



Archery Ireland Covid-19 Framework Protocol

Continuing Archery in Ireland Safely During the Pandemic

For use in conjunction with Irish Government “Resilience and Recovery 2020-2021: Plan for Living with COVID-19”, the “COVID-19: Reframing the Challenge, Continuing Our Recovery and Reconnecting” documents, along with the HPSC “Cleaning guidance for use in non-healthcare settings” and “Guidance on non-healthcare building ventilation during COVID-19”.

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Version Table:

Referance	Date	Author	Guidance Date	Reason for change
Final Draft	06 Jan. 2021	LFG	24 Dec. 2020	
Version 6	06 Apr. 2021	LFG	29 Mar 2021	New Gov and SI info, see Apx 1.
Version 7	06 May 2021	LFG	29 Apr. 2021	New Gov and SI info, see Apx 1.
Version 8	21 May 2021	LFG	18 May 2021	New SI informaiton, see Apx 1.
Version 9	12 Sept 2021	LFG	31 Aug 2021	New Gov and Si info, full review
Version 10	20 Oct 2021	LFG	19 Oct 2021	New Gov information.
Version 11	07 Mar 2022	LFG	28 Feb 2022	New Gov information.

Preamble:

Archery is an almost unique sport, in its ability to continue to operate while complying with the various restrictions required to keep the population safe during the covid-19 pandemic. Not only is it an individual sport, where one competes against others without any physical contact, but it is also one of the lowest intensity sports in existence, with zero verbal communications during shooting, and where slow controlled nasal breathing is essential to success.

These recommendations have been based on the advice circulated by Government, National Public Health Emergency Team (NPHE), Health Services Executive (HSE), National Standards Authority of Ireland (NSAI), Health and Safety Authority (HSA), Health Protection Surveillance Centre (HPSC), Sport Ireland, and World Health Organisation (WHO).

It should be noted that this is a living document and will be revised periodically following updated advice from the above organisations.

Adult archers, parents/guardians of young archers, coaches, judges, spectators, and other club members must make an informed individual decision regarding returning to, and continuing archery training, competition, or attendance of club activities, based on their own “at risk” status, their own medical history, and the medical history of those living in their household. Anyone in any doubt should consult with their own GP.

In compiling this framework document, it has been foremost in our thoughts, that there are many variations in club size and types of shooting facilities across the country. There are many solutions which may work for one club, but not for another. The advice given is always subject to localisation, and local risk assessment. The first stage of returning to sport, was to train individual club covid officers, and empower them with a toolkit of information, so they can implement local solutions tailored to their facilities. This document is not designed to replace that system, but rather to supplement it, and arm that network of trained club covid officers with further support and tools.

Document Format:

For convenience of reference, the general state-wide covid information is included. This is all subject to revision by the various state organisations tasked with dissemination of such general information. Be sure to keep up to date with the latest guidance at the websites of the various organisations.

When dealing with the controls required to keep the Archery community safe, the response can be divided easily between the Archery-specific methods required (e.g. while shooting and collecting) and the non-specific methods required during the waiting periods, (e.g. while others are shooting or during any breaks). The latter will generally and simply be the precautions, as outlined in the various government documents, for the general population.

This document has largely ignored spectators, as generally large quantities are not expected. Any event where large numbers of spectators are expected, should carry out mass gathering planning and risk assessing, and refer to [Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media](#) guidelines for mass gatherings during covid.

Summary Framework for Clubs:

Principal Dates	Indoor Training	Outdoor Training	Indoor Competition	Outdoor Competition
From the 28 th of February 2022 until further notice.	With ongoing hygiene advice and personal responsibility Archery training may proceed.	With ongoing hygiene advice and personal responsibility Archery training may proceed.	With ongoing hygiene advice and personal responsibility Archery competitions may proceed.	With ongoing hygiene advice and personal responsibility Archery competitions may proceed.

Risk Assessments:

At various times, a covid risk assessment may be required to be completed by either the club covid officer or the club committee or both. A template for covid risk assessment is available on the AI website.

Coronavirus General Information:

What is COVID-19?

- COVID-19 is an illness that can affect your lungs and airways. It's caused by a new type of coronavirus called SARS-CoV-2, more commonly simply referred to as the Coronavirus.
- It can take up to 14 days for symptoms to appear.
- Viruses can be easily spread to other people and you are normally infectious until all your symptoms have gone.
- Coronavirus may survive on surfaces if someone who is infected coughs or sneezes onto them. The amount of time varies depending on the type of surface (e.g. paper / card circa 24 hours, glass or steel circa 72 hours), and the temperature of the surface, but it is best to assume all contamination lasts up to 72 hours.

