



GUIDELINES FOR RETURN TO TRAINING 2021

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB

22.04.2021

A Chara.

Firstly, we would like to welcome back all players & coaches after a difficult start to 2021 for everyone in our community. The GAA, LGFA and Camogie Associations have issued '**Safe Return to Gaelic Games**' Guidelines to assist clubs with the return to training and playing for all. Midleton GAA Club, Midleton Ladies Football Club and Midleton Camogie Club are using these guidelines as a basis to allow the resumption of activities in a controlled and safe manner. Whilst these Guidelines may well evolve, at all times the priority is to protect the health of our members and minimise the risk of transmitting Covid19 within our wider community.

Prior to return to training, **ALL ADULT PLAYERS, TEAM PERSONNEL AND PARENTS/GUARDIANS OF JUVENILE PLAYERS:**

- **MUST** have completed the certified eLearning in the previous 12 months – this can be accessed at: <https://courses.gaa.ie/Covid19ClubEd/#/>
- **MUST** Complete the GAA Health Questionnaire once online, which is available at www.returntoplay.gaa.ie. **THIS QUESTIONNAIRE MUST BE COMPLETED PRIOR TO RETURN TO TRAINING FOR THE FIRST TIME.** Note that this system will recognise your login details from last year.
- **MUST** declare, before each training session/game, that their health status has not changed via the same online system. **THIS DECLARATION IS REQUIRED BY ALL ADULT PLAYERS, ALL PARENTS/GUARDIANS OF UNDERAGE PLAYERS, AND ALL TEAM PERSONNEL.** This online declaration must be completed a minimum of 1 hour before the time of the session. **IT IS VERY IMPORTANT TO NOTE THAT IF THE ABOVE HAS NOT BEEN COMPLETED THEN THE PLAYER IS NOT ALLOWED TO PARTICIPATE IN THE TRAINING SESSIONS/GAMES.**

Non-contact training will recommence for the majority of all teams on the week commencing April 26th. You will be advised by your team manager of the date, time and venue for each training group. We are grateful that Ballinacurra GAA Club have agreed to allow Midleton Ladies Football Club and Midleton Camogie Club use their facilities for some of their training sessions. The Club will also have restricted access to the playing pitch at St. Colman's Community College, which we are grateful to the school for. Teams may also have access to Midleton GAA Club's new training facilities at Park South over the coming months – this will be confirmed as soon as possible. Note that to ensure the safety of all, the guidelines as detailed below will apply to all training venues, where possible.

Your co-operation will be needed during the coming year to keep everyone safe. Below are guidelines for training that you should read and familiarise yourself with. We have also included basic maps of the various training facilities, which show where to enter and exit safely and where our sanitising stations will be positioned. We request that all parents/guardians ensure that you make your child aware of the requirements around training sessions, as outlined in this document.

A Covid19 Supervisor will be assigned to each team who will meet each player at the entry point and direct them to the hand sanitising station. Once hand sanitisation and declaration of health are in order, players should proceed to their coaches from where they will be assigned to groups of no more than 15 persons. Players are requested to maintain appropriate social distancing of 2m, where possible, while in the training grounds.

Once training is finished, all players will exit the training pitch as advised by your coaches while ensuring to use the hand sanitiser on exit. It is the responsibility of parents/ guardians to agree drop off & collection arrangements with each player attending for training. Parents/ guardians of juvenile players are requested to be on time for both drop off and collection. As with all juvenile training sessions your child will be carefully supervised.

While we are looking forward to the return of Gaelic Games, we are also very aware that the individual circumstances of every family is unique. Participation is voluntary and players, mentors, referees and club officers may choose to opt-in or opt-out from activity at any level at their discretion and we will respect those decisions. We do hope to see you all back playing and attending Gaelic Games when it is deemed safe for all to do so.

Ní Neart go Cur le Chéile ~ There Is No Strength Without Unity.

Is mise le meas,

Liam Ryan	Paddy Corcoran	Ingrid Connaughton	Paudie O'Brien
GAA Club	Ladies Football Club	Camogie Club	Juvenile
Chairperson	Chairperson	Chairperson	Chairperson

GUIDELINES FOR RETURN TO TRAINING 2021

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB

Pre-Training of all Parents/Guardians is required to ensure that they and are fully aware of the Guidelines on the Safe Return to Gaelic Games document. See attached copy.

