal higher risk, or a family member / household contact with higher risk, should discuss the situation with their GP (or an appropriate medical professional) before making a decision on whether to return to activity or not.


1.3 Priorities

- To encourage and facilitate a return to sport for IWA-Sport Members
- To design alternative sport / physical activity options for those who cannot or prefer not to return
- To provide guidelines that allow this to be done in a way that minimises the health risk to participants, staff and the wider community
- To recommend an effective communication strategy in relation to Return to Sports
- To recommend a comprehensive educational strategy for all stakeholders

Unless and until a vaccine or antiviral medication is available, there will be a risk associated with participation in IWA sport and activities in the context of COVID-19. Public Health guidelines may prevent the participation of individuals in 'at risk' categories as defined by the HSE. Those who may consider themselves in an 'at risk' category/vulnerable category, should seek appropriate professional medical advice and take personal responsibility before deciding whether to re-engage in their chosen activity.

1.4 NOTE:

Any reference to members/athletes/players/staff/team relates to any persons who are associated with a training or playing environment and may also include but is not limited to coaches, medical team, personal support carers/individuals, technical officials and volunteers of any kind.

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2.0 IWA-Sport Context

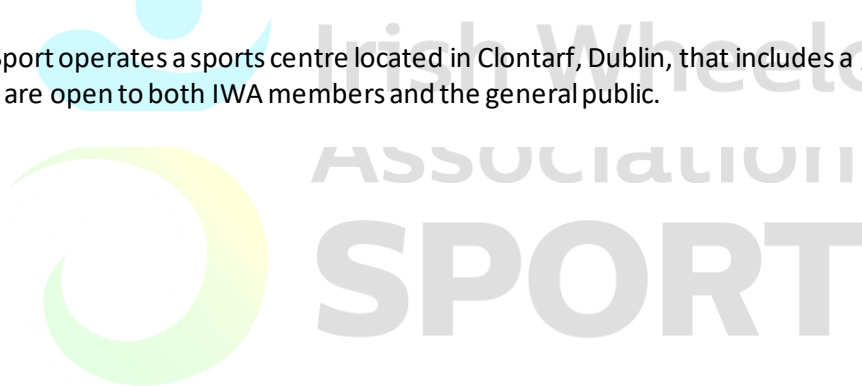
2.1 Our environments


IWA-Sport caters for people with a physical disability of all ages, all over Ireland.

We deliver a range of sports programmes, events and activities each year all around the country. These are delivered locally through sports club activity, nationally in the form national events and at international level.

IWA-Sport is a multi-sport organisation. We deliver many sports programmes of an individual nature such as para athletics, para powerlifting and boccia. We also deliver team sports such as wheelchair basketball and wheelchair rugby. Depending on the level we operate in both multi-sport and sport specific environments, and in both indoor and outdoor environments. Our national teams compete internationally at major championships in their respective sports.

IWA-Sport operates a sports centre located in Clontarf, Dublin, that includes a gym and sports hall which are open to both IWA members and the general public.



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3.0 General Covid-19 Information

3.1 Definitions

Infected Person

An infected person is a person who has had a positive PCR (laboratory) test confirming the presence of COVID-19.

Potentially Infected Person

A potentially infected person is someone who:

- ✓ has symptoms or signs suggestive of COVID19
- ✓ is awaiting results of testing following a close contact (see below)
- ✓ is a close contact (even if not awaiting test result)

Close Contact

A close contact is someone who has:

- ✓ had contact with an infected person (being contact within 1 metre and for >15 minutes)
- ✓ provided direct care to an infected person without using proper personal protective equipment
- ✓ stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time
- ✓ Travelled in close proximity with (that is, within 1 m separation from) an infected person

COVID-19 is most likely spread from person to person through:


- ✓ contact with droplets when an infected person talks loudly, laughs, coughs or sneezes
- ✓ direct contact with an infected person while they are infectious (both people are, close enough for disease transfer)
- ✓ touching objects or surfaces that are contaminated by droplets coughed or sneezed from an infected person

Quarantine

- ✓ This is the restriction of activities of or the separation of people who are not ill but who may been exposed to an infected person or disease.
- ✓ The purpose of quarantine is to monitor their symptoms and ensuring the early detection of cases and preventing possible further disease spread.