Symptoms of COVID-19

Infection with the virus that causes COVID-19 can cause illness, ranging from mild to severe, and in some cases can be fatal. It can take anything from 2 days up to 14 days for symptoms of coronavirus to appear. Common symptoms of coronavirus include:

- a new cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- 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
- runny or blocked nose
- a fever (high temperature - 38 degrees Celsius or above) - including feeling feverish or having chills
- nausea, vomiting or diarrhoea
- aches and pains or tiredness
- sore throat
- headache

Very Important Note: Some variants have slightly different symptoms - so never expect all of these to be present. You may display none, one, some, or all of these symptoms. Some people infected with the virus, so called asymptomatic cases, experience no symptoms at all. For the complete list of symptoms, please refer to the HSE Website, www.hse.ie.

How does it spread?

- **Close contact.** COVID-19 is mainly spread through close contact and droplets that come from your nose and mouth. For example, from someone who is talking loud, singing, shouting, coughing or sneezing. This happens when people are within 1 to 2 metres of each other.
- **Airborne spread.** Airborne transmission is the spread of a virus in very tiny water particles, known as aerosols. This can happen over a longer distance than droplets, such as across a room. COVID-19 can spread easily in crowded or poorly ventilated areas. To protect against airborne transmission, keep indoor spaces aired out (ventilated) by opening windows and doors when possible. This reduces the risk of infected air building up in a room, corridor or stairwell.
- **Infected surfaces.** You can also get the virus from infected surfaces. For example, when someone who has the virus sneezes or coughs, droplets with the virus can fall onto surfaces

around them. If you touch that surface and then touch your eyes, nose or mouth, you could become infected too. Getting COVID-19 from surfaces is not as common as getting it through close contact with someone who has the virus. But it's still important to wash your hands properly and often. Using common household disinfectants will kill the virus on surfaces.

Note: It does not pass through unbroken skin, it can pass into the body through cuts or burns. Hence hand hygiene is far more important and effective than wearing gloves.

How to protect yourself & others from the spread of Coronavirus.

- get a COVID-19 vaccine
- wash your hands properly and often with soap and water or alcohol hand sanitiser
- follow government advice and guidance
- cover coughs or sneezes with a tissue or your sleeve
- put used tissues into a bin and wash your hands
- let fresh air in by opening windows, doors and air vents as much as possible

Why are vaccines important?

If most of the people who meet an infected person, get the disease as a result, then the number of infections keeps increasing. If some of those people who meet the infected person can't get the disease through immunity, then it reduces the speed that the numbers of infections keep increasing. If nearly all of the people who meet the infected person are immune, then the number of infections stays the same or falls.

Ireland has over 90% of over 16s vaccinated, along with those not vaccinated, but who have recovered recently. So an infected person will on average meet 8 or 9 out of 10 people who have some degree of immunity. So the transmission rates are slowed down. As a result with basic on-going hygiene and cough & sneeze etiquette, and keeping our close contacts in check, sports can begin to return to pre-covid numbers.

Archery Club Covid-19 Response Plan:

The Club COVID-19 Response Plan will:

- Advise of the provisions that **must** be implemented to ensure the protection of all personnel in compliance with all **current** government and associated governing bodies guidelines.
- Ensure the Club Committee have overall responsibility for implementation and adherence.
- Acknowledge that all normal health and safety requirements must be maintained as usual.

COVID-19 Response Plan – Main components

The plan includes a variety of additional control measures including:

- A review of all existing Health and Safety documentation and procedures
- Risk assess the indoor and outdoor areas used by the club for all forms of activity.
- Take into account “at risk” groups.
- Allow for redundancy if individuals are unavailable (e.g. have a deputy field captain and judge if running a competition, in case the principals are not available).
- Appointment of a Covid-19 Officer (and team)
- Interaction with hall operator / landlord.
- A protocol for dealing with a suspected case.
- Develop the plan in consultation with all members of the club, to get buy-in from everyone.

COVID-19 Response Plan – Will address all groups concerned:

- Archers
- Coaches
- Parents / Guardians
- Non Shooting Members
- Visitors (Shooting and non-shooting)
- Staff of the hall or range (landlord)
- Spectators
- Employees of a company not under your direct control (Drivers / Delivery Staff / Press / Photographers / Service and maintenance staff).
- At Risk groups

Role of the Club Covid Officer and Deputy:

- Be identifiable, approachable, and available.
- Must be a recognised decision maker.
- Ensure hand washing facilities are available, or suitable alternatives.
- Promote good hygiene practises and respiratory etiquette.
- Keep yourself informed and up to date on HSE guidelines.

Role of the other club officers:

- All site users must take responsibility for their own health.
- The committee of the club are ultimately responsible for the H&S of the club operations, they must back up and support the Club Covid Officer.
- Coaches must take responsibility for their own actions and those who are following their instruction.

- Parents and Guardians must take responsibility for ensuring reasonable compliance of children attending, with the protocols and procedures established by the club.
- The membership secretary (or which ever club officer is responsible for the membership information), must make sure that everyone's I.C.E. contact details are up to date and complete.

