

PLAYERS' ROLE & RESPONSIBILITIES

BEFORE YOU TRAIN

- ✓ All players must complete the Gaelic Games Return to training module on GAA eLearning website. Full details in <https://courses.gaa.ie/Covid19ClubEd>
- ✓ All players must complete the health questionnaire once before returning to training. It can be accessed here - <https://returntoplay.gaa.ie/>
- ✓ **Please note:** The health declaration must then be completed before every training session or match, reconfirming that a players health status has not changed. It can be accessed by logging into the same link as the health questionnaire and simply clicking "Reconfirm this"
- ✓ Check or have your body temperature recorded prior to arriving at your training session or match. The onus is on the player or parents/guardians of young players to complete this. If your temperature is above 37.5C you must stay at home and consider contacting your doctor for advice or referral.
- ✓ All player must use their own equipment (gloves, mouthguards, stretch bands, foam rollers, etc.) and these must NEVER be shared with anyone.

COVID SUPERVISOR

- ✓ The club team will appoint a Covid Supervisor who will ensure all guidelines are being followed during this time, and to manage queries or issues arising.
- ✓ Should you become symptomatic at any point before, during or after training, please notify your Covid Supervisor as soon as possible.

TRAVEL TO/FROM THE CLUB

- ✓ Anyone attending the club should, where possible, travel alone, or with a member of the same household. If possible, walk or cycle to the venue
- ✓ Only one Parent/Guardian should travel with younger players where possible – Parents/Guardians not directly involved in the training session are not permitted to attend or observe training.
- ✓ The driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.
- ✓ Players to arrive no more than 5 minutes prior to session commencing and must be collected at designated finish time.
- ✓ Players must not physically greet each other at any stage.
- ✓ Players should arrive ready to play as there will be no access to changing rooms.

CHECK IN

- ✓ Check in and confirm attendance with Covid Supervisor.
- ✓ Attendees must go immediately to training zone area post check in.

CLUBHOUSE AND FACILITIES

- ✓ All Clubhouses are to remain closed until instructed otherwise, except for toilet facilities
- ✓ Attendees must bring their own water bottle and must NEVER share it
- ✓ Attendees should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train
- ✓ Usual sport specific equipment (footballs, sliotars, cones etc.) will be provided and will be sanitised

PITCH

- ✓ Your coach will inform you of your training area and you must remain in this training area
- ✓ Each group will be zoned on pitch.
- ✓ Zones will be identified by colour, number, section, etc. Movement between zones will be minimised and controlled at all times.

POST TRAINING

- ✓ Post training players must leave immediately, dressing rooms will not be accessible for anyone
- ✓ Hands should be washed and sanitised as soon as possible
- ✓ Ensure personal equipment is cleaned thoroughly and sanitised after use
- ✓ If a player becomes unwell after training, they should first contact their GP/HSE/NHS and then inform their club. The club will then follow advice provided to them by the HSE/NHS on the next steps.
- ✓ Members should be encouraged to remind other members of the guidelines, in a respectful manner, when they witness poor practices
- ✓ Repeated poor practice should be reported to the club as soon as possible
- ✓ **Get in, Train, Get out**

SOCIAL DISTANCING BEHAVIOURS

- ✓ Players must refrain from handshakes, clapping hands and high fives
- ✓ Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner
- ✓ Avoid touching your face
- ✓ Remain apart from other players when taking a break
- ✓ Until measures are reduced, physical contact must be avoided. In Phase 3 only non-contact training can take place – is this still accurate? Contact and challenge games now taking place?
- ✓ Avoid the following: spitting, clearing nostrils, sharing water bottles, touching high contact surfaces (e.g. door handles)
- ✓ Social distancing is advised when travelling in vehicles to/from training

Disclaimer

This educational resource only summarises some key points from the Safe Return Guidelines for Gaelic Games. All readers should familiarise themselves with the full content of the revised Guidelines and latest updates which are available at: <https://learning.qaa.ie/covid19>