

KILTIMAGH GAA CLUB



Safe Return to Gaelic Games For Adult Players

Overview

The GAA recently published its Guidelines on Safe Return to Gaelic Games. This document sets out a pathway to the restoration of training and matches. Each player is required to read this document in its entirety but here we will summarise the important elements of the document as it applies to you as a player.

The priority for us, as a Club, is to protect the health and welfare of all those involved with the Club and minimise the risk of transmission of CoViD-19 within the community. Nevertheless, there will be a risk if you decide to return to participation in events with the Club. If you consider yourself to be in a vulnerable category then please seek appropriate advice before deciding to return to activity with the Club.

The return to play is entirely opt-in on the part of each player. If you are not comfortable returning to play under these circumstances then the Club fully understands your position.

There will be no re-opening of Gilmartin Park prior to the 24th June 2020. The original proposals to start Phase 3 followed by Phases 4 and 5 have now been revised. There will be no opening of the Club Dressing Rooms prior to the 20th July 2020. We are awaiting guidance on when the gym can re-open. We expect that this will be announced shortly but subject to regular and effective cleaning being carried out and indoor social distancing measures

being maintained. The dates for the commencement of any aspect of return to play may change should Government Health Measures so require.

The restrictions that are being applied ease as we go through the phases but if there is a health setback along the way then certain phases may have to be postponed or suspended.

Before a return to training

Before you return to training you must go online and complete the Health Questionnaire Form (copy attached) at home prior to the training your first training session/match. This will require you to take your temperature at home and record the temperature on the Form. If the temperature is not in excess of 37.5°C then you can attend training/match. On entry to each subsequent training session/match you must **declare** to the team CoViD Supervisor that your medical circumstances have not changed. You must not attend training or a game if you are exhibiting any of the stated symptoms. If this Form has not been completed online then you cannot be allowed entry to training or to a match. This process shall remain in place until we are advised otherwise.

You must complete the **Gaelic Games online education module** before you are allowed to return to play. Details of this module shall be provided shortly. This is **mandatory** and you will not be permitted to return to Club activity until you have completed this education module.

Up to the 20th July 2020, you must change at home, travel to and from training/matches **separately**, shower at home and, where possible, use toilet facilities at home. All strapping should be applied at home. Use your own clearly labelled water bottle.

Until further notice, there will be no team meetings except if they are outdoors with appropriate social distancing. Otherwise they should be online.

Commencement of training

24th June 2020 to 29th June 2020

Training for adults can commence as and from the 24th June 2020 but it will be non contact and social distancing must be observed. That is social distancing in accordance with Government Guidelines which is presently 2 metres. During this phase, training shall involve running, aerobic training, resistance training, agility and ball work.

Training shall be limited to small groups, a maximum of 15 player/2 coaches, in designated areas of the grounds.

Players cannot share equipment such as water bottles.

There will be a CoViD Supervisor appointed to each team.

After each player has completed the Health Questionnaire Form online, each player must then subsequently declare to the team CoViD Supervisor, on the way into each training session/match, that his/her medical circumstances have not changed.

The names of all persons in attendance at a training event and a contact number will be recorded by the CoViD Supervisor and stored electronically as Contact Tracing Measures will be in operation.

Good hand hygiene will be in operation. All players and coaches will be required to sanitise their hands on entry and leaving the grounds.

During this phase, entry to Gilmartin Park shall be restricted to players and management personnel only. Spectators will not be allowed to enter the grounds prior to the 29th June 2020 and we expect further advice on this before the 29th June 2020.

Next Phase 29th June to 20th July 2020.

All forms of training can commence from the 29th June 2020. Challenge games can also commence from that date.

Club competitions within Mayo can commence as and from the 17th July 2020.

Water bottles may not be shared but any other equipment that is shared must be washed/sanitised at the beginning and end of each session/match.

After each player has completed the Health Questionnaire Form online, each player must then subsequently declare to the team CoViD Supervisor, on the way into each training session/match, that his/her medical circumstances have not changed. This process shall remain in place until we are advised otherwise.

The names of all persons in attendance at a training event/match and a contact number will be recorded by the CoViD Supervisor and stored electronically as Contact Tracing Measures will be in operation.

Good hand hygiene will be in operation. All players and coaches will be required to sanitise their hands on entry and leaving the grounds.

Player Behaviour

All players are asked to observe hygiene best practice and regularly wash your hands and sanitise your equipment.

No spitting or sharing of water bottles.

Use face masks where appropriate.

Observe social distancing.

Do not shake hands or high five.

Each team manager will be responsible for overseeing player, and management team, compliance. However, each player has a personal responsibility to ensure that they follow the Guidelines.

Return to training- Suggested Timeline

The dates below set out when each team can return to training. Teams can return subject to availability of coaches and players. Teams will return on a phased basis and these dates are subject to change.

Wednesday 24th June Senior Men's and Ladies teams

Draft fixtures:

Teams will return to competitive play from the following dates, subject to health advice.

17th July Senior Men's competitions

15th/16th August Senior Ladies

Logistics for training/matches at Gilmartin Park:

- Senior players must adhere to social distancing measures as you enter our ground. A social distancing route to enter our grounds will be established with the required 2m markings.
- Parents/Supporters may be able to enter the grounds during prior to 29th June 2020 - subject to government advice
- Clear Covid signage will be on display inside and outside our grounds.
- The clubhouse is closed until 20th July apart from the toilets.
- The entrance hut at the front gate will be used by supervisor for administration and checks, etc.
- All players should go directly to their area designated for training after entry following the guided pathways.

- Clear signage will be displayed outside and inside toilet stations, reminding everyone to use sanitisers, etc.
- Managers /Coaches need to be on the grounds approx. 20-30 minutes before training to ensure that training starts on time.
- Players are asked to leave immediately after training.
- Players should not bring personal items to training apart from what is required for training. Senior players should store their car keys in a safe area at the pitch side.