



UL TAEKWONDO CLUB

COVID-19 SAFETY STATEMENT

SEPTEMBER 2020

Covid-19 Safety Statement

1. Awareness

1.1 Know the symptoms

- High temperature
- Cough
- Shortness of breath
- Loss or change to your sense of smell or taste
- Tiredness

1.2 Preventing the spread

- Wash your hands regularly, using soap and water or an alcohol-based rub.
- Keep a 2m distance from other people.
- Wear a face covering when it may be difficult to keep 2m distance.
- Don't hug or shake hands.
- Avoid touching your face.
- Wipe down any shared equipment before and after use.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.

1.3 If you develop symptoms

- Self-isolate.
- Contact your GP by phone. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone.

2. Club Controls

- a) The club will be appointing a Covid-19 Officer(s) to oversee club activities and ensure compliance with these guidelines and those supplied by the Irish Government, University of Limerick and UL Student Life.
- b) A list of all members participating in a club activity must be kept for 28 days.
- c) All members must have access to updated safety documentation; Safety Statement, Risk Assessments, etc. to reflect activities during C-19. This will be provided by email to all club members.
- d) A log of club equipment used and by whom must be kept. A logbook will be provided for this purpose. A committee member should take a record (photo) of this completed log for future reference.
- e) All club members are to complete Covid Awareness Training provided by Sport Ireland. A link to this free course can be found here: <https://www.sportireland.ie/covid19/course>.

- f) All members participating in a club activity must complete a self-assessment form. This will be incorporated into the activity sign-up form.

3. PESS Access

- a) Anyone displaying symptoms or living with a confirmed case should not be present for club activities or be allowed at the PESS sports hall until the self-isolation period has passed.
- b) Any congregating before or after club activities in the PESS building should be kept to a minimum.
- b) Maximum occupancy will be applied to the PESS sports facilities. A maximum of 6 people will be allowed in the hall at any one time, while also maintaining social distancing of 2m.

4. Equipment

4.1 Club Gear

- a) Any equipment that is being used must be added to the equipment log along with its assigned member. Only the assigned member can use any item of equipment throughout the activity.
- b) After each piece of safety gear is used and returned, touch points must be wiped down with a disinfectant wipe or with a disinfectant spray and paper towel. Check that disinfectants will not cause damage to the equipment.
- c) Before and after a club activity, wash your hands. Afterwards, any other surfaces touched must be wiped down.
- d) 1 person will be assigned to sign out equipment on the equipment log.

4.2 Personal Gear

- a) Where it is practical and possible, it is suggested that any members who store personal equipment in the club lockers should remove their personal gear to be stored elsewhere.
- b) Personal equipment, whether it is stored in the club lockers or elsewhere, should be treated and sanitised on a regular basis to ensure no accidental cross-contamination has occurred during club activities.

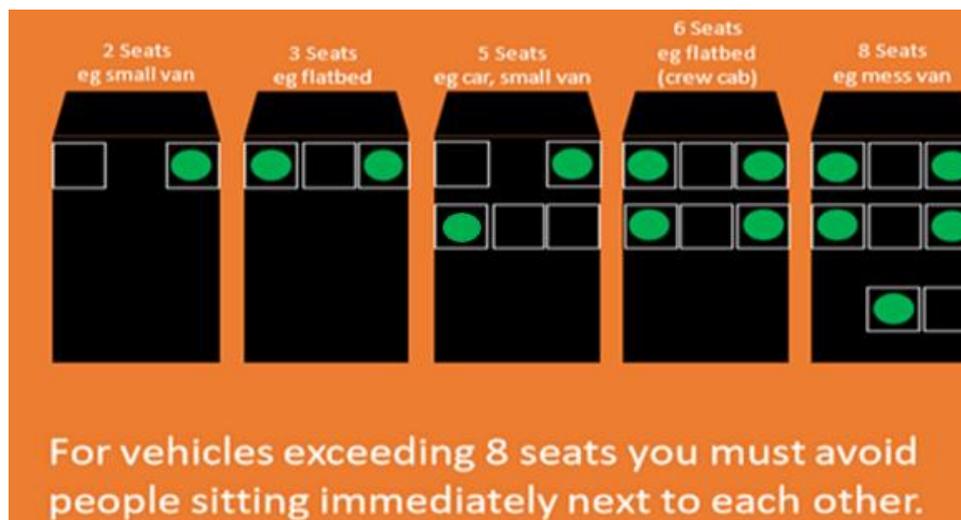
5. Club Training Sessions

- a) The maximum number of members permitted in a club training session will be limited to the maximum number of people permitted at an indoor event at that date. Gatherings, including social gatherings, before or after training must be avoided. Up to date information can be found online:
https://www.citizensinformation.ie/en/health/covid19/public_health_measures_for_covid19.html.

- b) Where tournaments are permitted to go ahead, club members may participate as a representative of the club, while provided other guidelines are taken into account.

6. Vehicle Use

- a) Single occupancy of vehicles is preferred.
- b) Where this is not an option, use the guides below (Figure 2) for most suitable seating arrangements. For contact tracing and limitation purposes, it is advised to try and ensure that the same members travel together if they are attending events.
- c) Each member in the car should wear a face covering.
- d) After the use of shared vehicles or having other members in a personal vehicle it is important to clean the vehicle thoroughly, with emphasis put on areas that are most likely to have been touched as shown below. Each member sharing a car must remove their own rubbish and personal items.
- e) Keep windows at least partially open and (where possible) avoid using air conditioning.
- f) When transporting multiple sets of equipment, keep these and other personal items separate.
- g) When C&S vehicles are used, each member must ensure to wipe down all touch points, and in particular the driver must ensure to wipe down all touch points such as the steering wheel, including those involved in the vehicle checks (see below).





7. Foreign Travel

In accordance with Government policy, the Department of Foreign Affairs continues to advise against non-essential travel overseas. As a club follow all guidelines in relation to foreign travel. Club activities are deemed non-essential and as such no foreign / international trips are to be organised until such a time as deemed safe to do so by the Department of Foreign Affairs and UL C&S. Club members should to quarantine for a period of two weeks before returning to club activities if they have travelled from abroad. Updated Travel Advice can be found here:

<https://www.dfa.ie/travel/travel-advice/>

Sources

- a) HSE.ie
- b) UL Sub Aqua Club Covid Statement
- c) UL Mountain Bike Covid Statement