Parents/Guardians must share this information, in an age appropriate manner, with their child including awareness as to the signs and symptoms of COVID-19 and of social/physical distancing guidance.

The presence of symptoms, or temperature (over 37.5°C) precludes attendance at training or games. In such circumstances, the individual should telephone their GP for advice and management.

REMEMBER: Positive symptomatology or a high temperature (over 37.5°C) precludes attendance.

In such circumstances, **THE GP SHOULD BE TELEPHONED** - DO NOT ATTEND SURGERY OR GAA FACILITIES.

MORE INDEPTH MEDICAL INFORMATION ON COVID-19 IS AVAILABLE ON THE GAA WEBSITE AT THE FOLLOWING LINK:

<https://www.gaa.ie/api/pdfs/image/upload/dbrquujnn6bwinpfl1u0.pdf>

Parent/Guardian:

- **MUST** have completed the Covid 19 GAA Education Module in the last 12 months
<https://learning.gaa.ie/covid19>
- **MUST** Complete the health questionnaire (Safe Return for Gaelic Games) in advance of the first return to the club, which is available at www.returntoplay.gaa.ie.
- Seek medical advice if their child has underlying health conditions before returning to club activity
- Ensure that the Team Covid Supervisor is made aware of any medical condition that their child may have including any medication the child may be required to take during the day or any changes in their child's medical condition from what is recorded in the initial health questionnaire completed by the parent/guardian
- Ensure if any relevant information contained in the health questionnaire, including the parent's contact details, change from day to day
- Continue to monitor their child's temperature before each training session

- Inform the Team Covid Supervisor of any change of their child's temperature or health
- Ensure their child has washed their hands prior to arriving to club activity
- Ensure their child arrives togged and ready for activity. Dressing rooms will not be available for this purpose
- Ensure child has appropriate clothing i.e. mouthguard, hurley, helmet, rain jacket, sun cream Ensure their child has their own water bottle, marked with the child's name
- If deemed appropriate provide their child with their own hand sanitiser (at least 60% alcohol) labelled
- Travel with child/children where possible to training/games – only one parent/guardian, not directly involved in the training session, is permitted to attend or observe training and must abide by the directives contained in the Guidelines on the Safe Return to Gaelic Games document at all times
- Parents should adhere to the social distancing guidelines when approaching registration areas
- When collecting their child avoid any physical contact with coaches, other parents and other children

Parent/Guardian should inform their child that they:

- Must refrain from shaking hands, high fives and spitting
- Must wash their hands and use hand sanitiser prior to and post going to the toilet
- Cannot access to dressing rooms, hall etc. is prohibited
- Must use their own water bottle, labelled with the child's name Post Training
- Players must leave immediately after training with members from their own house only
- Players must shower at home
- Players should wash their hands
- Parents should collect their child from the collection area as advised by the Club
- Parents should ensure that all gear and equipment is collected and taken home and appropriately cleaned prior to the next club activity session

