



# Kickboxing Ireland & IMAC CV 19 Training Protocols



Effective from: 5th July

Last Updated: 25th June

Grouping	Title	What	RAG	Why	How	When	Who	Challenges	Checklist
	Travelling to Training Session	In advance of the activity, participants are asked to travel to the activity venue alone or with members of the same household.	Yellow	To maintain social distance between participants	In advance of returning to training, instructors advise members and parents not to share transport to the Training Session	Every Training Session	Students , need to be informed	Members who rely on lifts to training. Restrictions on availability and capacity of public transport	
	Training Clothing	As there will be no changing facilities available, participants should be required to arrive, train and leave in the same clothing.	Yellow	To maintain social distance between participants and reduce risk of transmission	In advance of returning to training, instructors advise members and parents to come, train and return home in the same clothing.	Every Training Session	Instructors / Covid 19 Officer	People walking to training, coming from work or somewhere other than home may not be able to comply. Every effort should be made to ensure that they are not changing in the same space as anyone else.	
	Staggered Start & Finish time	Start & Finish time of classes should be staggered to include a 15-minute interval between classes to facilitate class changeover	Red	Enables separation on transition	Stagger start & finish times to allow a minimum of 15 minutes interval between the end of one class and the start of the next	Every class	Instructors, coaches & participants		
	Interval between Training Sessions	A 15 minute interval should be scheduled between Training Sessions to facilitate changeover and surface wipe.	Red	Enables separation on transition and allows surface wipe (handles, surfaces and equipment) between Training Sessions	Schedule Training Sessions to allow a minimum of 15 minutes interval between the end of one Training Session and the start of the next	Every Training Session	Instructors, coaches & participants		
	Sharing of Equipment	There should be no sharing of equipment in any circumstances	Red	To reduce the risk of infection	Members are informed that they must have their own personal set of equipment to use if required. Participants should clean all equipment and wash their uniform after attending Training Session.	Before and during Training Session	Participants and coaches	Training Sessions may need to be adapted to focus on activities that do not require personal equipment	
	Spectators at Training Sessions	Only Training Session participants and coaches should be in attendance during Training Session	Yellow	To keep group sizes small, to avoid unnecessary social contact	Parents advised on the importance of social distancing, asked not to attend the training session. Where parents must attend - they are instructed to follow all relevant guidelines	Before & during Training Session	Parents to be informed by phone, email or text message. Receipt of information and agreement with must be acknowledged	Difficult with younger children , if a member must be accompanied it should be limited to one person. Any spectators should observe social distancing and all relevant hygiene protocols	
	No Handshake' Policy	Everyone in attendance should avoid shaking hands, high-fives, fist-bumps etc.	Red	To maintain social distance between participants and reduce of transmission	Participants are informed of the no-handshake policy before they attend training. Coaches/Covid officers remind participants of this at the Training Session	Every Training Session	All Athletes and coaches	Participants naturally do this to greet each other - they need to be reminded constantly	
Hygiene	Hand Hygiene / Respiratory Training Information	Resources should be made available to coaches and participants demonstrating how to properly wash hands and how to exercise good respiratory hygiene	Yellow	To reduce the risk of infection	Social media posts and emails to athletes/parents with videos and information. Posters displayed at Training Session	Prior to attendance at Training Session and at Training Session	All Athletes and coaches	Younger athletes may find it harder to follow the advice	
	Respiratory Hygiene / Masks	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. Instructors are advised not to permit 'Kia' or Ki-hap shouts during Training Sessions. Members and coaches will be supported if they decide to wear a facemask while training	Yellow	Maintain hygiene	Further advice is available at HSE.ie/covid19	Every Training Session	All Athletes and coaches	Ensuring younger students follow this advice	
	Hand Sanitisation	Members must wash their hands or use hand sanitizer on arrival at training, during training if required and before leaving.	Yellow	To reduce the risk of infection	Members will use hand washing facilities, where facilities aren't available hand sanitizers is to be provided	Before every Training Session	All Athletes and coaches	Hand washing facilities may not be available, hand sanitizer must be supplied	



