



# COVID-19 Guidance for Participants attending a Summer Camp





# Phase 4

## Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The guidelines in this document relate to the Irish Government's Roadmap for Reopening Society and Business.

This practical guide, prepared by our team in consultation with international norms and medical experts, outlines the robust measures Athletics Ireland would like clubs to implement with coaches and athletes to maintain to help safe-guard members during the COVID-19 pandemic.

These measures should be in place seven days a week and until further notice.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

### Before you Attend

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms or are feeling unwell.

You must:

- Check with your GP prior to attending if you are in a high-risk health
- Find out what protocols are in place at the camp.
- Ensure you have provided up to date details for your child.
- Read and familiarise yourself with the camp protocols and guidelines which will be provided in an email prior to the camp.
- Ensure emergency contact details are correct and up to date.

### Attending Camp

- Pre book your child/children on the AAI booking system. No on the day signups will be permitted
- Arrive and leave as close as possible to when you are due at the camp.
- Participants should arrive ready to participate as there will be no access to dressing rooms during the camp.
- Limited access to bathrooms will be permitted. One participant at a time will be permitted to use the bathroom
- Participants should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.
- Hand sanitizing stations will be provided at the summer camp.



## Social Distancing Behaviours

To protect against infection:

- Participants must refrain from handshakes and high fives.
- Keep 2 meters away from other people at all times.
- Do not share food, towels and drinks.
- Wash your hands frequently with soap and water or hand-sanitizer, before and after eating, after going to the toilet, sneezing and coughing.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Avoid touching your face.
- Keep your distance from people who are obviously sick.
- Try not to touch any surfaces, but if you do sanitize your hands as soon as possible.
- Remain apart from other participant groups when taking a break.

## When Camp Finishes

- Once camp has finished participants should only leave the premises after they have been signed out and instructed to do so by their leader.
- Hands should be washed and sanitized as soon as possible.
- If a participant becomes unwell after training, they should first contact their GP and read the HSE guidelines and then inform their camp leader. The leader will then follow advice provided to them by the HSE on the next steps.
- Repeated poor practice should be reported to the leader as soon as possible.

## Equipment

- Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. cones, hurdles, balls, turbo javelins etc.
- Although there is no specific evidence that equipment can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- Clean equipment with a disinfectant spray at the conclusion of camp.



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