

CV-19 Return To Class Protocols - Summary

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Below is a summary of the IMAC Return to Class Protocols for Phase 3. More detailed guidance has been circulated to IMAC member clubs.

These protocols must view viewed in the context of evolving HSE Covid-19 related guidelines. It is the responsibility of club officials and members to keep themselves updated on the HSE guidelines as they evolve.

Title		What
S o c i a l D i s t a n c i n g	Travelling to Class	In advance of the activity, participants are asked to travel to the activity venue alone or with members of the same household. Sharing transport is not advised in Phase 3 of the Roadmap.
	Training Clothing	As there will be no changing facilities available, participants should be required to arrive, train and leave in the same clothing.
	Classes operating in Pods	Classes should be divided into 'Pods' of up to 6 participants. Multiple Pods are permitted to operate at class once space allows and protocols are strictly adhered to. Each pod should be seperated from other pods by a minumum of 2 metres.
	Distanced Training	Social Distancing (2 metres) should remain at all times with the exception of short periods of specified contact training within a Pod group. 'The principle coach should maintain social distance from all of the pods for the duration of the class'
	Interval between classes	A 15 minute interval should be scheduled between classes to faciliated changeover and surface wipe
	Sharing of PERSONAL equipment	There should be no sharing of personal equipment such as boxing gloves, headguards, and sparring feet pads
	Spectators at classes	Only class participants and coaches should be in attendance during class

H y g i e n e	No Handshake' Policy	Everyone in attendance should avoid shaking hands, high-fives, fist-bumps etc.
	Hand Hygiene / Respiratory Training Information	Resources should be made available to coaches and participants demonstrating how to properly wash hands and how to exercise good respiratory hygiene
	Respiratory Hygiene / Masks	Participants should be encouraged to adopt good respiratory hygiene, covering their nose and mouth when they cough or sneeze, and using a tissue which is immediately disposed of. Instructors are advised not to permit 'Kiai' or Ki-hap shouts during classes. Members and coaches will be supported if they decide to wear a facemask while training
	Hand Sanitisation	Members must wash their hands or use hand sanitizer on arrival at training, during training if required and before leaving.
	Wearing of Footwear	Participants are advised to wear non-porous footwear at class (EG Swimming socks - Gymnastic shoes).

F a c i l i t y M a n a g e m e n t	First Aid	If the need arises for first aid, first aiders are advised to follow the following Covid 19 related safety protocols. Wear a mask, wear a double layer of gloves, wear eye protection such as goggles
	Facility Operation Protocols	Instructors should agree an operating protocol with the facility provider that is compliant with, HSE Guidelines, IMAC protocols and the protocols of the facilities
	Isolation Area	An area should be available where a participant with a suspected case of Covid 19 can be isolated while preparing to leave or waiting to be collected. A chair and facemask for the participant should be provided in the area as well as tissues and a bin for disposing of tissues and other material. PPE should be placed in a sealed bag outside the area to allow relevant persons to enter the room if necessary.
	Tissues and bins	Tissues should be provided to allow members exercise good respiratory hygiene. Bins should be provided to allow safe disposal of tissues
	Handwashing facilities and Hand Sanitiser	Hand washing stations and/or Hand Sanitiser dispensers should be made available at all class venues
	Sanitation Protocols	Sanitation protocols should be put in place for cleaning between classes as well as daily measures for thorough cleaning of the venue
	Changing / Shower facilities	Showers or changing facilities will not be used during this phase.
	Toilets	Access, cleaning and the number of people accessing toilets will be strictly controlled to maintain social distancing and hygiene levels
	Arrival / Waiting Protocol: Prior to class	Participants and parents should be advised not to congregate at the beginning or end of the activity, to arrive as close as possible to the activity start time, or to wait in their cars until the activity begins
	Leaving Protocol: After Class	Members and parents should be instructed not to congregate or socialise after the class and to leave immediately. Parents should be instructed to pick up children and promptly leave the premises

C l a s s R e c o r d s	Display of Covid-19 Information	All clubs should display posters and information sheets detailing the symptoms of Covid-19, guidelines for social distancing and correct hand washing procedure
	Pre-Booking Requirement	All Participants must pre-register to attend class, no unregistered arrivals should be permitted. Pre-registration should include completion of the club's covid screening form. Members should be rescreened regularly. It is recommended that re-screening takes place within a 14-day period and is continued throughout Phase 3.
	Electronic Attendance Record	Every Club should keep an Electronic attendance record for every class listing all coaches, participants, guardians and anyone else in attendance for all or part of the class. Record must include individual name and an up-to-date mobile contact number. Participants should agree that the information is being stored by the club for a set period of time and maybe be required by the HSE for contact tracing procedures.
	Lead Club Covid Officer	Clubs should appoint a Lead Club Covid-19 Officer to monitor compliance with these protocols and are advised to develop checklists for their club to ensure consistent compliance with protocols. Covid officers should keep themselves updated on the current guidelines from all relevant authorities.
	Covid Officer at every class	A Covid officer should be in attendance at each class. As many clubs run multiple classes, it may not be possible for the Lead Covid officer to be in attendance at all class. In this case additional class covid officers should be appointed. It is recommended that someone other than the lead class instructor take the role of Covid officer as the instructor already has multiple responsibilities.

P a r t i c i p a n t / C o a c h W e l l b e i n g	Increase awareness of Covid-19 best practice	Coaches, participants and parents should be encouraged / required to take the Sport Ireland Covid-19 Awareness Course
	IMAC Policy and Procedures	The IMAC Covid-19 return-to-training protocols must be read and applied in conjunction with all other relevant IMAC regulations e.g. Safeguarding, Garda-vetting and Child Protection etc.
	Right To Defer Return	In the interest of safety, clubs may reserve the right to defer the return to training, or commencement of training, of any member who is unwilling or unable to follow the club protocols in relation to Covid-19.
	Phased Return To Training	A phased return to activity is recommended for all clubs to allow Coaches and Participants sufficient time to adopt to the new protocols and procedures.
	Participant / Coach Unwell Prior to class	Individuals who are unwell must not participate in, or be present at, any class or related event.
	Participant / Coach Unwell During Class	Individuals who become unwell or display symptoms during training must immediately inform the Coach and Covid Officer and must then be moved to an isolation space.
	Participant / Coach Post Covid recovery	Coaches or Participants wishing to engage in high intensity training following a recovery from Covid-19 must seek medical advice prior to a return to training
	Procedure for Isolating a suspected case	The Club Covid officer in conjunction with Club Coaches (and facility provider if necessary) should develop a procedure for isolating a suspected case of Covid-19