

Meridian Triathlon Club COVID-19 Return to Play Protocol

July 2020 - In line with British Triathlon Federation (BTF) and Government guidance Clubs in England are required to provide a COVID SECURE Operation. As a result, we have made the below changes to our training and administrative processes. Although it seems like a lot of new rules, we hope that we will maintain a relaxed and friendly environment in which to participate.

Health		Action
Pre-attendance Official Symptom Check.	<p>By participating in MTC sessions, you are committing to undertake the <u>symptoms of coronavirus</u> check before each training session. You should not leave home if you, or someone you live with has the following:</p> <ul style="list-style-type: none"> • a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal. 	Follow NHS and Public Health England guidance on self-isolation.
Consider fitness level	<p>It is your responsibility to be sufficiently fit and healthy to participate in club activities. Fitness may have changed for better or worse during lockdown. Please think about any pre-existing medical conditions.</p> <p>We need all members to complete the Return to Play COVID-19 Health Screening questionnaire before their next training session. This is a BTF requirement.</p>	<p>Speak to coaches if you have any concerns about your abilities to complete sessions.</p> <p>Please return your completed questionnaire to Jess Crane, Covid-19 officer, welfaremeridianclub@gmail.com</p>
Shielding	If you are still shielding, please do not attend training sessions.	
Positive test for COVID-19	If you test positive after attending an MTC session, you must contact the club's Welfare & Covid-19 officer: Jess Crane	welfaremeridianclub@gmail.com

COVID-19 self-isolation	If you self-isolated due to confirmed or suspected COVID-19 symptoms you should undergo a form of health screening prior to taking part in triathlon activity.	This screening is best led by a doctor, ideally a doctor specialising in Sports Medicine
Training		Action
Registering attendance for club sessions.	We will need all members to register their attendance prior to a club session so that sufficient number of coaches are present and/or limited places maybe available.	If you no longer require your slot please inform the coach leading the session as soon as possible. Failing to sign up may result in no participation.
Social Distancing	We must comply with social distancing at all times.	Please follow government advice on how to travel to and from training. Cycling and walking are recommended over public transport and please limit car-sharing.
GDPR and data storage	We are required to keep a register of members that attend sessions for 21 days in case needed for Test and Trace. By attending a training session, you are consenting to your details being shared for Test and Trace purposes.	If you test positive for COVID-19 after attending a club session you must contact the welfare officer. welfaremeridiantriclub@gmail.com
Hygiene & First Aid		Action
General hygiene	We encourage all well-known hygiene recommendations including regular hand washing and avoiding common touch points such as gates.	Follow NHS and Public Health England guidance. We would recommend you bringing your own hand sanitiser to sessions.
Equipment	Please do not share equipment	
First Aid	All coaches have their own first aid kit. Members will be asked and encouraged to self-treat their own minor injuries	Social distancing may not be possible when first aid is being administered. Please consider whether you are comfortable with this.
Further information		
COVID-19 Officer	BTF require a COVID-19 officer to sit on club committees. We have appointed Jess Crane who is also the Welfare Officer.	welfaremeridiantriclub@gmail.com
Useful websites		
BTF guidelines	British Triathlon have released the following guidelines in regard to returning to training and thus we would recommend that Members take a few minutes to read these so we can all train in a safe environment.	https://www.britishtriathlon.org/return-to-play

<p>NHS</p> <p>UK Government advice</p> <p>Public Health England</p> <p>Health and Safety Executive</p> <p>St Johns Ambulance</p>		<p>https://www.nhs.uk/conditions/coronavirus-covid-19/</p> <p>https://www.gov.uk/coronavirus</p> <p>https://publichealthmatters.blog.gov.uk/category/coronavirus-covid-19/</p> <p>https://www.hse.gov.uk/</p> <p>https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/</p>
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