



## Trilogy Triathlon Club – Covid19 Return to Training/Club Series 2021

### Personal Responsibility

- If a member tests positive, they must inform the Trilogy organiser or committee member immediately to allow the club to trace close or casual contacts. Those identified as close contacts will be asked to refrain from Trilogy sessions until they receive clearance in line with medical guidance.
- Individuals will need to take responsibility for their own health when deciding to train with others.
- All members must adhere to online registration for all Trilogy sessions that includes the personal screening questionnaire.
- Members to wear a face covering at arrival and after each training session.
- If a member feels unwell, please inform Trilogy organiser that you will refrain from attending. Attending sessions can put others at risk.
- Where possible, avoid touching your face during training.
- Members to bring their own individual hand sanitiser / single use disposable wipes. Sanitise before you leave home and on your return from training.
- Members arrive changed for each session, exception applies to open water swim.
- Members should not eat until they have hand sanitised.
- No sharing of food or water bottles.
- Car-pooling to be avoided unless travelling with a family member or within your pod.
- Members to familiarise themselves with Triathlon Ireland covid guidelines as per link below;  
<https://www.triathlonireland.com/news/06-05-2021-covid-19-return-to-triathlon-update-for-roi/>

### Club Responsibility

- Outdoor training commences from 10<sup>th</sup> May 2021 in pods of a maximum of 15.
- Each sessions is assessed for safety and safeguarding risks.
- Sanitiser will be available, depending on the session it may not always be feasible. Members encouraged to carry their own.
- Trilogy coach can oversee multiple pods.
- Online registration is available for each training/club series events, members can only attend once they registered online and by the timeline required by the club organiser.
- All sessions will continue outdoors pending government guidelines.
- The club discourages congregation pre and post sessions and must be avoided where possible.
- Training sessions must not exceed the duration time normally associated with the activity.



### Run session

- Avoid running directly behind another athlete at a distance less than 4m.
- If distance is less than 4m, it recommended to run at a 45 degree angle or alongside the athlete.
- Avoid facial contact while running i.e. no smiling at your opponent as you pass 😊

### Bike session

- Social distancing of 2m must be observed while cycling, taking into consideration road safety.
- Obeying the rules of the road remains a priority.
- Slipstreaming is a higher risk while cycling in a group, it is recommended members wear their snood over their face while in a draft position.



### Swim Session

- Open water swimming requires 2m social distancing.
- Members to familiarise themselves on Open Water Guidance for Swimmers  
<https://www.triathlonireland.com/wp-content/uploads/Triathlon-Ireland-Covid-19-Guidance-for-Open-Water-Swimming.pdf>
- No indoor pools sessions allowed as yet