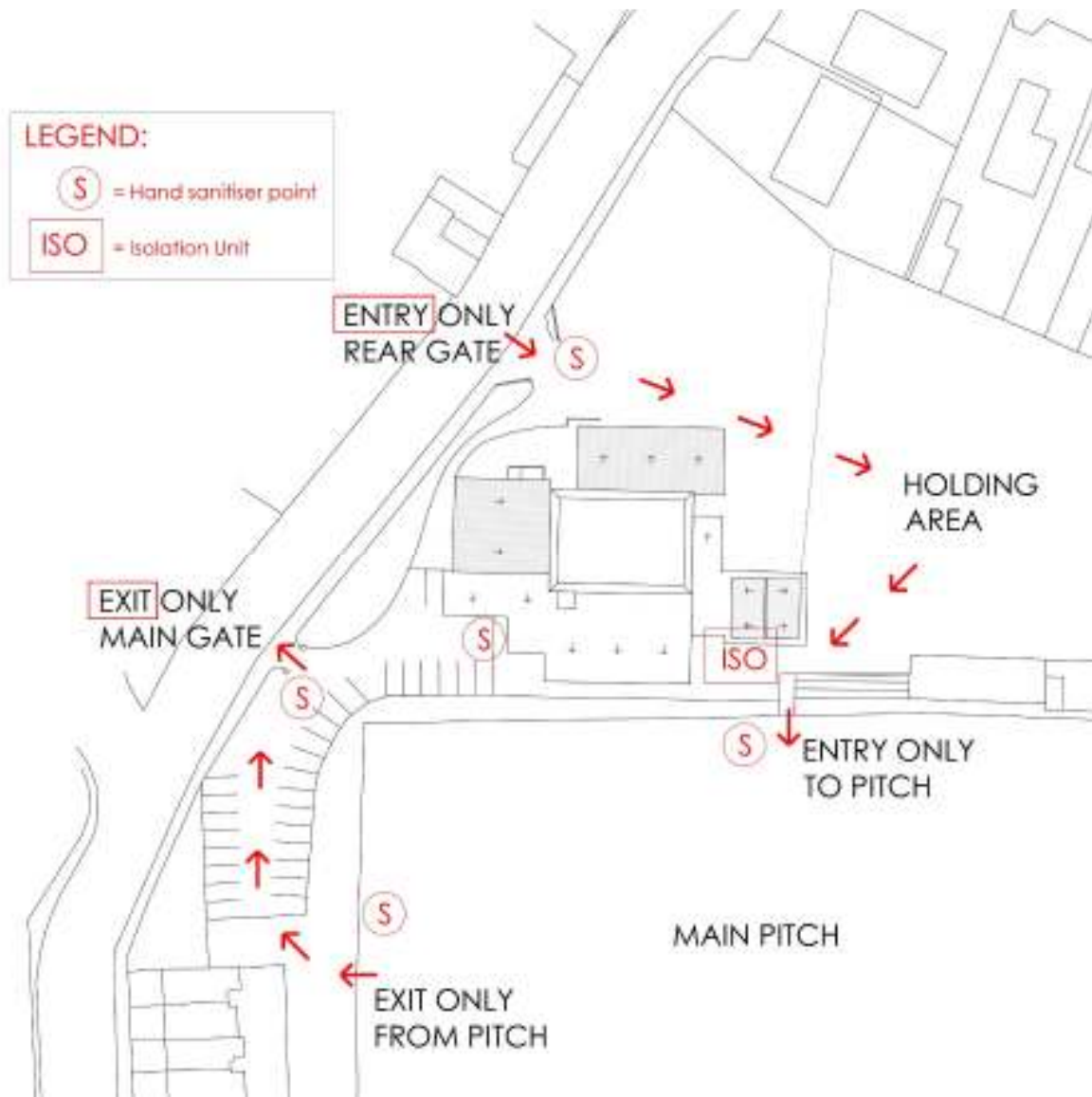
How to manage a child, with COVID-19 symptoms:

- If at any time during a club activity or camp your child displays sign or symptoms of Covid 19, as the parent/guardian the Team Covid Supervisor or Camp Coordinator will phone you. The Team Covid Supervisor/Camp Coordinator will along with one other adult accompany your child to the isolation area, while adhering to the social/physical distancing guidelines The parent/guardian will transport the child home and should consult with their GP by phone of their child's symptoms.

NO PERSON OR CHILD SHOULD ATTEND A CLUB ACTIVITY IF THEY ARE UNWELL OR MEMBERS OF THEIR HOUSEHOLD ARE SHOWING SYMPTOMS CONSISTENT WITH COVID-19.

