

UL Outdoor Pursuits Club Covid-19 Safety Statement

Overview

Social distancing will be maintained where possible. In the event where members have to be within a 2-metre physical distance of one another face coverings will be required. Members will be encouraged not to congregate at the beginning or end of the activity. Participants should arrive 'ready to train / start' and not require the use of a changing area prior to the activity commencing.

It will be requested that members bring their own water bottles, towels and where possible personal equipment. Personal equipment should only be shared with people from the same household.

All participants will be advised to stay home and consult their GP if they feel unwell or are experiencing any of the symptoms of Covid-19 as outlined in Figure 1 below. If a member becomes unwell during the activity, they will be isolated from other members and return home as soon as possible.

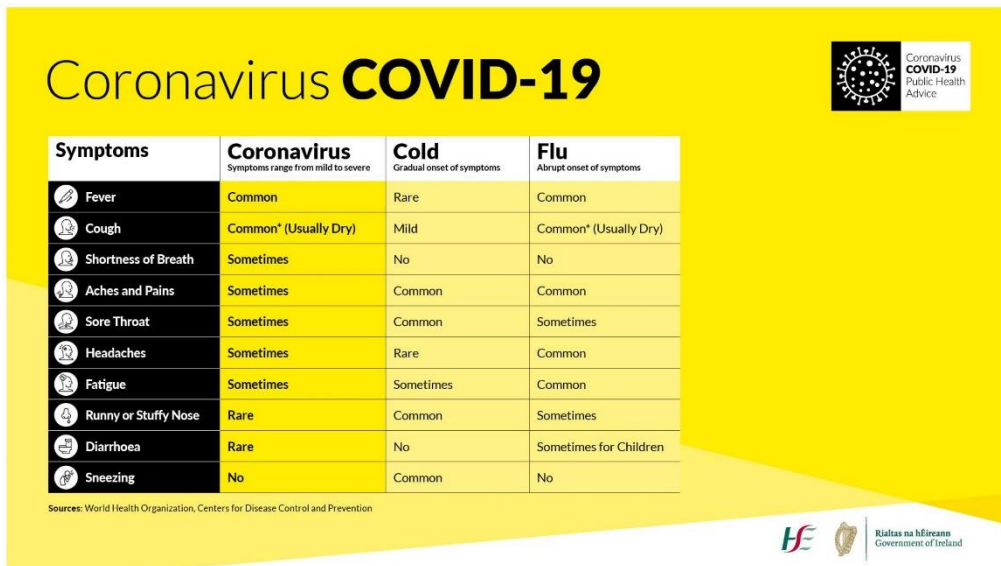


Figure 1: Covid-19 Symptoms

Each event will have a sign-in log detailing the event type, location, time & duration. Member names, Student ID numbers & contact numbers will be recorded.

Any members attending will be required to sign in upon arrival. At the time of sign in they must answer the following questions;

1. Are you experiencing any of the symptoms of Covid-19?
2. Have you travelled outside of Ireland within the last 14 days (excluding green list countries)?
3. Have you been in contact with anyone who has tested positive for Covid-19 in the past 14 days?

If the answer is yes to any of the above questions the individual will not be able to partake in the event. Additionally, at the time of sign in. All members will have their temperature taken using a non-contact infrared handheld thermometer. If their temperature is 38°C or high they will not be allowed partake in the event. They will be advised to return home and contact their GP for more advice.

The sign-in logs will be stored on the UL Wolves website and the data will be retained in the event that it is required for contact tracing.

Outdoor Activities

During outdoor club activities (Hiking, Climbing, Mountaineering, Orienteering & Caving) a social distance of 2m will be maintained between members. Members will be instructed not to congregate and gather before, during and after the event. In the event that a 2m physical distance cannot be maintained between members they will be required to wear a face covering.

Members will be asked to be vigilant on maintaining distance when breathing hard during ascent and whilst stopped at gates / stiles, try not to touch each other's gear (holding someone's poles/climbing gear while they climb over a gate/stile. Be especially mindful of not gathering around a map, at summits, or for photos.

During club hikes if another group of hikers is met members will step to one side to let them pass or walk in single file and make sure to allow at least 2 metres space.