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ene	Wearing of Footwear	Participants are advised to wear non-porous footwear at Training Session (e.g. Swimming socks - Gymnastic shoes).		To reduce risk of cross infection	Participants are advised to wear non-porous footwear at Training Session (e.g. Swimming socks - Gymnastic shoes). If socks are being used, the following practical observations should be considered: Participants are advised to sanitise their hands & feet prior to putting on the socks before training. Appropriate washing of socks after session (60 degree temperature). If socks are being used as a form of PPE, guidance on removing them and putting them on should be provided (similar to masks & gloves).	Every Training Session	All Athletes and coaches	Ensuring younger members follow guidance on hand and foot hygiene	
	First Aid	If the need arises for first aid, first aiders are advised to follow the following Covid 19 related safety protocols. Wear a mask, wear a double layer of gloves, wear eye protection such as goggles		To reduce the risk of infection	Additional PPE added to club first aid kit so it is available in the event of injury/accident	Every Training Session	Coaches, instructors, management of venues	Ensuring that additional PPE is used in a First Aid situation	
Facility Operational Manga	Facility Operation Protocols	Instructors should agree an operating protocol with the facility provider that is compliant with, HSE Guidelines, IMAC protocols and the protocols of the facilities		To ensure all parties are in agreement on protocols	Discussion with facility management and other users of the facility if needed	Before Training Sessions resume	Club instructor, Covid officer and facility management	It may not be possible to reach agreement on protocols between all parties	
	Isolation Area	An area should be available where a participant with a suspected case of Covid 19 can be isolated while preparing to leave or waiting to be collected. A chair and facemask for the participant should be provided in the area as well as tissues and a bin for disposing of tissues and other material. PPE should be placed in a sealed bag outside the area to allow relevant persons to enter the room if necessary.		To allow isolation of suspected cases	When a member displays symptoms at Training Session the coach or covid officer directs the member to the isolation area following the club isolation procedures.	Every Training Session	Coaches, instructors, management of venues	Ensuring an area is available	
	Tissues and bins	Tissues should be provided to allow members exercise good respiratory hygiene. Bins should be provided to allow safe disposal of tissues		To reduce the risk of infection	Facilities and clubs ensure tissues and bins are available	Every Training Session	Covid Officer and coach and management of venue	Additional cost to clubs	
	Handwashing facilities and Hand Sanitiser	Hand washing stations and/or Hand Sanitiser dispensers should be made available at all Training Session venues		To allow those in attendance wash/sanitise their hands	Hand Sanitiser dispensers and/or hand washing stations should be made available	Every Training Session	Covid Officer and coach and management of venue	Ensuring facilities are kept clean and stocked up	
	Cleaning & Ventilation	The Cleaning & Ventilation of facilities should be conducted in accordance with the Governments' most recent Work Safety Protocol (see Appendix C).		To ensure the cleanest & best ventilated training area possible.	Further advice on Cleaning & Ventilation can be found in Appendix C - Cleaning and Ventilation	Before Training Session, between Training Sessions, in the evening after Training Sessions finish	Coaches, instructors, management of venues	Clubs to work with venues to ensure all parties are familiar with their responsibilities for ensuring a clean training venue	
	Changing / Shower facilities	Showers or changing facilities will not be used during Level 3 restrictions.		To avoid participants coming in to close contact before & after Training Sessions	Participants come to Training Session prepared to train and leave afterwards to change and shower at home	Before and after Training Session	Participants to be informed before they attend Training Session, training venues to be informed before Training Sessions resume		
Toilets	Access, cleaning and the number of people accessing toilets will be strictly controlled to maintain social distancing and hygiene levels		To maintain social distance between participants	The instructor will enforce restrictions on the number of people using facilities to ensure social distancing	Every Training Session	Participants to be informed before they attend Training Session. Receipt of information and agreement with must be acknowledged	Difficult with younger children and in shared facilities		