Isolation


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- ✓ This is the separation of ill or infected persons from others to prevent the spread of infection or contamination.

See Gov.ie or HSE website for most up to date definitions and guidelines.



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4.0 Medical Information

As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020. Currently, the incubation period of COVID-19 is assessed to be between 2 and 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

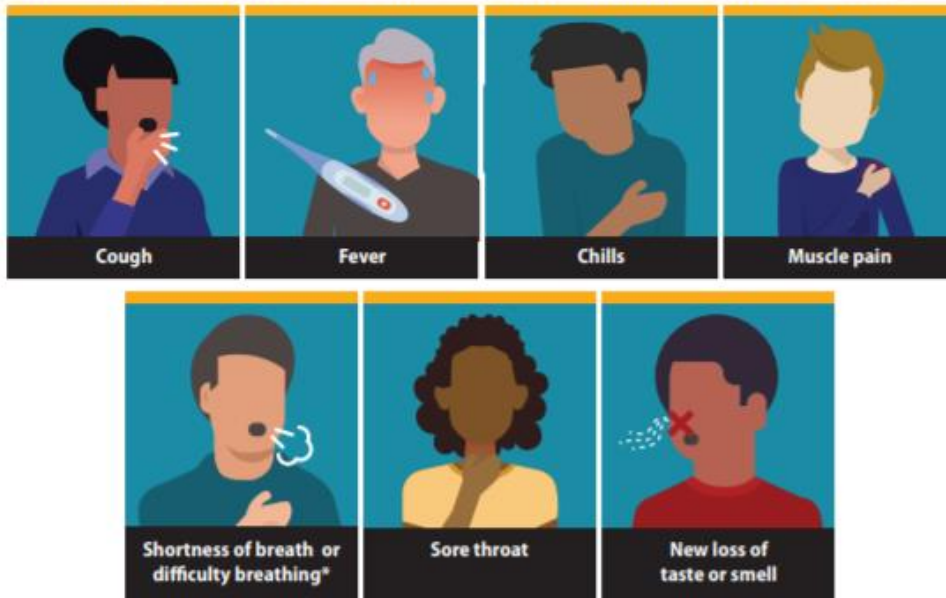
Regularly updated information on COVID-19 is available from the HSE at <https://www2.hse.ie/conditions/coronavirus/symptoms.html>



4.1 Signs and symptoms of COVID-19

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**


- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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4.2 How COVID-19 is spread

There are two main routes by which people can spread COVID-19:

- ✓ Infection can be spread to people who are nearby (within 2 meters) such that droplets could be inhaled into the lungs.
- ✓ It is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face).


How long any respiratory virus survives will depend on a number of factors, for example:

- What surface the virus is on
- Whether it is exposed to sunlight
- Differences in temperature and humidity
- Exposure to cleaning products

Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to decrease significantly over 72 hours. It is known that similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

How to help prevent spread of respiratory infections including COVID-19

Coronavirus COVID-19




Coronavirus COVID-19 Public Health Advice


If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie


How to Prevent




Wash
your hands well and often to avoid contamination




Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue




Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces



Stop
shaking hands or hugging when saying hello or greeting other people



Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie QR phone HSE Live **1850 24 1850**



Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit


www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice

Rialtas na hÉireann
Government of Ireland

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5.0 Safe Return to IWA Sports and Activities – Key Control Measures

5.1 Part 1 Education

Prior to returning to sport there will be two online education resources made available for our different audiences.

- 1) General COVID-19 Education course for completion by all, including parents or guardians on behalf of children, returning to sport.
- 2) COVID Officer training for COVID Officers only.


5.2 COVID Officers

Every club will be required to appoint one or a number of COVID Officer/s (COs) if there are more than one sports programme in a club. COs will be required to complete the online COVID Officer education module provided by Sport Ireland. <https://www.sportireland.ie/covid19>

Initially, each Club Secretary and Chairperson (or their nominees) must complete an online module so that each Club understands both the role and the purpose of COs. Following on from that, every team/individual sports group in the club should nominate a registered club volunteer with responsibility for COVID Supervision present at each training session or game. These nominees must also undertake the Sport Ireland CO training. COs must be present at all times at training sessions and competitions.

