



CANADA
GAA

Return to Gaelic Games Guidelines

COVID-19 Response

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#ReturnToGaelicGames

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1.0 MESSAGE FROM CANADA GAA

Canada GAA (CGAA) has compiled this Return to Gaelic Games Guidelines document so that all participants have access to the resources they require to ensure we are prepared to return to the field as safely as possible.

This document will take you through some introductions, how to prepare your Club and members for a return to Gaelic Games, hygiene, return-to-play protocols and the use of facilities. Significant resource links, both provincial/ territorial and federal, will be provided. With the depth of resources comes responsibility and we highly encourage our Clubs to appoint an individual whose primary role will be to oversee health and safety protocols; this is extremely important.

We would like to thank our fellow CGAA committee members and the Return to Gaelic Games Working Group for their contribution to developing these health and safety protocols. We also thank all the members who responded in our return to play survey and all those who volunteered to assist in developing these guidelines.

Health and safety are our priorities in establishing the guidelines for the return to Gaelic Games. While these guidelines apply on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.

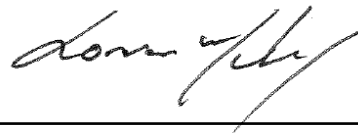
This document is for local use by Clubs and allows for provincial/territorial/municipal guidelines to be implemented. It should be used in concert with public health authority guidelines.

Given the changing nature of the situation and the corresponding provincial/territorial public health advice, links to government resources have been included and we encourage Clubs and members to review these links for the most up-to-date information on the COVID-19 guidelines.

NOTE: Within this document, *public health authority* refers to federal, provincial/territorial and local health authorities across Canada.



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A special thank you is extended to CGAA members Florence Dallaire (Quebec, Patriotes de Québec GAA) and Emilie Lavallée-Funston (Ontario, Ottawa Gaels) for translating the relevant materials into French.

2.0 BACKGROUND

2.1 COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus2 (SARS-CoV-2). Most people (8/10) infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

There is no effective treatment or vaccine. Those who are infected may be infectious for 48 hours before symptoms appear.

2.1.1 TRANSMISSION OF VIRUS

The virus is spread from people in fluid and droplets scattered from the nose or mouth of an infected person when that person coughs, sneezes, or speaks. The droplets can land on surfaces and contaminate others when they touch these surfaces then bring the virus into contact with their eyes, nose, or mouth by touching them with their contaminated hands. The virus can also spread through close contact with someone who is already infected with the virus (in particular face-to-face contact within 2 metres of an infected person or living in the same shared space).

The virus can live for up to 72 hours on certain surfaces. It is still not known how long the virus can survive in different conditions (e.g. type of surface, temperature or humidity of the environment). Simple household disinfectants can kill the virus.

2.1.2 SYMPTOMS

The following common symptoms may develop at any time within the 14 days after contracting COVID-19:

- Cough
- Difficulty breathing
- Fever/high temperature (temperature of 37.5°C or above)
- Sore throat
- Runny nose
- Flu like symptoms
- Rash
- Loss of smell/taste

People who are showing these symptoms must not show up to training, self-isolate and report to their doctor for future information on COVID-19 testing.

It is important to note that some people infected with the virus can demonstrate no symptoms at all (i.e., asymptomatic cases) yet can infect others. If you have been exposed to someone who has COVID-19 you also must refrain from training, self-isolate and report to their doctor for future information on COVID-19 testing.

2.2 KEY GUIDELINES FOR PREVENTING THE SPREAD

To prevent infection and to slow the transmission of COVID-19, the following is recommended:

1. Stay home if you feel sick. If showing symptoms, call your doctor or local hotline for COVID-19 for advice.
2. Wash your hands regularly with soap and water, or clean them with alcohol-based hand sanitizer
3. Cover your mouth and nose when coughing or sneezing, using the bend of your elbow or a tissue, which should be disposed of immediately afterwards in a suitable receptacle
4. Maintain at least 2 metres (6 ft) physical distance, or equivalent Government approved distance, between you and another person
5. Avoid touching your face, eyes, or nose

3.0 INTRODUCTION

3.1 RETURNING TO GAELIC GAMES IN A WORLD WITH COVID-19

The World Health Organization (WHO) declared COVID-19 a global pandemic on or about March 11, 2020. Canada, its various provinces and territories and municipalities followed the lead of the WHO and immediately implemented a robust and unprecedented containment and control strategy.