GUIDELINES FOR RETURN TO TRAINING 2020

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB

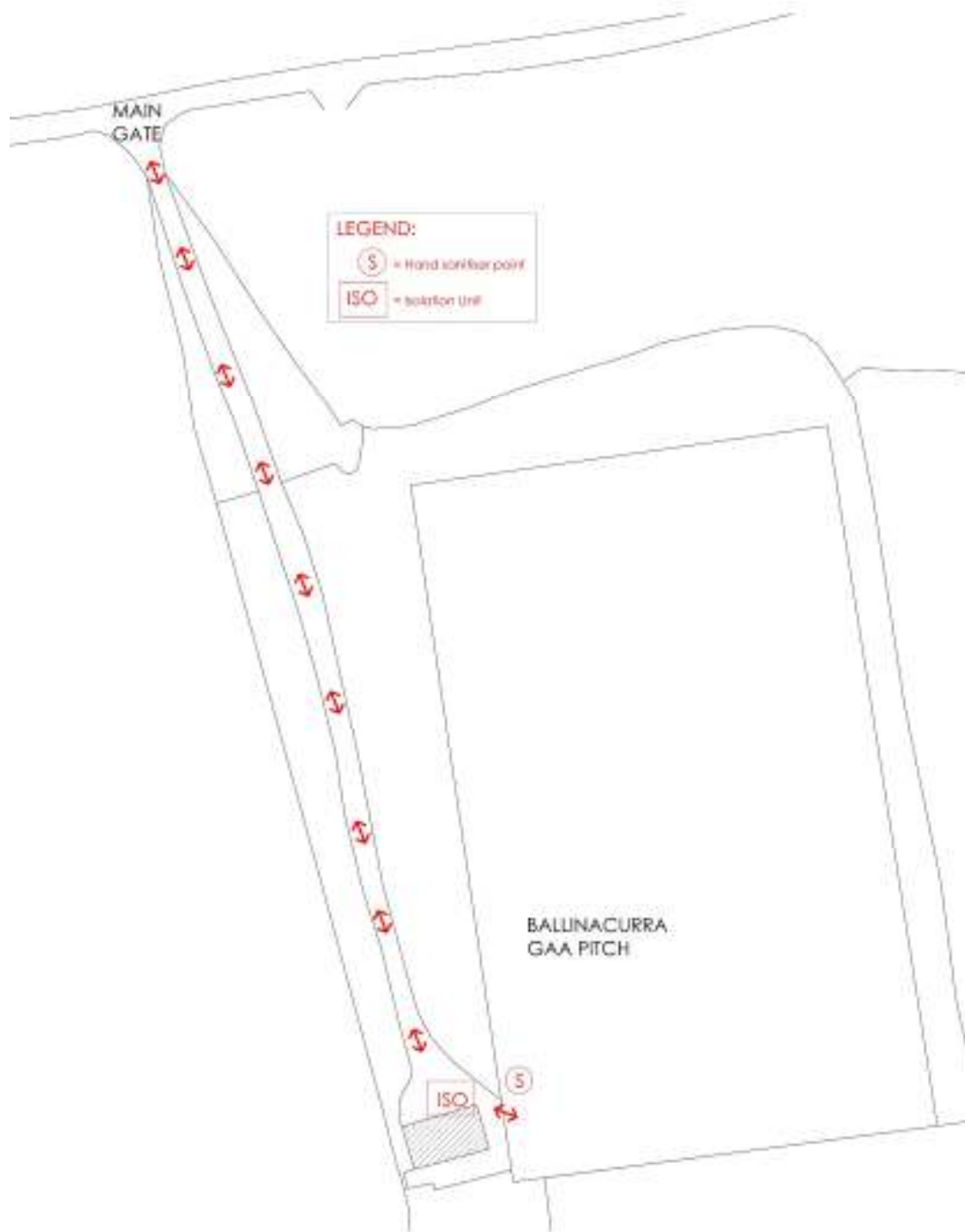


Plan of the main pitch at Middleton GAA Club indicating Guidelines for Return to Training.

Note that the principles outlined in the Guidelines for Return to Training should be adhered to in all venues, where possible. Safe return to contact sports is the personal responsibility of each participant/ parent/ guardian.