The main duties of the COVID Officer (CO) will include:

- ✓ In conjunction with the Club Management Committee ensuring a risk assessment has been undertaken.
- ✓ Ensuring players and other personnel associated with a team or group have completed the Health Questionnaire before the initial Return to Sport.
- ✓ Ensuring each individual has notified the CO of any change in circumstance (personal health) before subsequent sessions.
- ✓ Ensuring sanitising and cleaning procedures are followed before and after each training session of game.
- ✓ Maintaining records of attendees to ensure contact tracing.
- ✓ Ensuring all in attendance are adhering to the protocols and has the authority to direct a member to cease/discontinue participation if protocols are not being adhered to.
- ✓ Will coordinate suspected case reporting process.

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6.0 Part 2 Facilities

The information below will help to prepare for a return to activity in the context of facility management and preparation.

The high majority of IWA Sports and activities take place in local community environments that we do not own or control such as local sports centres, local athletics clubs, school sports halls etc. Our clubs should do the following prior to a return to club activity;

- ✓ Make contact with the facility management personnel and request a copy of the copy of the facilities protocols.
- ✓ Familiarise with the protocols and distribute them to all IWA club members and parents/guardians.
- ✓ Request a 'walkaround' of the facility and a meeting with local facility management to discuss, familiarise with and check local facility protocols/measures.
- ✓ Risk assess its own club activities and put measures in place to mitigate against the risk
- ✓ Comply with all local facility protocols and IWA-Sport protocols on an ongoing basis.
- ✓ Comply with government regulations and advice regarding social distancing and capacity limits.

6.1 Signage

- ✓ Ensure there is appropriate signage in line with public health guidelines throughout the facility. Signage must be clearly visible and easy to understand and should emphasize the government recommended social distancing rules, hand hygiene, respiratory hygiene, avoidance of personal contact, shaking hands and spitting etc.

6.2 Hand sanitation stations

- ✓ Hand sanitation dispensers must be provided through the facility. Appropriate disposal bins for hazardous biological waste to be available and clearly marked.

6.3 Equipment use

- ✓ For individual sports, sports equipment must be limited to single person use where possible.
- ✓ For team or group sports settings, the sharing of sports wheelchairs must be limited and strict cleaning procedures must take place before and after every use.
- ✓ Athletes must bring their own clearly marked water bottles and towels.
- ✓ Equipment that is stored in local facilities must follow the same storing, cleaning, and sanitization rules.
- ✓ If the athlete performs their own adjustments on their sports wheelchairs only their personal tools should be used.
- ✓ If chairs are adjusted by anyone other than the athlete, then any chair requiring maintenance or adjustment should be cleaned and sanitized first and clearly marked for adjustment.

- ✓ Athletes are not to stay at the repair area while adjustments are made.
- ✓ Wherever possible adjustments should be made at home prior to training or playing.
- ✓ Club tools must be utilized by one individual at a time and thoroughly cleaned and sanitized BEFORE and after EACH repair or adjustment.
- ✓ Coach and staff equipment must be assigned to a coach/staff member for their exclusive use.
- ✓ Where appropriate, individuals must bring their own sports equipment which must not be shared.

6.4 Equipment disinfectant procedures

- ✓ Ensure all sports equipment is disinfected prior to and after each use.

6.5 Changing rooms

- ✓ Changing rooms and showers must be used in line with local facility arrangements.

6.6 Toilets

- ✓ Toilets must be regarded as potentially contaminated areas. There must be a regular cleaning programme evident with daily deep disinfection in place.

6.7 Indoor / outdoor spectator areas / capacity limits


- ✓ Capacity limits for indoor and outdoor activities must be adhered to as per government guidelines. See [Sport Ireland website](#) for most up to date.
- ✓ Spectators must not attend club training.
- ✓ When at events Spectators must adhere to social distancing protocols as recommended.

6.8 Outdoor environments

- ✓ Signage regarding social distancing, personal contact, coughing, sneezing, spitting, hand sanitizing to be clearly visible.
- ✓ Only athletes and essential support personnel must gain access. i.e officials, personal care support staff.
- ✓ Face coverings or masks should be worn by coaches, officials, parents, and volunteers
- ✓ Personnel providing personal support or care (personal assistants, physios, doctors) must wear appropriate PPE. (see later guidance re PPE)
- ✓ Facilities for disinfecting sports equipment to be available and to be used regularly.

