



GUIDELINES FOR RETURN TO TRAINING 2020

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

23.06.2020

A Chara.

Firstly, we would like to welcome back all players & coaches after a difficult number of months for all the 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** are required to:

- Complete the certified eLearning Module covering the main aspects of the Guidelines. This is available to complete at <https://courses.gaa.ie/Covid19ClubEd/#/>
- Complete the GAA Health Questionnaire once online, which will be available through <https://returntoplay.gaa.ie> from June 23rd. Please note that this questionnaire must be completed prior to return to training for the first time.
- Using the same online system, all Adult players, parents/guardians of underage players and team personnel will be required to declare, before each training session/game, that their health status has not changed. This must be completed a minimum of 1 hour before the time of the session.

NOTE THAT THE GAA HAVE ADVISED THAT THE ABOVE SHOULD BE COMPLETED TO ALLOW PARTICIPATION IN TRAINING SESSIONS/GAMES.

Contact training will recommence for the majority of all teams on the week commencing June 29th next. 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. Note that to ensure the safety of all, the guidelines as detailed below will apply to all training venues, where possible.

Training sessions for all teams in the short term will be different and your co-operation will be needed 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 changes 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 players. 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

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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 <https://learning.gaa.ie/covid19>

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. <https://www2.hse.ie/conditions/coronavirus/symptoms.html>

A parent/guardian or a child displaying any of the Covid 19 symptoms must not attend for training or other Gaelic Games activities

Parent/Guardian should:

- Complete the Covid 19 GAA Education Module <https://learning.gaa.ie/covid19>
- Complete the health questionnaire (Safe Return for Gaelic Games) in advance of the first return to the club and provide it to the Team Covid Supervisor
- 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 toggged 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

During Club:

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.

Parent/Guardian should:

- Provide the Team Covid Supervisor with their child Health Questionnaire on the first day of return to play
- 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:

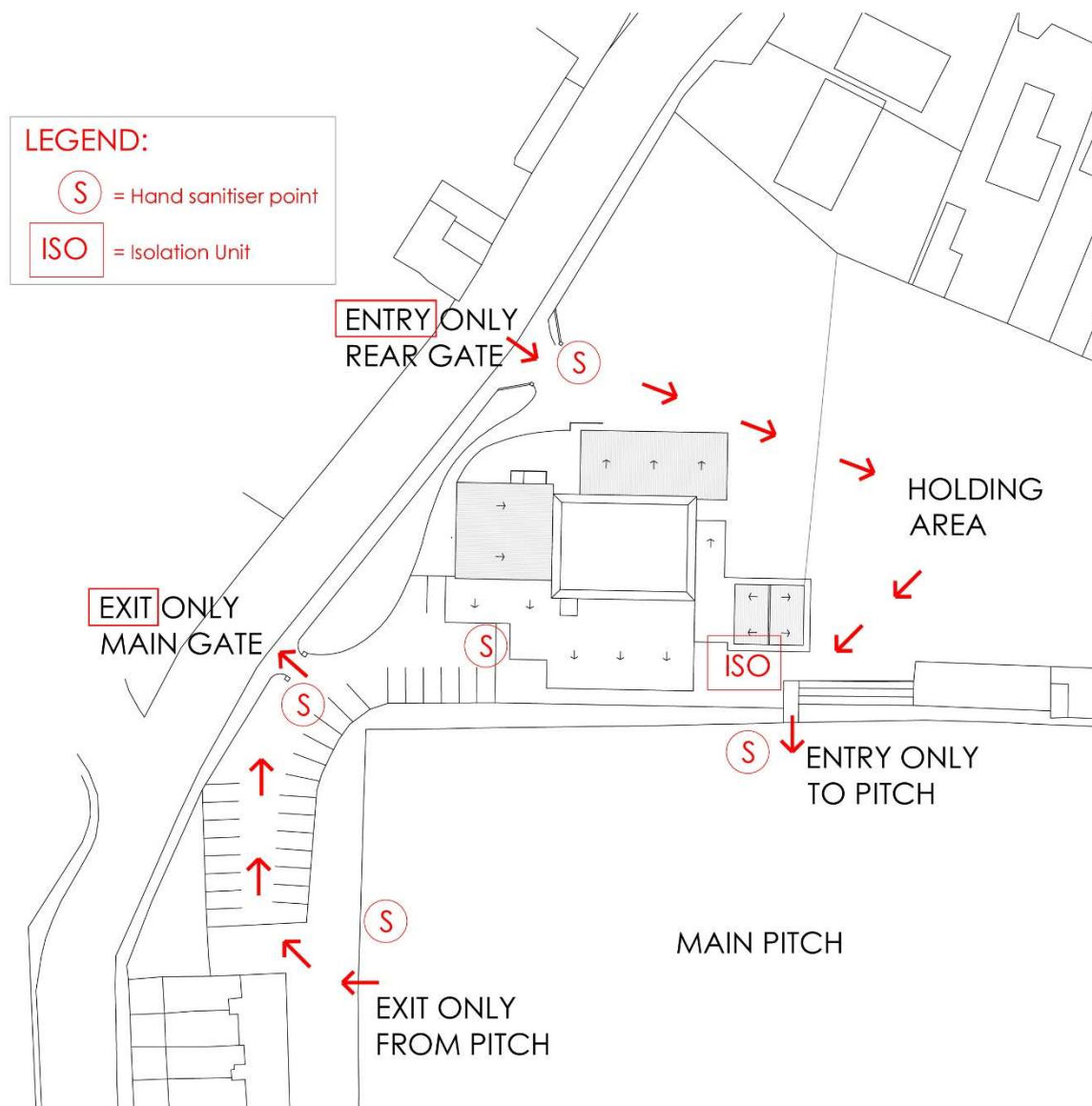
- Must refrain from shaking hands, high fives and spitting
- Must wash their hands and use hand sanitiser prior to and post going to the toilet
- Cannot access to dressing rooms, hall etc. is prohibited
- Must use their own water bottle, labelled with the child's name Post Training
- Players must leave 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 medical room, 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
- All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case)