GUIDELINES FOR RETURN TO TRAINING 2020

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB

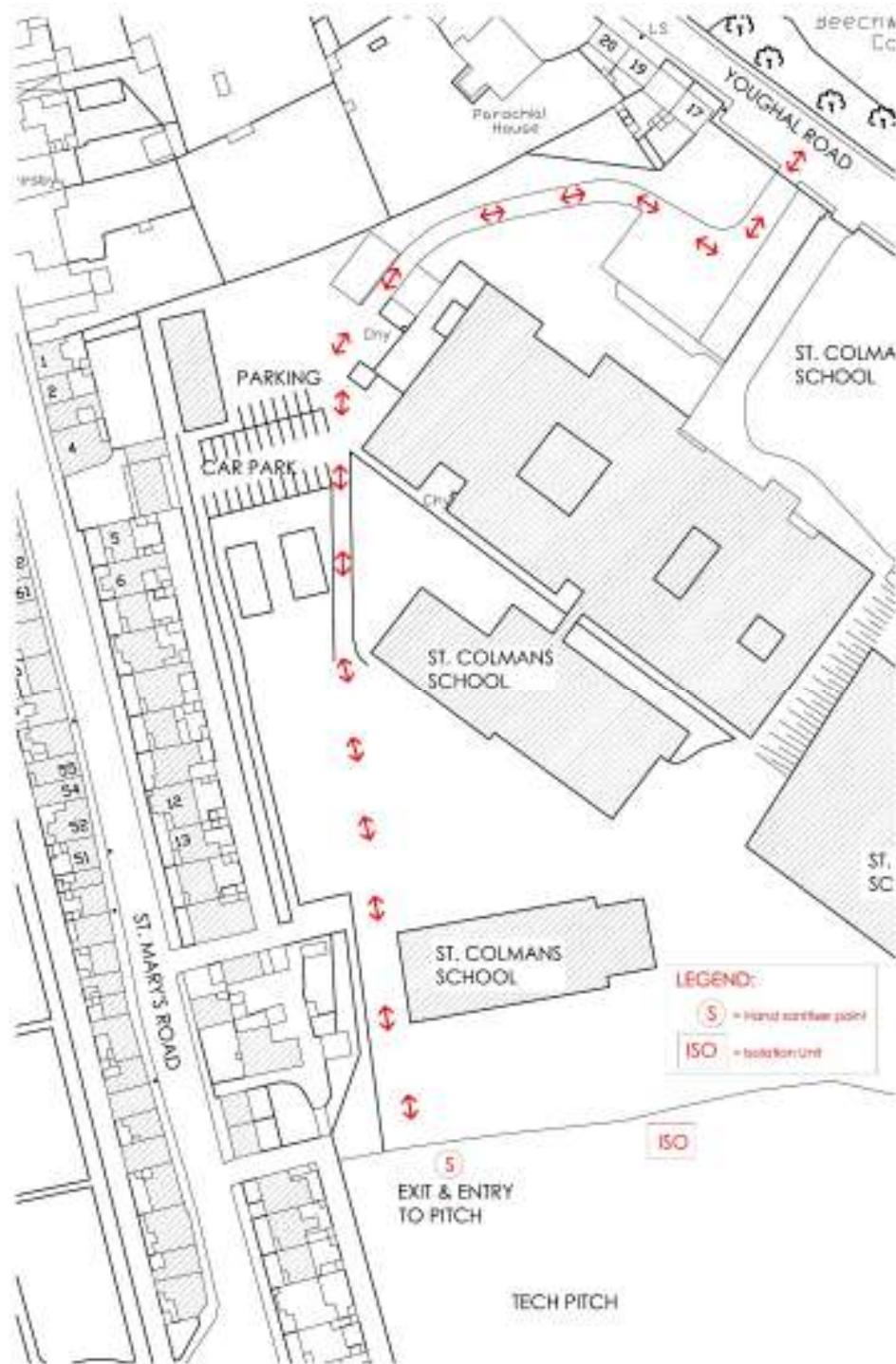


-Plan of the pitch at Ballinacurra GAA Pitch indicating Guidelines for Return to Training.

Note that the principles outlined in the Guidelines for Return to Training should be adhered to in all venues, where possible. Safe return to contact sports is the personal responsibility of each participant/ parent/ guardian.

