

Covid-19 Regulations

As per World Archery and Irish Government regulations

Washing hands and cleaning the equipment

Every archer should use a hand sanitiser or wash their hands with soap and water for a minimum of 20 seconds when entering and when leaving any training ground to ensure there is no contamination of the archer's hands, to reduce risk of infecting another person. When handwashing, dry the hands with single use towels which are then discarded into a container. All equipment (bow, arrows, quiver etc) should be cleaned with an appropriate disinfectant before and after their use.

Social distancing

Each person should keep distance from any other person to avoid inhaling any aerosol droplets which fall to the ground usually within 2 metres. This is particularly important for individuals with health conditions such as diabetes, asthma, high blood pressure, or who are aged 65 or older who are more vulnerable to the serious complications of COVID-19. All personnel should abide by the same social distancing rules. Coaches, Tutors, Covid Officers and First aiders should respect social distancing recommendations and only approach the athlete if there is a health or safety issue and should wear a mask and take appropriate hand sanitising precautions.

Targets - On the field the targets should be a minimum of 2 metres apart. Each archer should use a separate target. If the targets are closer than 2 metres, then every alternate target should be used to ensure social distancing.

Using the field of play and the training grounds

Each target should be used only by one archer. The archer should use his own dedicated target face which should be removed after finishing shooting and discarded. Only the archer who shot the arrows should remove them.

Archers should enter and leave the training ground or field of play in a unidirectional way to avoid crossing the path of any person. No more than 50 people may be present in the training hall at any one time (as per Irish Government guidelines at time of writing) (subject to change)

Organising training and competitions

To enable social distancing and to follow these rules, a booking/registration system will be in place so that time slots for archers are staggered to avoid too many people in the hall/on the field at any one time.

Archers and any personnel should sign in and sign out giving the day and time they were at the facility. This will enable contact tracing to occur if any infection does occur

The club encourages all members to be safe and respect others

Any signs of fever, cough, shortness of breath, muscle aches, unexplained fatigue experienced by any archer or support person indicates a possible infection and the club encourages these people affected to stay at home

Return to Training Protocols:

All archers will enter and exit the training hall in a unidirectional manner; entering through the main PESS entrance and exiting through the back door of the hall.

Archers will book training slots and will be asked to practice good time management for their slot. There will be no allowance for staying over time. Only archers participating in the training session will be allowed entrance to the hall.

All archers must sanitise upon entering and leaving the hall and a face covering must be worn at all times when not shooting.

Archers must only pull their own arrows. In the event another member has difficulty in retrieving their arrows, another member may assist while wearing the necessary PPE, such as gloves and a mask. Both athletes must sanitise their hands and any equipment touched by the assisting archer must also be sanitised.

Archers must use their own equipment for the duration of the training session,

If an archer becomes unwell during the training session, they will be placed in a designated isolation area. If they are well enough to leave on

their own accord, they will be asked to leave and advised to contact their GP as soon as possible.

If the archer is unable to leave of their own accord, the emergency services will be contacted immediately on 999 or 112. In such an event, training may be suspended in order to give the archer privacy and to allow them to be treated efficiently without disturbance by relevant persons.

The procedures outlined above are subject to change and may be amended by the elected committee or by the Covid-19 compliance officer as necessary and as the national situation develops.