6.9 Medical isolation room

- ✓ In the event that an IWA Sport member becomes unwell during a training session or competition, facilities must be in place for immediate isolation in a designated medical room containing the appropriate personal protective equipment. There will be a clearly defined protocol for communicating 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.

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6.10 Travel to and from training/competitions

- ✓ Follow Government social distancing advice in relation to all forms of transport
- ✓ If travelling by private vehicle, such as a car, only travel with members of the same household
- ✓ Avoid the use of public transport where possible (if it is the only option follow Government guidelines) See Gov.ie for most up to date guidance.
- ✓ The use of IWA fleet (to be determined)


6.11 Team meetings

- ✓ Team meetings must be held in spaces that allow for compliance with Government social distancing guidelines.
- ✓ All other meetings must be held online.
- ✓ In line with Government Roadmap guidelines, social events are not permitted.

6.12 Activity duration

- ✓ IWA members must not convene in groups before or after activity. The motto must be "Get In, Play, Get Out".



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7.0 Part 3 Our activities

All IWA-Sport activities must be risk assessed and separate protocols developed to consider;

- ✓ Sports type
- ✓ Indoor or outdoor
- ✓ Individual or team
- ✓ Support needs
- ✓ Equipment (shared or not)

A Return to Sport will only be approved subject to completion of a risk assessment for each activity.

7.1 Guidance for hosting outdoor activities


Updates in line with updates issued by Sport Ireland, April 30th 2021

- ✓ From April 26th:
 - Underage, outdoor, non-contact training in pods of 15 can recommence
 - Outdoor sports facilities can reopen (i.e. pitches, golf courses, tennis courts)
 - Club houses and other indoor facilities (i.e. changing rooms, showers, kitchens, meetings rooms) remain closed
 - Essential toilet facilities may open
 - No matches or events are to take place
- ✓ From May 10th:
 - Outdoor training for adults in pods of a maximum of 15 people can recommence, inclusive of contact training
 - Contact training can resume for junior members under the age of 18 in pods of a maximum of 15 people
 - Inter-county travel can resume
- ✓ From June 7th:
 - Outdoor competition can recommence without spectators
 - Sports and activities that do not have a fixed number of competitors (i.e. non-team sports) should engage directly with IWA-Sport to discuss the capacity requirements

7.2 Guidance for hosting indoor activities

Updates in line with updates issued by Sport Ireland, April 30th 2021


- ✓ From June 7th:
 - Indoor facilities such as gyms, swimming pools and sports-leisure centres can reopen for individual training only

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7.3 Individual Training and One to One Training

- ✓ Individual Training (pods of one) 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’*
- ✓ In the event of one to one training between a participant and instructor/coach, the following additional items should also be implemented:
 - 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 participants uses it
 - 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



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8.0 Part 4 Our People

All IWA-Sport members (athletes and volunteers) must complete an electronic Health Questionnaire [IWA Sport Covid 19 Health Questionnaire](#) before returning to sport and activity. The presence of symptoms, or temperature (over 37.5°C) precludes attendance at training or competitions. In such circumstances, the individual must telephone their GP for advice and management. The Questionnaire will need to be completed once, before the initial Return to Sport. It will be the responsibility of the individual to inform the Clubs COVID Compliance Officer Supervisor of any change in circumstance before subsequent sessions. These measures will be reviewed in conjunction with national public health advice.

8.1 Ongoing health status monitoring

IWA members will be required to confirm their health status has not changed prior to every activity session thereafter. Failure to complete either the original health questionnaire declaration or the ongoing health update will result in members not being permitted to participate.


8.2 Staying Safe – good practise

The safe return to IWA sports and activities is the personal responsibility of each athlete player and club/section member. The return to training and competition is on an 'opt-in' basis, with participants taking personal responsibility to decide whether they are happy to return. It is important that athletes are not be penalised if they wish to opt-out of training at this stage in the Roadmap.

