



Trilogy Triathlon Club – Living with Covid19

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As we move forward, “living with Covid19” and the array of new variants have now become part of our daily lives. As the government continues to lift and impose new variable restrictions, we must ensure we can maintain normal activities in a cautious and careful way. The winter training season commenced for all its members on November 1st '21. The following summarises the responsibility of the Club and all its members to ensure a safe and successful season to come.

Club Responsibility

- Trilogy continues to record all training attendance where possible on-line.
- A minimum of 1m is maintained for indoor gathering and wearing of a mask is recommended but is not essential. Unless otherwise stated.
- Members continue to sanitize at entry and exit to all indoor social gatherings organised by Trilogy.
- Trilogy has no role in determining members who are or are not vaccinated.
- Trilogy avails of social and leisure facilities that require proof of COVID certification in order to gain entry. This is outside the remit and control of the Trilogy club, its members and its committee.
- Trilogy advocates that each member would refrain from attending club activities if they pose a risk to other members through recent covid positive close contacts in their family/community or related covid symptoms.

Personal Responsibility

- Each member is responsible for their own health when deciding to train with others.
- All members must adhere to online registration for all Trilogy sessions that includes the personal screening questionnaire.
- Members wear a face covering at arrival and after each indoor training session or indoor social gathering.
- If a member feels unwell, please inform Trilogy organiser that you will refrain from attending. Attending sessions can put others at risk.
- If a member tests positive and has been in contact with a Trilogy member, they must inform the Trilogy organiser or committee member immediately to allow the club to trace close or casual contacts.
- Where possible, avoid touching your face during training.
- Members bring their own individual hand sanitiser / single use disposable wipes. Sanitise before you leave home and on your return from training.
- Members arrive changed for each session, exception applies to open water swim or guidelines provided by leisure facilities.
- Members should not eat until they have hand sanitised.
- No sharing of food or water bottles.
- Members to familiarise themselves with Triathlon Ireland COVID guidelines as per links below;
<https://www.triathlonireland.com/get-involved/triathlon-ireland-faqs/faq-s-triathlon-covid-19/>
<https://www.triathlonireland.com/news/06-05-2021-covid-19-return-to-triathlon-update-for-roi/>

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