GUIDELINES FOR RETURN TO TRAINING 2020

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB

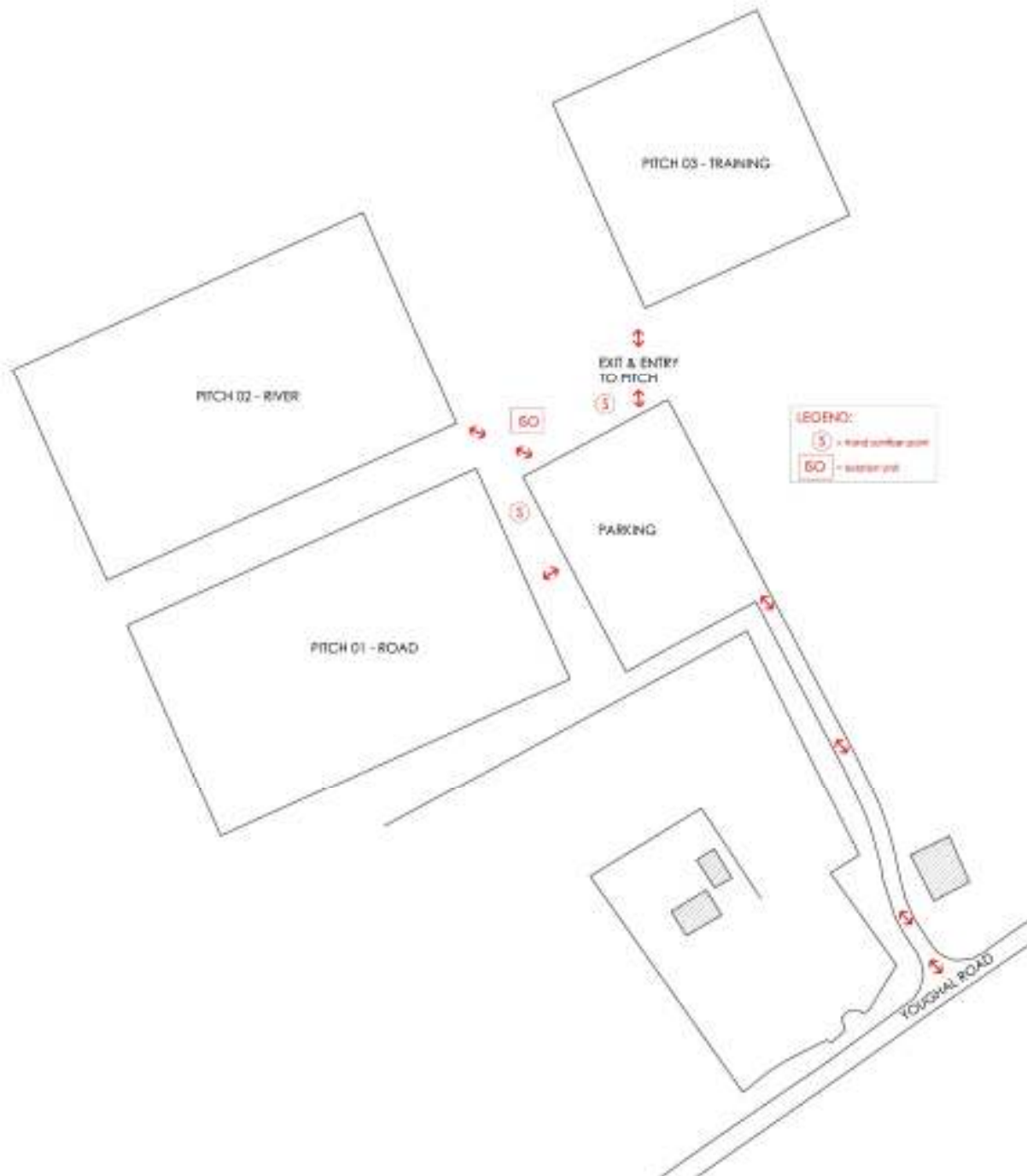


Plan of the pitch at St. Colman's Community College indicating Guidelines for Return to Training.

Note that the principles outlined in the Guidelines for Return to Training should be adhered to in all venues, where possible. Safe return to contact sports is the personal responsibility of each participant/ parent/ guardian.

GUIDELINES FOR RETURN TO TRAINING 2020

MIDLETON GAA CLUB/ MIDLETON CAMOGIE CLUB/ MIDLETON LADIES FOOTBALL CLUB



Plan of the pitch at Park South indicating Guidelines for Return to Training.

Note that the principles outlined in the Guidelines for Return to Training should be adhered to in all venues, where possible. Safe return to contact sports is the personal responsibility of each participant/ parent/ guardian.