Practises to stay safe will include;

- ✓ Wash your hands frequently regularly and thoroughly.
- ✓ Clean your hands with an alcohol-based hand rub or wash them with soap and water.
- ✓ Maintain social distancing – Observe social distancing guidelines (currently 2m) and keep this distance between yourself and others.
- ✓ Where social distancing is not possible in some settings, for example assisting an IWA member with transferring in/out of a wheelchair, a family member must undertake the relevant task, or appropriate PPE must be worn namely a face mask and gloves.
- ✓ Those responsible for carrying out personal care supports must be limited in numbers and clearly identifiable to all.
- ✓ Avoid touching eyes, nose and mouth.
- ✓ Practice respiratory hygiene - cover mouth and nose with bent elbow or tissue when you cough or sneeze.
- ✓ Stay home if you feel unwell. Follow the directions of your GP and public health service. This will protect you and help prevent spread of viruses and other infections.

What happens if I have been in contact with an infected person?

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- ✓ Current Government guidelines recommends that close contacts (see definition above) of an infected person be quarantined for 14 days from the last time they were exposed to the infected person. Please see Gov.ie or HSE website for most up to date information.
- ✓ If you are worried that any of these measures may relate to you, you must contact your doctor or primary care doctor's office by telephone and follow public health guidelines.
- ✓ If you have been in close contact, you must isolate at home, and you may have testing performed to exclude infection.
- ✓ OF NOTE: testing and quarantine guidelines may vary and you must ensure that you follow the directions of your doctor.

8.3 Personal Support Procedures and Personal Protective equipment

A core function of our activities involves providing personal care or personal support to our members, including children and adults, before, during and after activity. Examples of tasks include, providing assistance when transferring from a day chair to a sports chair and vice versa, lifting a player when they may have fallen from a chair during a game, or providing personal care when using toilet facilities.

As physical contact is required between the member and the person/people who are providing the personal support/care, it is not possible to achieve social distancing in these situations.


Additionally there may be other situations where social distancing cannot be achieved such as accessing a small store room to access sports equipment.

Where social distancing cannot be achieved appropriate Personal Protective Equipment (PPE) must be worn by the member and the person/people providing the personal task.

The recommended PPE is vinyl gloves and medical grade masks.

8.4 Safeguarding Compliance

As the reopening process continues it is of critical importance that all changes or adaptations to our activities continue to comply with our safeguarding policies, procedures and guidelines. All activities must adhere to the Child Safeguarding Statement and Safeguarding Risk Assessment to ensure that any risk of harm to a child is minimised. An example of this could be if there is limited availability of personnel to run a club activity due to Covid-19 precautions that the club activity does not proceed. Safeguarding principles must be adhered to at all times. Please do not hesitate to contact the IWA - Sport office with any queries that you may have.

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9.0 Suspected Case Response Guidelines

In the event of a session participant becoming ill in a club or activity environment, the following steps must be taken;

- ✓ Participant concerned must leave the session and return home or seek collection from the venue.
- ✓ Where symptoms present as benign or marginal, participant can remain in the venue, isolated from other participants, until collection.
- ✓ Where symptoms present as progressive or serious, normal emergency protocols for an injury or illness must be followed, and the emergency services must be contacted.
- ✓ Responsibility for making a diagnosis of any kind does not lie with the Coach or Club, and normal privacy protocols must be observed.

In the event of a participant becoming ill outside the Club or activity environment, liaison with family members will be necessary, in order to ensure that list of possible contacts are provided to HSE trace teams, as appropriate. Where appropriate, in situations where the individual has participated in a club activity within the previous 14 days the IWA-Sport Office must be informed, who will escalate the matter as appropriate. The IWA Office will assist with any necessary communications, in a manner consistent with privacy and data protection best practice.

- ✓ In any situation, all facilities and equipment used by the suspected case must be suitably cleaned in accordance with HSE guidelines.
- ✓ Additional steps regarding suspension of play, venue activities, or quarantining of members, must be followed in accordance with HSE directives.
- ✓ As appropriate, venue management/ownership must be suitably advised of any positive diagnosis within their venue.

9.1 Case reporting

In the event of a positive case being identified the following information must be provided to IWA - Sport as a matter of urgency;

COVID Officer Name

Club name

Covid Officer Contact e-mail

Club Contact number

Name of individual affected

Address of individual affected

This is a controlled IWA document and may be subject to change at any time. See IWA Sports SharePoint for the most up to date version.

Contact number of affected individual

How was the individual diagnosed?

When did the diagnosis take place?

How many IWA-Sport activity sessions did the individual attend since developing symptoms?

Have you informed the infected individual to remain in isolation for 14-days as per Government guidance?