Clubs Must:

- Pass on all Public Health / HSE / HSA / Government advise.
- Provide instruction for anyone who develops signs or symptoms, while attending the club (i.e. to self isolate and phone their GP).
- Ensure all I.C.E. information is up to date for all people attending.

Isolation Room

- Should an Isolation room be required, it will most likely need to be set up in conjunction with the hall operator or landlord.
- If required, the designated room or area should be easily accessible, and as far away from the shooting area as is reasonable and practical.
- In the indoor environment, ideally it will be room which can be closed, and have a window for ventilation, and an easily cleanable chair.
- In the outdoor environment, it will be a dedicated area, providing shelter from weather (strong sun, wind, rain etc.), and with an easily cleanable chair, and a container for the required stock. It should have good phone signal.
- If required, the room or area should have a stock of tissues, hand sanitiser, disinfectant and or wipes. It should also have a stock of PPE – Masks, face shield etc. Finally the room or area should have a bin with liner, ideally lidded, and a stock of bin liner bags for double bagging waste, along with a marker or pen which can write on the bags for quarantining the waste (72 hours).

Club First Aid:

- Keep up to date with the latest advice from PHECC regarding administering first aid e.g. [PHECC Newsletters](#) and [FAR Advice](#).

Procedures to be followed if someone develops symptoms at the club:

Tell the club covid officer or deputy immediately.

Then:

- go home and isolate or isolate immediately from other people in the isolation room if available and transport is not immediately available, or it's not safe to travel.
- wear a face covering if not already wearing one.
- keep a distance of least 2 metres from others
- go home as soon as it is safe to do so. Self-isolate at home and phone your GP.

Do not use public transport of any kind to go home.

If you cannot go home immediately:

- remain self-isolating in the Isolation Room or Area and phone your GP for medical advice.
- avoid touching people, surfaces and objects
- cover your mouth and nose with tissues when you cough or sneeze. Bin these tissues in a waste bag.
- All disposal of waste materials which have been in contact with a suspected case (e.g. tissues, wipes etc.), must be double bagged, and marked with a date and time of bagging, then quarantined for 72 hours, followed by disposal in the general (black) bin.

Dealing with non-compliance:

- The club committee will already have procedures in place for dealing with internal discipline and non-compliance with club rules.
- The committee will need to add into those systems, various levels of dealing with informal and formal complaints regarding covid issues.
- The club covid officer will need to be backed up by the committee when dealing with matters in a balanced way; as would be the case with coaches, field captains, and other club officers responsible for the safety and wellbeing of members.

Protocols For Archery:

Introduction: At this time, the majority of restrictions have been relaxed, below are some notes for clarity and some points of ongoing advice. The time spent attending training or competition can be easily broken up into two categories, actions particular to archery, and actions not particular to archery. Below are a set of protocols for dealing with the actions particular to archery. For the rest of the time, a general set of precautions are listed at the end.

Important Note: Almost all archery takes place in halls or on land operated, controlled, and owned by other organisations (i.e., not the archery club, and not Archery Ireland). Any protocols must be used in conjunction with the landlord or operator's protocols.

Number limits: There are no public health limits on the numbers at a gathering.

Making the range ready for training: The club committee in cooperation with the hall or land operator will ensure that the range is made ready, and cleaned if required.

Indoor ventilation: The club committee in cooperation with the hall operator will ensure that the best possible ventilation is operated throughout the session, to promote air exchange.

Hand washing facilities: There should be hand washing and or hand sanitising facilities available to all archers.

Equipment cleaning: There are no public health requirements for equipment cleaning.

Line Capacity and sharing targets: There are no public health limits on line capacity.

Wearing Face-Coverings: The wearing of face coverings is a personal choice. There are many types of face covering – some can be worn while shooting, some not. If choosing to shoot with a face covering on, care should be taken to select and use a covering to pose no risk of string entanglement.

Coaching: Coaches have a special responsibility, as such they must be aware of different personal choices of the archers regarding infection controls, while at the same time ensuring their own safety.

Beginner's courses: There are no public health restrictions on running beginners courses.

Have-A-Go sessions: There are no public health restrictions on running Have-A-Go sessions for the public.

General precautions for all other times:

- No one should attend the club training, nor competition, if they are experiencing any symptoms, or feeling unwell in anyway.
- General and reasonable hand hygiene and respiratory etiquette is recommended for all public health, for covid, and other communicable diseases.

Appendix 1: Websites

Websites of the various state, sport, and world organisations mentioned throughout:

Irish Government – www.gov.ie

HSE The Health Service Executive – www.hse.ie

HSA The Health & Safety Authority – www.hsa.ie

HPSC The Health Protection Surveillance Centre – www.hpsc.ie

WHO The World Health Organisation – www.who.org

NSAI The National Standards Authority of Ireland - www.nsai.ie

Sport Ireland – www.sportireland.ie

Archery Ireland – www.archery.ie