

VOLUNTEER RETURN TO CLUB INFORMATION

COVID-19 Guidance for Volunteers

Be Responsible. Be Safe

Be Responsible: Familiarise yourself with these guidelines before you return to volunteer at the club.

Be Safe: Cooperate with the measures the club are implementing to keep athletes and volunteers safe.

Returning to Volunteering:

Our club has been putting protocols in place to get athletes safely back to some club activity. We are contacting you to check how you feel about returning to volunteering. If you don't feel you are ready to return to volunteering just yet, it's ok to say no. Please look after your health. The club may be restricted in numbers returning and have a phased approach to returning to club activities. Please understand that any decisions made by the club is to ensure that measures for everyone's safety can be implemented. You may wish to return to volunteering but the club may not be able to accommodate you immediately.

Key Guidelines

- Before you return to volunteering at your club
 - Volunteering at your club
 - Using equipment at your club
- Leaving the club at the end of the activity

Before you return to Volunteering at Your Club:

- ✓ Complete Sports Ireland's [Return to Sport Awareness Course](#)
- ✓ Prior to returning to volunteer at the club, you will need to complete a Pre-Return Self Declaration Form. This form will be issued by your club and will also be available to download from www.specialolympics.ie
- ✓ The Pre-Return Self Declaration Form reminds you that you must stay at home if you:
 - Have been in contact with someone with COVID-19 within 14 days prior to return
 - Have been overseas less than 14 days prior to return
 - Have symptoms such as cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms within the last 14 days of returning
 - Have been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days prior to returning
- ✓ You must check with your General Practitioner (GP) prior to returning to volunteering if you are in a High Risk health category

We would encourage you to review the guidelines in terms of risk categories.

<https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/>

Volunteering at your club

- ✓ Wash your hands before you leave your house and travel to the club, either alone, or if you need to, with members of your own household.
- ✓ Bring your own water, tissues and hand sanitizer.
- ✓ Arrive ready to go as access to facilities may be limited.
- ✓ Arrive as close as possible to when you are due at the club.
- ✓ Follow your clubs guidelines for check-in.
- ✓ Observe physical distancing guidelines (currently 2 meters) and keep this distance between yourself and others.
- ✓ Encourage athletes to use alternative greetings, e.g., thumbs up or hands crossed over chest.
- ✓ Do not share food, towels or drinks.
- ✓ Try not to touch any surfaces, but if you do, sanitize your hands as soon as possible.
- ✓ Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you. Sanitize or wash your hands.
- ✓ Remain apart from athletes and other volunteers when you are having a break.
- ✓ Reinforce physical distancing with athletes and congratulate when you see them applying the guidelines.
- ✓ Only travel to the activity with members of your own household.
- ✓ If using Public Transport, a face mask must be worn as per COVID-19 Government guidelines.
- ✓ Avoid touching your face.
- ✓ If you become unwell during an activity, you must communicate this to the COVID-19 Activity Lead at the session, who will then put in place their Response Plan for a Suspected Case of COVID-19.

Using equipment at your club

- ✓ Guidance will be provided by the coach as to when and how equipment may be shared.
- ✓ When sharing of equipment is permitted, it will require sanitizing between users.
- ✓ Watch out for athlete's use of equipment and ensure proper sanitization after use.

Leaving the club at the end of the activity

- ✓ Don't hang around, leave the club promptly.
- ✓ Hands should be washed and sanitized as soon as possible.
- ✓ Travel home alone or with people from your household only.
- ✓ If you become unwell after a club activity session, contact your General Practitioner (GP) and read the Health Service Executive (HSE) / Public Health Agency (PHA) guidelines and inform your club.