Please send any applicable attendance registers from sessions including the infected individual to the IWA-Sport COVID Compliance Officer

Please send any applicable screening documentation to IWA-Sport COVID Compliance Officer

Please let us know any further information that will help assist you/your club in managing this COVID-19 related issue.

Reporting process (step by step)

	Issue	Action required	Task completed by	Timeline
Step 1	Suspected case identified	Case reported to General Practitioner	by individual (or family of)	As a matter of urgency
Step 2		Report suspected case to IWA-Sport Covid officer	Club Covid officer	As a matter of urgency
Step 3		Contact tracing process begins	HSE / Club Covid Officer/Club Committee & IWA-Sport Covid Officer	As a matter of urgency
Step 4		IWA Covid Officer reports matter to NSEC	IWA Covid Officer	As a matter of urgency
Step 5		HSE advise IWA-Sport Task Force decides on continuation of activities	IWA Task Force	Within 24 hours

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10.0 Assessing Risk/Vulnerable Groups

Considerations for participation in sport by people with disabilities & older people

Whilst mitigating the risk of Covid-19 is more challenging for those who require assistance in their sport participation, steps should be taken including:

Consider **DATE**:



- D** Distance
- A** Activity
- T** Time
- E** Environment

Ensure daily symptom checks

Limit the number of participants

Limit the duration of the activity

Consider the contact (proximity, direct touch, equipment sharing) and minimise where possible.

Train outdoors

Avoid slipstreams where possible




PPE

Consider the use of PPE for assisting the participant (for example, if they require assistance getting onto a bike). It is accepted that the use of PPE during sporting activities is not generally advised, however its use is promoted outside of field of play, where guidelines suggest.

10.1 Risk categories

As an NGB that caters for people with a physical disability, some of our members may be in the 'at risk group' as defined by the HSE.

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Coronavirus (COVID-19) can make anyone seriously ill. But for some people, the risk is higher. There are 2 levels of higher risk 1) High risk 2) Very high risk (also called extremely vulnerable). It is important to note that not all people with a physical disability will have an underlying health condition that may pose an added risk to their health and wellbeing in relation to COVID-19.

There is different advice to protect people in each group. The HSE define the risk categories as follows; <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>

In addition to the protocols listed in this document, the following advice is recommended regarding a return to sport and activities for IWA-Sport members;

- ✓ The return of participants with a physical disability must be considered on a case by case basis depending on the nature of the activity, the environment, and if the participant has any underlying health conditions.
- ✓ IWA members who have a concern regarding personal higher risk, or a family member / household contact with higher risk, must discuss the situation with their GP (or an appropriate medical professional) before making a decision on whether to return to activity or not.

10.2 Further Information - Risk – Adult v Junior athletes

[The Health Protection Surveillance Centre \(HPSC\) have developed guidance for the return to sports activities for children and adolescents.](#) The HPSC document indicated that there is low transmissibility among children less than 14 years old. Serious illness in children is rare to date. There are low rates of child-to-adult or child-to-family member transmission in the limited number of studies available. As with all situations there is a risk of infection, but it appears to be lower in children.

Specifically, in the context of IWA members who are children the following advice is given, *“Children with special needs should also be able to return to sport once they are able to adhere to the risk minimisation measures. If there are any concerns regarding a child’s susceptibility to COVID-19 due to an underlying illness, parents should discuss this with their medical practitioner”.*


Additionally, the Royal College of Physicians of Ireland have produced Interim Guidance on Medically Vulnerable Children <https://www.rcpi.ie/news/releases/covid-19-interim-guidance-on-medically-vulnerable-children/> *“Given current knowledge about COVID-19 disease in children it is now difficult to justify cocooning in most children with underlying conditions. Long-term cocooning of children with complex medical needs is likely to adversely affect them and may outweigh the potential risk of infection”.*

More general advice includes;

There are a number of actions that can be taken to lower the risk of infection during activities.

- ✓ A minority of children may have diseases that put them at higher risk and the level of risk needs to be assessed by their GP and parent(s)/guardian

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- ✓ Having smaller groups with the same supervisor/trainer and equipment assigned to each group
- ✓ Do not share personal equipment such as water bottles
- ✓ Communication with parents of the relative risk is important so that they can make an informed decision on their desire to have their children engage in small group activity.
- ✓ Outdoor activity appears to further lower the risk.

