



Coronavirus  
**COVID-19**  
Public Health  
Advice

# **GOVERNMENT ROADMAP PHASE 2**

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

**Ireland  
Active**

**Leisure, Health  
and Fitness  
Association**

**Version 2: 6th June 2020**

## GOVERNMENT ROADMAP- PHASE 2 GUIDANCE NOTE- Version 2: 6<sup>th</sup> June 2020

The government has published a phased 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 2** is intended to begin on Monday 8<sup>th</sup> June having been approved by government on 5<sup>th</sup> June.

It permits people to engage in outdoor sporting and fitness activities, either individually or in small groups (maximum 15 people), where social distancing can be maintained and where there is no contact. The travel limit allows an increase from 5km to 20km travel distance in Phase 2. We would urge members to be cautious in each 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 15 people we recommend, at a minimum, the following measures and systems are put in place:

### General Measures Checklist

- Attendees travel to activity separately and do not congregate on arrival or departure
- 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
- Time should be scheduled between sessions to enable thorough cleaning and sanitisation to be conducted
- Hand sanitiser should be provided
- The government return to work safety protocol should be followed, along with all other government advices in relation to COVID-19
- A risk assessment of the outdoor area you intend to use should be undertaken, and recorded.
- People living within a 20km radius only may exercise together
- Ratios of adults taking part with a trainer should be 1:14 or less (i.e. a maximum of 15 people)
- Activities involving children should involve no more than 12 children to allow for 3 supervisors to be present to oversee the activity and make sure that public health guidance is being followed.
- While training of sports teams is allowed, the holding of matches is not.
- Adults and children should keep to the same groups for these activities. This will help limit contacts should a member of the group become COVID-19 positive. A log should be kept of everyone involved in these activities for contact tracing purposes.
- If exercise is taking place outdoors adjacent to a facility, access should not be given to the building for 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/Logging for contact tracing purposes**

- 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 a pre-booking online logging system).
- Caution is advised for those who intend to engage in high intensity training following a recovery from Covid-19. Individuals should seek medical advice prior to a return to training.

**On June 6<sup>th</sup> 2020 the Expert Group on Return to Sport issued guidance in relation to Phase 2 outdoor sport and fitness activities which is detailed below and which we would ask our members to adhere to.**

#### ***Phase 2: Expert Group on Return to Sport Guidance for Outdoor Sports and Fitness***

*Recognising that organised sports and fitness activities are permitted in outdoor settings for groups of up to 15 people from next Monday, the **Expert Group on Return to Sport would advise organisers to consider the following guidance.** This guidance should not be considered exhaustive, and organisers are advised to consult other official sources, in particular the advice published by the HSE.*

- *In advance of the activity, participants should be asked to travel to the activity venue alone or with members of the same household. Sharing transport is not advised in this Phase of the Roadmap.*
- *Encourage participants not to congregate at the beginning or end of the activity. Ask participants to arrive as close as possible to the activity start time, or to wait in their cars until the activity begins.*
- *Participants should be asked to bring their own water bottles, towels and where possible personal equipment, and instructed not to share these with others. Personal equipment should only be shared with people from the same household.*
- *Participants should be asked to wash hands on arrival, if possible, or to use hand sanitiser. If it is not possible to provide hand sanitiser at your location, participants should be asked to bring their own hand sanitiser with them.*
- *Individual equipment provided to participants should be cleaned and sanitised before and after each activity session. It is recommended that time is scheduled between sessions to enable thorough cleaning and sanitisation to be conducted.*
- *Sharing of equipment should be avoided wherever possible, as it is generally not permitted in this Phase of the Roadmap. If absolutely necessary, equipment should be cleaned and sanitised between use.*

- *Participants should be spaced appropriately to maintain a minimum 2 metre physical distancing throughout the activity. Depending on the nature of the activity, it may be necessary to leave more space between participants.*
- *Participants should be encouraged to adopt good respiratory hygiene, covering their nose and mouth when they cough or sneeze, and using a tissue which is immediately disposed of. Further guidance on hygiene and social distancing is available from [www.hse.ie/covid19](http://www.hse.ie/covid19)*
- *All participants should be advised to stay home if they feel unwell, and to consult their GP. If a participant becomes unwell during the activity, they should be isolated from other participants and return home as soon as possible.*

***The Expert Group emphasises that indoor sporting facilities are not permitted to reopen during this Phase of the Roadmap. All activity should be in outdoor facilities; the use of showers and changing facilities should not be permitted.***

*The Expert Group also recommends that organisers maintain an electronic record of all participants for all sessions, with contact details. This will help to facilitate contact tracing in the event that a participant becomes ill with COVID-19.*

**Useful Links:**

- [Government return to work safety protocol](#)
- [Government phased roadmap](#)
- [Ireland Active draft framework for safe operation](#)
- [Ireland Active Phase 1 Guidance](#)
- [Expert Group on Return to Sport Guidance \(6<sup>th</sup> June 2020\)](#)
- [DTTAS Press release \(6<sup>th</sup> June 2020\)](#)

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