



Coronavirus
COVID-19
Public Health
Advice

GOVERNMENT ROADMAP PHASE I

GUIDANCE NOTE: Outdoor sporting and fitness activities with COVID-19 restrictions

**Ireland
Active**

**Leisure, Health
and Fitness
Association**

14th May 2020

GOVERNMENT ROADMAP- PHASE 1 GUIDANCE NOTE

The government has published a five-phase roadmap to easing Ireland's COVID-19 restrictions. This roadmap will only come into effect when the National Public Health Emergency Team (NPHE) deems conditions are right for each phase.

Phase 1 is intended to begin on Monday 18th May.

It permits people to engage in outdoor sporting and fitness activities, either individually or in very small groups (maximum 4 people), where social distancing can be maintained and where there is no contact. Phase 1 also allows for a phased return of outdoor workers on a risk-based approach with social distancing requirements continuing to apply. We would urge members to be cautious in this phase and to be mindful that public health remains the most important element of the roadmap.

Where members are intending to run outdoor sporting and fitness activities in groups of less than 4 people we recommend, at a minimum, the following measures and systems are put in place:

General Measures

- No physical contact takes place
- Social distancing of at least 2m is maintained
- 4sqm/person (2mx2m) at least should be allowed for adequate spacing
- If equipment is being used that it is not shared
- Any equipment used should be disinfected in between use
- Hand sanitiser should be provided
- The government return to work safety protocol should be followed
- A risk assessment of the outdoor area you intend to use should be undertaken, and recorded.
- People living within a 5km radius only may exercise together
- Ratios of those taking part should be 1:1, 1:2 or 1:3 (i.e. a maximum of 4 people)
- If exercise is taking place outdoors adjacent to a facility, access should not be given to the building for toilets, showers or changing rooms or any other purpose.
- Access to a building should only be in the case of an emergency (e.g. accessing a Defibrillator)
- Adequate insurance should be in place and confirmed with your insurer, and any use of public land should have prior permission received.

Pre Booking System

- Anyone taking part in exercise should pre-book and fill out a self-declaration form (preferably online) confirming in advance:
 - That they do not have any symptoms of COVID-19, and they have not come into contact with anyone who has (that they are aware of)
 - That they acknowledge the risks inherent in the class, and that the measures are taken to minimise the risk but cannot eliminate the risk
- The pre-booking / self-declaration form should set out how the class will run, and outline the general safety measures

- Details of the group should be maintained for contact tracing purposes (via the pre-booking system where possible).

Useful Links:

- [Government return to work safety protocol](#)
- [Government five-phase roadmap](#)
- [Ireland Active draft framework for operation](#)

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