Parents should be advised to promote behaviours in younger age groups that will reduce the spread of the virus such as:


- ✓ Hand hygiene and respiratory etiquette
- ✓ Adequate hygiene supplies
- ✓ Signs and messages
- ✓ Activities confined to a geographical locality
- ✓ Staying at home when appropriate

10.3 Responsibility

Personal Responsibility - IWA members (or their parents/guardians) are solely responsible for deciding if they wish to return to IWA sport activities. IWA members who have a concern regarding personal higher risk, or a family member / household contact with higher risk, should discuss the situation with their GP (or an appropriate medical professional) before making a decision on whether to return to activity or not.

It is essential that everyone in the club works together to ensure compliance with these protocols. Each IWA Sport Club Committee will be responsible for ensuring that a Covid Officer is assigned to each activity group in their club, and will ensure the full cooperation of participating coaches, players, officials, support personnel and parents.


Where multiple programmes are run in Clubs, Clubs should consider returning to activity on a phased basis.

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11.0 Safe Return Summary and Checklist

In order to ensure your club is ready for a Safe Return you need to ensure the following:

1. This document has been circulated to all Club members and their parents/guardians of children prior to returning
2. You have familiarised yourself with the basic Medical Information in this document.
3. You have familiarised yourself with all other protocols listed in this document.
4. The Secretary and Chairperson of the Club – or their nominees – have completed the online education modules and subsequently all members of the club and their parents.
5. Each Club team/group returning to activity has a nominated Covid Officer who has completed the online education training.
6. The Club is prepared fully to implement protocols, including access to online systems, PPE equipment, information and online systems, preparation of risk assessments, reporting procedures etc.
7. All club members should consider downloading the HSE contact tracing app <https://www.gov.ie/en/service/da832-download-the-covid-tracker-app/>
 COVID Tracker is a free app for your mobile phone. It will help us to protect each other and slow the spread of coronavirus (COVID-19) in Ireland. Using the COVID Tracker app along with the existing public health measures will help us all stay safe when we meet up, socialise, work or travel. If you use the app you will:
 - a. be alerted if you have been in close contact with another app user who has tested positive for coronavirus
 - b. be able to track any symptoms you have and get advice on what to do to protect yourself and others
 - c. be able to anonymously warn other app users that you were in close contact with, if you test positive for coronavirus

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12.0 Disclaimer

It is essential that everyone participating in IWA-Sport sport and activities is informed of the risks associated with any ‘Return to Play’, and clearly understand that their participation is by consent only, and through an ‘Opt-in’ approach.

We have put in place preventative measures in line with Government guidance to reduce the spread of COVID-19; however, we cannot guarantee that you or anyone you come into contact with will not become infected with COVID-19. Further, attending our activities and facilities could increase your risk and the risk of those you come into contact with of contracting COVID-19. By agreeing to take part in activities held at or in the facilities and/or delivered by us, your club and others, you acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you and anyone you come into contact with may be exposed to or infected by COVID-19 by attending our activities, whether at our facilities or any other place where our activities are delivered.

This document is not legal advice or intended as a substitute for legal advice or any applicable government advice. It is also not a substitute for IWA members or people associated with our members carrying out their own full risk assessment and review.


IWA-Sport does not give a warranty or undertaking as to the safety of the advice in this document. IWA-Sport will not be liable for any losses arising (directly or indirectly) from the adoption or implementation of anything in this discussion document.

13.0 Data Protection:

IWA values and cares about your privacy and is committed to processing your personal information fairly and in compliance with data protection. In order to fulfil elements of the processes outlined in this document, the gathering of essential personal information will need to take place.

IWA will require this personal data in order to prevent the spread of coronavirus within IWA environments. IWA are permitted to collect and process this data under Art. 6 (1)(f), Art. 9(2) (i) GDPR and Section 53 of the Data Protection Act 2018.


