

CORONAVIRUS (COVID-19)

Guiding Principles Restricted Access and Safe Use of Changing and Shower Facilities

Sports Governing Bodies will be required to develop their own protocols for their individual sport based on the following set of principles:

Changing Provision

- **Game Ready** - All players should continue to turn up to fixtures 'game ready'.
- **Social Distancing** - Social distancing of at least 2 metres (6 feet) between you and anyone outside of your household.
- **Hygiene** - good hand hygiene and respiratory hygiene practices are followed.
- **Player Pods** - Consider organising user groups into pods for managing changing usage and limiting possible close contacts in enclosed spaces.
- **Face Covering** - the wearing of face coverings in enclosed spaces should be mandatory.
- **Time Restrictions** - The length of time an individual spends in the changing/shower area should be limited to no more than 10 minutes with a changeover period set between user groups.
- **Team Briefings** - Pre match briefings are not to be held in the changing area.
- **Treatment** - Player treatment should not take place in the changing area. A separate designated treatment area should be identified.

- **Capacity** - Venue Operators/clubs should determine the capacity of a changing room and the maximum number permitted to ensure compliance with social distancing.
- **Priority arrangements** - The travelling team should be given priority access to changing facilities where there is limited capacity.
- **Dryers** - Grooming and the use of hair dryers and hand dryers are not permitted in the changing room area.
- **Wipes/sanitising** - Hand sanitising stations, wipes and cleaning material must be provided in changing rooms to keep hygiene standards high and for wiping down hard surfaces.

Shower Access

- **Shower usage** - Where essential showers should only be used in exceptional circumstances, where health and wellbeing is an issue or where players have to travel a distance.
- **Social Distancing** - Arrangements should be put in place to allow for 2 metre separation between users.
- **Time limits** - The time spent in a shower should be restricted and included in the 10 minutes permitted to change after a fixture.
- **Restricted Numbers** - The number of players permitted to be in a shower area

CORONAVIRUS (COVID-19)

should be restricted at all times and fully comply with social distancing guidelines.

- **Sanitising** - Players should apply soap/sanitizer, enter the shower area for a short period, and exit in a single line. The rationale is that liberal application of soap/sanitizer and minimal time in the shower, while not eliminating the risk of transmission completely, reduces the risk.
- **Entrance and Egress** - Where possible movement in to and out of the showers should be staggered or via one way.
- **Essential Users** - Only essential users should have access to the changing area ie players and key staff members only. These should be managed to ensure numbers remain limited to observe social distancing.
- **Changing Rooms** - Where possible two changing rooms per team at major facilities should be provided to reduce the risk of instances of close contact.
- **Track and Trace App** - Any individual accessing indoor changing and shower facilities should have downloaded the Track and Trace App.
- **ICE Baths are not included to minimise risks.**

General Requirements

- **Health Declaration** - All users must have completed a health declaration, be symptom free, not be waiting on covid test results and be fully compliant with Covid guidelines on self-isolation.

- **Track and Trace** - Arrangements should be in place to record details of close contact groups of users for both changing and shower areas.
- **Regular Cleaning and Disinfection Regime** - With special attention paid to surfaces frequently touched during the working day. Increased cleaning depending on the number of people using the space etc. Use of 'fogging machines' could be considered as a way to speed up disinfection.
- **Ventilation** - Any ventilation or air conditioning system that normally runs with a recirculation mode should be set up to run on full outside air where this is possible.
- **Facility-Based Protocols** - In addition to the completion of a risk assessment, organisations will be required to develop relevant facility-based protocols regarding use of changing facilities and should make customers aware of these upon entering the premises ie. entry / exit points, one way system, capacity of facilities etc.

These proposed principles will have to be further developed by the respective Governing Bodies and cascaded to their clubs who will be responsible for overseeing compliance and must be addressed as part of any pre-event risk assessment.

Failure to comply with the Governing Body protocols could lead to fixtures being suspended or clubs being sanctioned.



Department for

Communities

www.communities-ni.gov.uk

An Roinn

Pobal

Máinnistrie o

Communities