

Key Guidelines for Return to Play



**STAY AT HOME
IF YOU FEEL SICK**



**WASH YOUR
HANDS**



**COVER MOUTH TO
COUGH OR SNEEZE**



**KEEP SOCIAL
DISTANCING**



**AVOID TOUCHING
EYES, NOSE, MOUTH**

COVID-19 Protocols for Clubs



Appoint a COVID-19 Safety Supervisor for each team



Communicate the COVID-19 Guidelines including training protocols to all members



Ensure all players sign the newly updated CGAA Waiver and are registered on the GAA Management System (formerly called ServaSport) prior to attending training



Make available hand sanitizer and disinfectant wipes at training sessions



Sanitize all equipment before and after each training session



Track and retain records of participants attending training

Reference the CGAA COVID-19 Return to Gaelic Games Guidelines for full details.

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COVID-19 Protocols for Coaches / Players

- ✓ Assign a COVID -19 Safety Supervisor for each team who attends training sessions to oversee COVID-19 Protocols
- ✓ Complete a self administered health questionnaire prior to the first training session, and update COVID-19 Safety Supervisor if your status changes
- ✓ Maintain physical distancing of 2 meters (6 feet), unless and until Provincial guidelines change
- ✓ Train in small groups of up to ten (10) people, unless and until Provincial guidelines change
- ✓ Training sessions should focus on skill/tactical drills (dribbling, diamond passing drill etc), strength and conditioning with strictly non-contact activities
- ✓ Every participant must bring their own hand sanitizer and apply it immediately before and after training, and during scheduled breaks in training
- ✓ Spitting and clearing of the nose on the training field is forbidden
- ✓ Keep mouth guard in for duration of training, and store away when not in use
- ✓ Do not share drink bottles and players should clearly label their own bottle
- ✓ All participants should have their own equipment and minimize sharing balls/sillars
- ✓ Avoid high fives, handshakes or other physical contact
- ✓ Players to take their training bib or any other items worn/used during training, home to wash individually
- ✓ Travel to training should be alone, or with a member of the same household
- ✓ Arrive to training fully prepared no more than 10 minutes before start
- ✓ Check in and confirm attendance with designated COVID-19 Safety Supervisor or designated member at every training session

Reference the CGAA COVID-19 Return to Gaelic Games Guidelines for full details.