Personal data will not be used for any purposes other than those stated or stored for any period longer than is necessary. [Link to IWA Services Privacy Notice.](#)

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14.0 IWA-Sport RTS Task Force

1. Nicky Hamill – Director of Sport – Lead Person
2. Paul Ryan – National Operations Manager
3. Adrian Donoghue – Irish Wheelchair Basketball
4. Tadhg Buckley – Irish Wheelchair Basketball
5. Teresa Dineen – Irish Wheelchair Rugby
6. Lynn Cromie – Irish Wheelchair Rugby & Medical
7. Lisa Kelly – Irish 7s Rugby
8. Pat Furlong – Irish Para Athletics
9. Roy Guerin – Para Powerlifting
10. Katie Byrne – MSJC & Club Safeguarding Officer Rep
11. Noel McCaffrey – Medical
12. Dympna Killian – IWA Health & Safety Manager



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15.0 Appendices

15.1 Links to Additional Resources

IWA-Sport Health Questionnaire	IWA Sport Covid 19 Health Questionnaire
Sport Ireland Resources	https://www.sportireland.ie/covid19
Covid 19 Symptoms	https://www2.hse.ie/conditions/coronavirus/symptoms.html
Government advice regarding sport and travel	<p>https://www.gov.ie/en/publication/d06271-easing-the-covid-19-restrictions-on-29-june-phase-3/#sport</p> <p>https://www.gov.ie/en/publication/d06271-easing-the-covid-19-restrictions-on-29-june-phase-3/#transport-and-travel</p>
Covid Tracker App	https://www.gov.ie/en/service/da832-download-the-covid-tracker-app/
HSE at risk categories	https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html
Further research	<p>The Health Protection Surveillance Centre (HPSC) have developed guidance for the return to sports activities for children and adolescents.</p> <p>https://www.rcpi.ie/news/releases/covid-19-interim-guidance-on-medically-vulnerable-children/</p>
Case reporting form	<p>https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html</p> <p>The Health Protection Surveillance Centre (HPSC) have developed guidance for the return to sports activities for children and adolescents.</p> <p>Link to IWA Services Privacy Notice.</p>

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<p>Written/Reviewed by: Sam Jablansky</p>	<p>Title: Community Sports Club Projects Coordinator</p>	
<p>Approved by:</p>	<p>Date:</p>	
<p>Document Control Approved: Laura Grogan</p>	<p>Date: 1/3/2021</p>	

15.2 COVID-19 Officer Role Description and Agreement

Education:

Prior to returning to sport there will be two online education resources made available for our different audiences.

- ✓ General Covid-19 Education course for completion by all, including parents or guardians on behalf of children, returning to sport
- ✓ COVID Officer training for COVID Officers only

COVID Officers:

Every club will be required to appoint one or a number of COVID Officer/s (COs) if there are more than one sports programmes in a club. COs will be required to complete the online COVID Officer education module provided by Sport Ireland. <https://www.sportireland.ie/covid19>

Initially, each Club Secretary and Chairperson (or their nominees) will be invited to complete an online module so that each Club understands both the role and the purpose of COs. Following on from that, it is envisaged that every team/individual sports group in the club should have someone nominated with responsibility for COVID Supervision present at each training session or game. These nominees should also undertake the Sport Ireland CO training. COs must be present at all times at training sessions and competitions.

The main duties of the COVID Officer (CO) will include:

- ✓ In conjunction with the Club Management Committee ensuring a risk assessment has been undertaken.
- ✓ Ensuring players and other personnel associated with a team or group have completed the Health Questionnaire before the initial Return to Sport
- ✓ Ensuring each individual has notified the CO of any change in circumstance (personal health) before subsequent sessions
- ✓ Ensuring sanitising and cleaning procedures are followed before and after each training session or game
- ✓ Maintaining records of attendees to ensure contact tracing
- ✓ Ensuring all in attendance are adhering to the protocols
- ✓ Will coordinate suspected case reporting process

I hereby confirm that I have completed the Sport Ireland COVID Officer Training and sent a copy of my certificate to IWA-Sport.

Name:

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How many club sessions did the individual attend within 14 days of their diagnosis?	
How many IWA-Sport activity sessions has the individual been a part of within the last 14 days?	
How many players, coaches, support staff and parents have potentially been in physical contact with the individual?	
Have you commenced with contact tracing with players who may have come into contact with the infected individual?	
Have you informed the infected individual to remain in isolation for 14-days as per Government guidance?	
Please send any applicable attendance registers from sessions including the infected individual to the IWA-Sport COVID Compliance Officer	
Please send any applicable screening documentation to IWA-Sport COVID Compliance Officer	
Please let us know any further information that will help assist you/your club in managing this COVID-19 related issue.	

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