



SQUAD TRAINING AND SELECTION GUIDANCE DURING COVID-19

1. The return to training and competition is on an opt-in basis, with athletes taking personal responsibility to decide whether they are happy to return.
2. Each Coach should undertake a Risk assessment of the training venue and submit this to the Covid-19 Safety Officer for approval.
3. All concerns must be addressed prior to each session
4. All Athletes and Coaches are required to take Sport Ireland's Covid-19 return to sport course **training module A**, found [here](#) and are required to retain photographic evidence of having completed same.
5. Wearing of a mask / face covering is at the discretion of each Athlete and for minors is at the discretion of the Parent / Guardian.
6. Coaches and Athletes will abide by the 'No Handshake Rei only' Policy
7. Coaches and Athletes will abide by the 'No Kiai' Policy
8. Athletes will **not** be penalised if they wish to opt-out of training at this stage and should be encouraged to communicate their concerns to the relevant Squad Coach / National Coaches/ NCO in order to put together a training programme to maintain their physical fitness.
9. Contact is permitted for training and competition
10. Distancing is required at all other times in the club environment
11. Coaches should consider the impact of return to high intensity training following the prolonged period of lockdown to their students' health and potential of injury. Coaches should alter the training programmes accordingly to minimise risk of injury and spread of Covid-19 and avoid accountability. Where necessary Athlete should be asked to provide a certificate of fitness to train by their GP.
12. Coaches and Athletes will familiarize themselves with The **Return to Dojo** Guidance for Members, link [here](#)
13. All registration and payment for squad training must be booked online
14. All attendees must submit the Self-Assessment form online 24 hours prior to each session
15. Coaches should ensure that their First Aid Kits contain upgraded PPE kit
16. Coaches and Athletes will not share any personal equipment and will observe good hand and respiratory hygiene.