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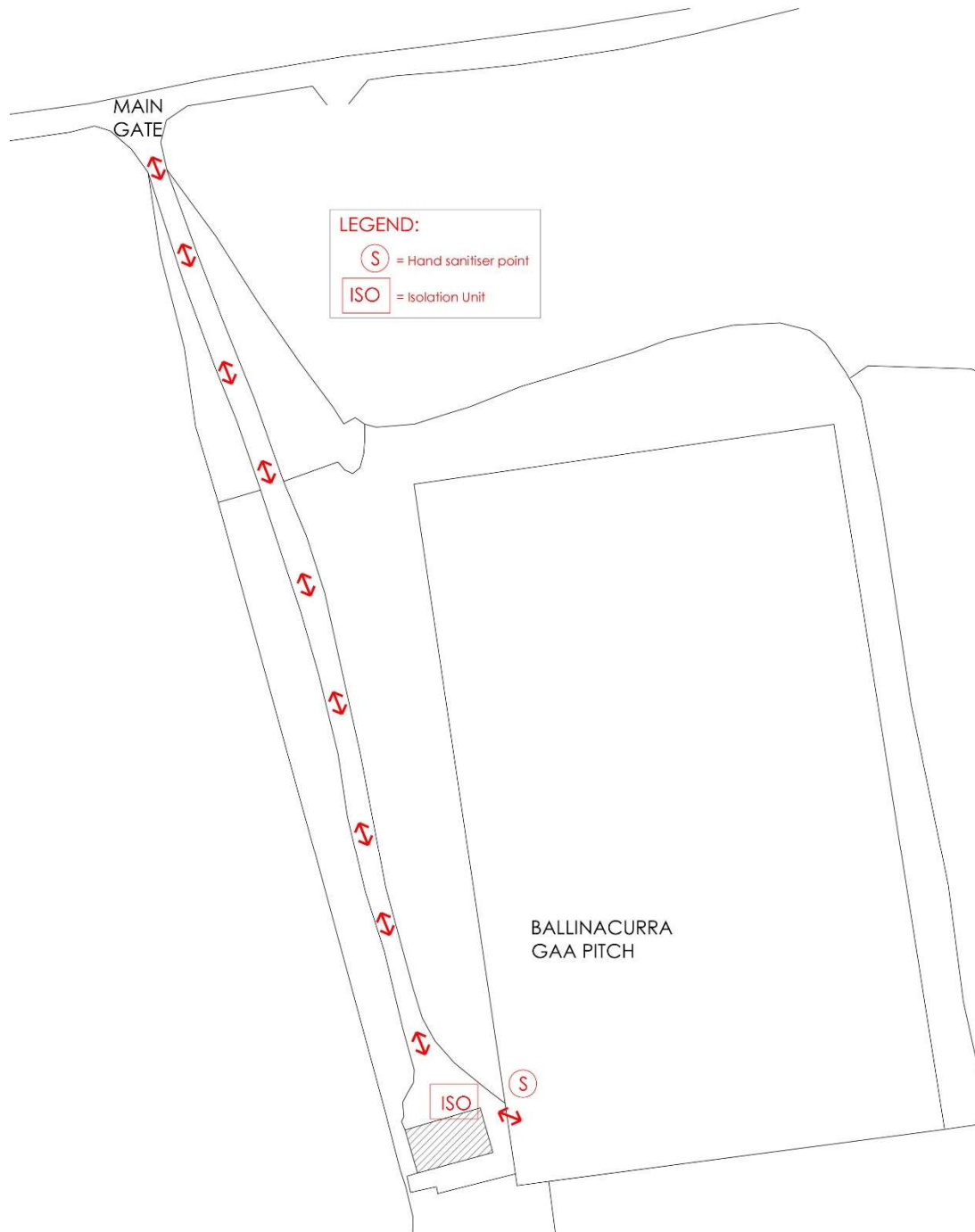


Plan of the main pitch at Midleton GAA Club indicating Guidelines for Return to Training.