Trips & events will be planned with the local area in mind. Landowners and rural communities who are normally welcoming of hillwalkers and climbers may have concerns over an influx of visitors in this current time. Many people living in rural areas have kept to themselves over the last few months and may be nervous to see groups of people coming into the area. Consider too that upland areas have a higher proportion of older residents. Attempts will be made to if possible, park in locations that are not close to houses and to plan routes to avoid passing close to homes and through farmyards.

In accordance with the current recommendations from mountaineering Ireland, while larger outdoor gatherings may be allowed, Mountaineering Ireland's advice is that group sizes should be kept small, ideally less than 10, and should not exceed 15 people.

In Accordance with C&S guidelines events will only take place within Munster.

Indoor Activities

Participants will be asked to wash hands on arrival, if possible, or to use hand sanitiser. The club will try to always have hand sanitiser available, but it will be recommended to members that they also bring their own. The correct hand washing procedure is outlined in Figure 2 below.



Figure 2: Hand washing Procedure

The climbing wall has a total capacity of 20 people. Training sessions will be able to be reserved online in advance. This is to prevent overcrowding.

Social distancing of 2m is to be enforced in the climbing wall. When on the ground and not climbing/training members will be requested to wear a face covering. Members will be instructed not to congregate and gather before, during and after a training session.

Any club equipment that is used will be quarantined after use in accordance with the equipment protocol. Members will be requested not to share personal equipment with other members.

At the start and end of each training session any worktops, tables, door handles etc will be cleaned with an antibacterial cleaner. For any long duration training workshops etc cleaning will take place periodically throughout. Windows will be left open where possible to ensure adequate airflow. Time will be scheduled between concurrent training sessions to allow for cleaning and for one group to leave and the other to enter without coming into contact with one another.

Transport & Travel

Social distancing will be maintained during transport to and from club events. Face coverings must be worn at all times. It is recommended to have a window of the vehicle open when possible to ensure adequate airflow through the vehicle. Figure 3 below illustrates a suitable seating configuration for vehicles up to 5 seats.

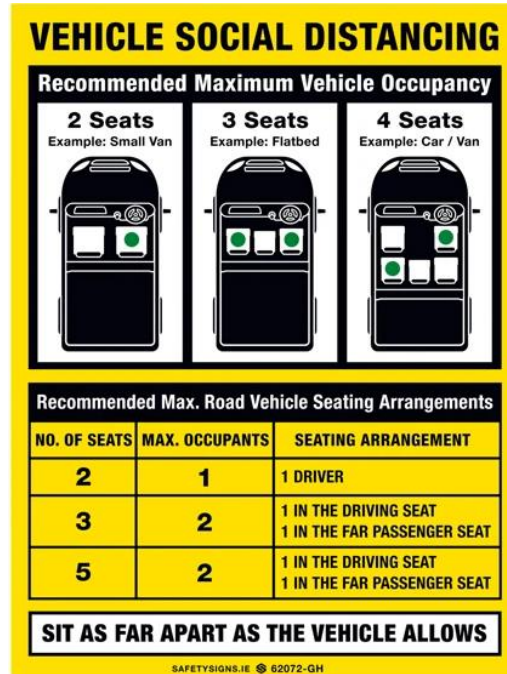


Figure 3: Vehicle Social Distancing

For events where a bus or coach is required the numbers will be limited in accordance with the appropriate social distancing guidelines recommended by the bus company.

When using C&S vehicles or personal vehicles members will be instructed to use disinfectant wipes to clean frequently contacted surfaces both before & after the journey. These include but are not limited to:

- Door handles
- Keys or fob
- Steering wheel
- Dashboard
- Inside door buttons
- Seat belts
- Gear stick
- Touchscreens

Waste will be stored in a closed container and disposed of at the end of the journey.

Equipment Usage & Storage

Individual equipment provided to participants will be cleaned and/or suitably quarantined before and after each activity session.

Sharing of equipment will be avoided wherever possible. If absolutely necessary, equipment will be cleaned and sanitised between use.

Any club equipment that is used during activities (Harnesses, Ropes etc.) will be washed when appropriate and quarantined for 72 hours. The equipment cannot be used or transported during this period. Logs will be kept of equipment sign in & sign out.

References:

Sporting Ireland

Mountaineering Ireland

Speleological Union of Ireland

HSE