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e m e n t	Arrival / Waiting Protocol: Prior to class	Participants and parents should be advised not to congregate at the beginning or end of the activity, to arrive as close as possible to the activity start time, or to wait in their cars until the activity begins.		To maintain social distance between participants	Parents and participants are advised on the importance of social distancing. They are instructed to wait in cars/carpark until called into class by instructors. Participants maintain 2 metre distance while entering and appropriate entry and traffic management protocols should be in place to limit the interaction of participants at any one time.	Before class	Participants and parents to be informed as well as the management in the venue where classes are run. Receipt of information and agreement with must be acknowledged	Venue management to work with clubs to put markings outside to ensure social distancing before classes	
	Leaving Protocol: After Class	Members and parents should be instructed not to congregate or socialise after the class and to leave immediately. Parents should be instructed to pick up children and promptly leave the premises		To reduce risk of infection	Participants and parents are informed beforehand and at the end of the class that they should promptly leave. Appropriate exit and traffic management protocols should be in place to limit the interaction of participants at any one time.	Every Class	All Athletes and coaches	Members naturally want to talk with their friends after class	
	Display of Covid-19 Information	All clubs should display posters and information sheets detailing the symptoms of Covid-19, guidelines for social distancing and correct hand washing procedure		To reduce the risk of infection	Posters provided by the HSE, the HSA, Sport Ireland, IMAC and other relevant bodies	At every Training Session	Covid Officer and coach	Cost associated with producing posters	
	Consent & Compliance Form	All clubs must complete and return the current (April/May 2021) IMAC Consent & Compliance form regarding Covid-19 Return to Training protocols		To ensure club officials have agreed to implement the IMAC return-to-training protocols. To allow IMAC keep note of which clubs are operating under these protocols	Instructors should complete the IMAC Compliance & Consent form and return to IMAC through their Advisory Board representative.	Prior to returning to training	Club Instructor		



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T r a i n i n g  S e s s i o n  R e c o r d s	Pre-Booking Requirement	All Participants must pre-register to attend class, no unregistered arrivals should be permitted.		To ensure class size is limited and participants are briefed in advance on protocols	Use of booking applications and websites.	Before class	Instructors and participants	Ensuring instructors are aware of the various options that are available	
	Electronic Attendance Record	Every Club should keep an Electronic attendance record for every Training Session listing all coaches, participants, guardians and anyone else in attendance for all or part of the Training Session. Record must include individual name and an up-to-date mobile contact number. Participants should agree that the information is being stored by the club for a set period of time and maybe be required by the HSE for contact tracing procedures.		To ease contact tracing in the event that this is necessary	The instructor takes an attendance prior to the beginning of the Training Session. Parents are advised not to attend Training Sessions, where parents/guardians must attend - they must contact the instructor to confirm beforehand	Before Training Session	Instructors to keep an attendance record, parents/guardians to be advised not to attend Training Sessions and to inform coach beforehand if need to attend	Clubs must ensure records for members are up to date and ensure they keep an attendance record.	
	Lead Club Covid Officer	Clubs should appoint a Lead Club Covid-19 Officer to monitor compliance with these protocols and are advised to develop checklists for their club to ensure consistent compliance with protocols. Covid officers should keep themselves updated on the current guidelines from all relevant authorities.		To monitor if protocols are being followed and to create a link with members and parents within the club	Instructors can appoint themselves or another Senior and responsible Official / Member of the Club as Covid officer. The Lead Covid officer should undertake the Sport Ireland Covid-19 eLearning Course. The course can be accessed at the link below: <a href="https://www.sportireland.ie/covid19/course">https://www.sportireland.ie/covid19/course</a>	Prior to resuming Training Sessions	Instructor or appointed official	Ensure the Covid-19 officer keeps up-to-date with protocols and recommendations	
	Covid Officer at every Training Session	A Covid officer should be in attendance at each Training Session. As many clubs run multiple Training Sessions, it may not be possible for the Lead Covid officer to be in attendance at all Training Session. In this case additional Training Session covid officers should be appointed. It is recommended that someone other than the lead Training Session instructor take the role of Covid officer as the instructor already has multiple responsibilities.		To monitor if protocols are being followed	Instructors can appoint themselves or another Senior and responsible Official / Member of the Club as Covid officer. Club Covid officers should undertake the Sport Ireland Covid-19 eLearning Course. The course can be accessed at the link below: <a href="https://www.sportireland.ie/covid19/course">https://www.sportireland.ie/covid19/course</a>	Prior to resuming Training Sessions	Assistant instructor or appointed person	Ensure the Covid-19 officer keeps up-to-date with protocols and recommendations. Challenge to smaller rural clubs with a low number of coaches	