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.

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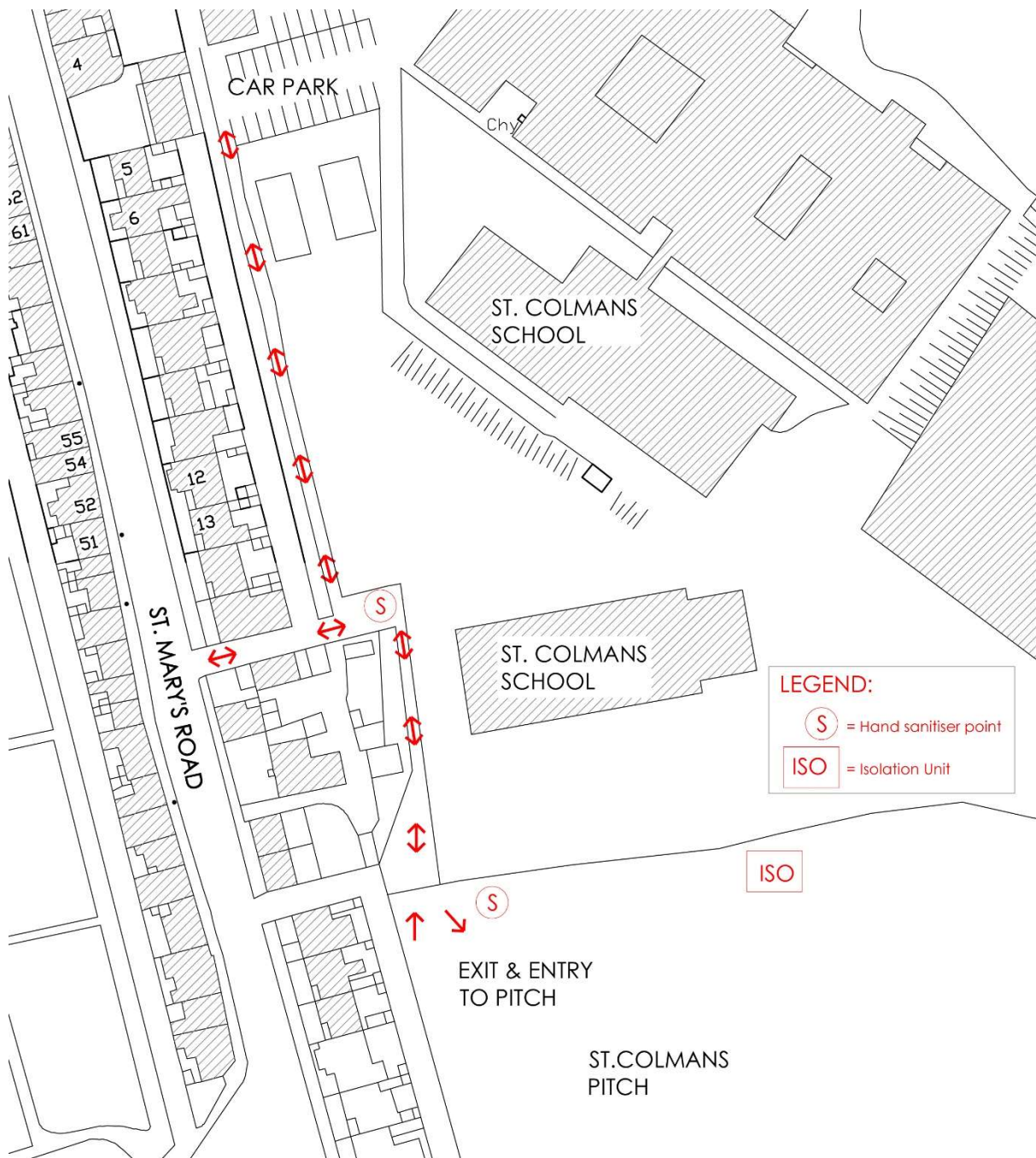


Plan of the pitch at Ballinacurra GAA Pitch indicating Guidelines for Return to Training.

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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.