



Return to Training Guide

for Predator Members (June 2020)

This guide is to help keep members informed and up to date with the back to training procedures in line with government action and Triathlon Ireland. A guide is available for coaches. Contact our [safety officer](#) for any clarifications.

Predator takes its responsibilities to our members, our coaches and our community very seriously.

This is a changing situation so please check back on this document....



We need your help to allow us to return to training in a safe and sustainable manner.

Three are some basic protocols to follow to make it safe for coaches and participants.

We will need more parents to volunteer to help with junior sessions to get them going again. Please contact [Predator Junior Secretary](#) if you can help.

You don't need any particular competencies and only basic fitness. Our coaches just need a little of your time!

Please take time to read this document

WHAT TO EXPECT TO FOR ALL SESSIONS :

The maximum number of attendees we can have for any session is 15.



Book In Advance

Please complete a self-assessment questionnaire before **EVERY** session.



Complete Self Check. [\(click here\)](#)

Everyone must sign in at training to help with contact tracing.



Register at every training session

It can happen to anybody ! - If you become Covid-19 positive at any time and have attended club sessions, please inform the [Covid-19 Club Officer](#) immediately, as contact tracing will need to be done to reduce the risk to others.

COMMON SENSE DOS AND DON'TS...

Maintain social distancing of at least 2m between people

Maintain good hand hygiene and respiratory etiquette

Do not attend any club sessions if you are unwell, or have been unwell for the 14 days prior to the session

Do not attend sessions if you have been in contact with people with known or suspected Covid-19

If you are cocooning or are in a risk group, or living with a cocooning individual or an at-risk individual, please do not attend group sessions

If you become unwell at a session (develop shortness of breath, cough, fever) you must have a safe way to get home without putting others at risk

Do not attend sessions if they are outside any current travel restrictions.

Help prevent coronavirus



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

If you are unwell after a session please contact your GP and do not attend the next session

Follow the public health advice given

RETURN TO TRAINING

Since the latest guidance was issued by Triathlon Ireland, the Committee has been revising our procedures, putting in place some new systems, and trialling the training protocols to make sure they work. We will first start-up senior training. When we are satisfied that everything is working well we will gradually expand this to cover juniors also.

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TRAINING IN PODS

You will be asked to train in a small group or pod. We ask that pods try to train together during each session and not to mix with other groups. Pods should consist of members of similar ability

To limit contact, please be punctual for sessions. Do not wait around in groups. Coaches will look to move groups as fast as possible. After sessions, please finish and depart promptly.



SOCIAL DISTANCING

At all sessions, steps will be taken to ensure adequate distancing is maintained to prevent the spread of infection. These will feel a little strange at first, but please help us to comply with guidelines

Please ensure our juniors bring their own water and do not share it with others. Please brief them on the importance of social distancing and ask them to listen carefully to their coaches.

RETURN TO RUNNING



From Friday, June 26th we will run a Senior run session out of Kilkornan.

Places are limited to 15 and will be issued on a first-come, first served basis.

- Athletes should run with up to 4m between them or at a 45-degree angle.
- Athletes should run in a single file unless there is room for 2 m minimum separation while running abreast.
- Athletes of similar pace should group in pods.
- Loop routes will be used to prevent overlap.

RETURN TO SWIMMING



From Wednesday, June 24th we will start with coached swim sessions at the lake in Loughrea.

Watch for more detail on the senior training WhatsApp.

Remember :

- Wetsuits
- Goggles
- Hat
- Swim Buoy
- Water

We are asking all swimmers to bring a swim buoy

All going well, we will look to restart swim training for junior athletes at the earliest opportunity.

Watch for updates on the junior WhatsApp.

SWIM BUOYS

Whether at sea, in a river, or in the lake, and no matter what your level Swim Buoy is a great safety asset.

Swim buoys make you easily visible to everyone, whether you are near or far away. It is easy for a boat, jet ski, or other water craft not to see a swimmer in choppy conditions. It also makes it much easier in a rescue situation to spot the swimmer.

The buoys provide buoyancy, which can be used as a flotation base to allow the swimmer to rest and can also be used effectively in a rescue.

Swim buoys are a tool to prevent rescue situations and allow the swimmer to rest while maintaining distance.

RETURN TO CYCLING



No Club Cycles

At present, Triathlon Ireland have asked clubs to refrain from official club cycles.

Remember :

- Helmet
- Gloves
- Water

We are looking for further clarification and hope to have an update soon

Groups of 15 members or less can train together outside once government guidelines are adhered to. Strict social distancing of a minimum of 2 metres must be maintained at all times. Club members will need to carefully risk assess their route and establish whether 15 people cycling a minimum of 2 metres apart constitutes a hazard on their route. TI has not received specific guidance on an appropriate social distancing protocol for cyclists



Book In Advance



Complete Self Check. [\(click here\)](#)



Always register at every event

Contact PerdatorSafety@gmail.com with any queries