

KILTIMAGH GAA CLUB



Safe Return to Gaelic Games For Parents/Guardians of Players up to age 18

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 parent/guardian and player (as appropriate) 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 parent/guardian and to your child.

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 your child decides to return to participation in activities with the Club. If you consider that your child may be in a vulnerable category, then please seek appropriate advice before deciding whether your child should 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 with your child 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 your child returns to training you must go online and complete the Health Questionnaire Form (copy attached) for the child at home prior to the child's first training session/match. A hardcopy of this form can be made available from the club, if required. This will require you to take your child's temperature at home and record the temperature on the Form. If the temperature is not in excess of 37.5°C then your child can attend training/match. On entry to each subsequent training session/match you must **declare** to the team CoViD Supervisor that your child's medical circumstances have not changed. Your child must not attend training or a game if he/she is 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.

Before your child can return to play, you must complete the **Gaelic Games online education module**. Details of this module shall be provided shortly. This is mandatory and if it is not done then your child will not be permitted to return to Club activity.

Up to the 20th July 2020, your child 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. Your child must use his/her 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.

Players cannot share equipment such as water bottles. There will be a CoViD Supervisor appointed to each team.

After the Health Questionnaire Form has been completed online for each player, the parent/guardian of each player must then subsequently declare to the team CoViD Supervisor, on the way into each training session/match, that his/her child's 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.

Underage players are divided into 2 cohorts:

Cohort Group 1 will comprise those up to age 14.

That is those who will celebrate their 14th birthday in 2020. Training in each cohort shall be limited to small groups in designated areas of the grounds.

Cohort Group 2 – age 15 to 18.

Training in each cohort shall be limited to small groups in designated areas of the grounds.

Ratios:

- 1:8 for children under 12 plus one other adult.
- 1:10 for children over 12 plus one other adult.

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.

Each player **must** be dropped to training/match venue and collected by his/her parent/guardian. If the match is away, then each parent/guardian will need to bring the player to that venue as there will be no collective transport measures put in place. You may be allowed to stay and watch the match, depending on Government Guidelines at that time. There will be no dressing room facilities during this phase as Club buildings will remain closed.

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

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 their hands and sanitise their 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.

24th June	Senior Men's and Ladies teams
3rd July	Minor/U16 boys and girl's teams
10th July	U14 boys and girl's teams
17th July	U12 boys and girl's teams
TBC	U10/U8/U6 teams (subject to health guidance)

Draft fixtures:

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

From 17th July	Senior Men's competitions
31st July	Minor boys
4th August	U16 boys
6th August	U14 boys
12th August	Minor Ladies
14th/16th August	U14 girls
15th/16th August	Senior Ladies
2nd September	U16 girls
7th September	U12 boys
TBC	U12 Girls
TBC	U10/U8
TBC	Cul Camps (organised through county board)

Notes for Parents/Guardians:

- 1 Bord Na Nog competitions will be organised on a regional basis.
- 2 No Dressing Rooms will be available until 20th July.
- 3 No Buses will be organised by the club- as per health guidance.
- 4 Each player must bring their own water bottle.

Logistics for training/matches at Gilmartin Park:

- Please ensure that players adhere to social distancing measures as they enter our ground. A social distancing route to enter our grounds will be established with the required 2m markings. Parents/Guardians may attend with their child but must not enter our grounds.
- Parent/Guardians may be able to enter the grounds during phase 4 (20th July)- 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.
- When training is finished, parents/guardians are asked to collect their child strictly on time.
- Players should not bring personal items to training apart from what is required for training.