

## Self Declaration Form – Athletes and Staff

Swim Ireland accepts that it is not possible for any sport to eliminate the risk of the spread of the COVID-19 virus completely and will work with all stakeholders to minimise risk; this concept must be fully understood and accepted by all Swim Ireland members who wish to return to the water and resume aquatic activities

As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within sports facilities. Swimming, particularly within a club specific setting, does not require direct contact between athletes or coaches and social distancing can be maintained throughout training sessions, both in the pool and in the gym. We can create safe plans for the usage of our pools to deliver swimming coaching and deliver this in a manner which is compliant with public health directives. The HSE has indicated that water with the recommended levels of chlorine will inactivate COVID-19. Proper operation and maintenance (including disinfection with chlorine) of such pool facilities should inactivate the virus in the water.

The purpose of this document is to ensure everyone has considered the relevant risks and the required protocols and behaviours required to return to the water as safely as possible, and to confirm adherence to same.

Please answer the following questions and return it to your club as per their instructions:

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Pre-commencement of training

*To be read by athletes (and their parent/carer if they are U18)*

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|--|----------|
| 1. Have you reviewed the relevant protocols issued by your club, understand these, and agree to comply with them?  | YES / NO |
| 2. Do you acknowledge the risk of COVID-19 and that you are 'Returning to Water' at your own risk?   | YES / NO |
| 3. Do you acknowledge that you play a vital role in minimising the spread of COVID-19, over and above the measures implemented by the club?  | YES / NO |
| 4. Do you agree to attend any training required of you by your club in relation to the protocols or other procedural matters?  | YES / NO |
| 5. Do you agree to adhere to all COVID-19 notices at the pool, agree to adhere to all SI, club and the facility's COVID-19 measures at the pool and agree to abide by any directions given by club officers while on premises specific to COVID-19 health and safety measures? | YES / NO |
| 6. Do you acknowledge that any measures are subject to change at short notice, where circumstances merit?  | YES / NO |
| 7. Do you agree to any changes in the terms and rules of your club membership where necessitated by the COVID-19 crisis, including disciplinary measures where there is non-compliance with health and safety measures and/or directions from club officers?                   | YES / NO |
| 8. Do you agree to complete the COVID19 Self Report Screening Form before each club activity you attend?   | YES / NO |

If the answer to any of the above is NO, please notify your Lead COVID-19 Officer by phone.  
You should not attend any club activities

**Athlete/ Staff Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

\_\_\_\_\_

**Parent/Carer Signature (if U18):** \_\_\_\_\_