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	Increase awareness of Covid-19 best practice	Coaches, participants and parents should be encouraged / required to take the Sport Ireland Covid-19 Awareness Course		To ensure awareness with Covid-19 and best practice	Advise members and parents/guardians to complete the Sport Ireland Online Covid Awareness course. Inform members at Training Session and share via social media and club website <a href="https://www.sportireland.ie/covid19/course">https://www.sportireland.ie/covid19/course</a>	Prior to resuming Training Sessions	Instructor or appointed official	Ensure the Covid-19 officer keeps up-to-date with protocols and recommendations	
P a r t i c i p a n t  /  C o a c h  ...	IMAC Policy and Procedures	The IMAC Covid-19 return-to-training protocols must be read and applied in conjunction with all other relevant IMAC regulations e.g. Safeguarding, Garda-vetting and Child Protection etc.		For the wellbeing of the participant and to minimise cross infection	Instructors must ensure that all relevant IMAC regulations are followed	At all times	Instructors, coaches & participants		
	Reduction in Overall Training Time	Clubs should reduce the overall duration of training sessions.		As part of a phased return to training	Reduce the overall duration of training sessions, For example a 60 minute training session may be reduced to a 45-minute session.	Every Training Session	Instructors, coaches & participants		
	Right To Defer Return	In the interest of safety, clubs may reserve the right to defer the return to training, or commencement of training, of any member who is unwilling or unable to follow the club protocols in relation to Covid-19.		For the wellbeing of the participant and to minimise cross infection	If a member is unwilling or unable to follow the club protocols in relation to Covid-19 an instructor may defer their return to training to a later date.	At all times	Instructors, coaches & participants		
	Participant / Coach Unwell Prior to Training Session	Individuals who are unwell must not participate in, or be present at, any Training Session or related event.		To reduce the risk of infection	Instructors to inform members that if they are unwell, or displaying symptoms they should not participate and should seek medical advice and follow the guidelines regarding self-isolation	Participants informed before they return to training	All Athletes and coaches	Ensure that this advice is continuously followed and members are continually reminded	
	Participant / Coach Unwell During Training Session	Individuals who become unwell or display symptoms during training must immediately inform the Coach and Covid Officer and must then be moved to an isolation space.		For the wellbeing of the participant and to minimise cross infection	If a member becomes unwell or displaying symptoms during the Training Session they should immediately notify the coach and covid officer. They should then follow the club procedure for isolating a suspected case and be directed to the isolation area. For junior members parents/guardians are immediately informed and called to Training Session	Every Training Session	All Athletes and coaches	Ensuring athletes inform covid officers or coaches immediately if they are unwell and not to finish the session	
	Participant / Coach Post Covid recovery	Coaches or Participants wishing to engage in high intensity training following a recovery from Covid-19 must seek medical advice prior to a return to training		In the interest of participant safety	Instructors to inform members returning after Covid-19 recovery to seek medical advice	Participants informed before they return to training	All Athletes and coaches		



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Wellbeing	Procedure for Isolating a suspected case	The Club Covid officer in conjunction with Club Coaches (and facility provider if necessary) should develop a procedure for isolating a suspected case of Covid-19		To minimise the risk of infection	A club specific procedure for isolating a suspected case should be developed. An example of such a procedure can be found in the Appendix B of this document	Prior to Training Sessions returning	Club instructor, Covid officer and facility management		
	Mental health and Wellbeing	In acknowledging the confusion and anxiety which may arise with the roll-out of the Covid 19 Protocols and Procedures, Clubs should endeavour to provide information, referral or supports to promote positive mental health and well-being within the club.		To reduce potential anxiety members may be suffering	Make members aware of 'Be Well' resources provided by Sport Ireland. Inform members at Training Session and share via social media and club website <a href="https://www.sportireland.ie/covid19/be-well">https://www.sportireland.ie/covid19/be-well</a>	At Training Session and outside of Training Session time via social media and website	All Athletes and coaches		