While the extraordinary strategy to contain the spread of COVID-19 has generally worked, we are only in the early months of dealing with it.

Until a treatment is found and approved, all elements of society must find a way to co-exist with COVID-19 by taking all steps necessary and practical to mitigate against the risks associated with contracting and transmitting this disease. The GAA community across the globe is eagerly anticipating the return to play and action of football (men's & ladies), hurling, camogie and rounders.

At a time when most Divisions and Clubs within CGAA would be kicking off their 2020 season, the COVID-19 public health emergency has presented health and safety concerns that are unprecedented. As Canada's national governing body for Gaelic Games committed to fostering community through participation, the safety and well-being of all members is, and will continue to be, the priority of Canada GAA.

As provinces and municipalities across Canada begin to relax restrictions and gradually re-open, the CGAA has developed the Return to Gaelic Games Guidelines to provide affiliated Clubs, and all CGAA

members with guidelines in relation to preparing and planning for the resumption of Gaelic Games activities in a measured and phased approach. These guidelines should be used in conjunction with provincial and municipal public health guidelines, which will evolve and change over time. While these guidelines have been developed to be applicable nationwide, it is important to recognize that public health protocols are managed at the provincial level.

Sporting activities, when they resume in each province, should do so in accordance with the phased re-openings of your locality and be conducted in compliance with relevant physical distancing guidelines and relevant restrictions.

The Return to Gaelic Games Guidelines have been created to facilitate the safe return to Gaelic Games for our Clubs and members in Canada. The guidelines provided have been based on the advice issued by the Federal and Provincial Government and Public Health Agencies in Canada and align with the guidance provided by our governing body, the GAA, the Ladies Gaelic Football Association (LGFA), and Camogie Association issued on June 5, 2020, *Covid-19 Guidelines on Safe Return to Gaelic Games* and updates provided on June 12, 2020.

Given the fluid nature of the situation it is encouraged that all CGAA affiliated Clubs review corresponding provincial and municipal public health advice regularly for up to date information on the most appropriate COVID-19 response.

3.2 REFERENCE DOCUMENTS

In creating this document and recommended guidelines, the following materials have been reviewed and used as resources:

- Provincial government and health authority guidelines
- GAA, LGFA, Camogie Association *COVID-19 Guidelines on Safe Return to Gaelic Games*
- Return to Play Guides from Hockey Canada and Baseball Quebec
- *How to Mitigate Liability Risk* developed by sports risk management expert (Appendix A).

The recommendations outlined in this document are in line with above guidance documents as well as Federal and Provincial Government guidelines in place at the time of writing (Appendix E & F). This document is a living document and will be updated as new information and guidelines are issued.

3.3 RETURN TO GAELIC GAMES WORKING GROUP

The objective of the Return to Gaelic Games Working Group is to facilitate the development of appropriate return to play' guidelines for Clubs across Canada. The formation of the Working Group comes as various jurisdictions in Canada begin to loosen some COVID–19 related lockdown restrictions.

The Working Group is being chaired by Lorraine Muckian, Vice Chairperson CGAA, and consists of representatives from every province where there is a CGAA affiliated Club and Gaelic Games are played in Canada. As support to the Working Group a small Peer Review Group, including the CGAA's insurance provider, and a Communications Group have been assembled.

The Working Group have worked to align with general guidance from relevant government and public health authorities in each province, however, are aware that there may be a number of provincial- or municipal-specific criteria that Clubs may have to adhere to.

One of the objectives of the Working Group has been to develop a framework for a phased return to Gaelic Games activities, with a view to moving from small group activities through to inter club games. The development of the guidelines is somewhat iterative and as additional information becomes available the guidelines will be revisited and updated.

The timeline associated with moving through the various phases will be dictated by provincial public health restrictions in each province.

Prior to the development of this guidelines document there had been a national suspension of all sporting activities by Provincial governments and health authorities. In alignment with this directive the CGAA notified all affiliated Clubs of the suspension of Gaelic Games activities, including all in-person training sessions and matches for all codes. Now that restrictions on sporting associations are being loosened in various jurisdictions across Canada, Clubs may resume Gaelic Games activities in a phased approach adhering to provincial government directives and the protocols outlined within this CGAA Return to Gaelic Games Guidelines document.

3.4 COMMUNICATING WITH STAKEHOLDERS DURING COVID-19

Positive and open communication will be an important part of returning safely to the pitch. Clubs and members will want to ensure they understand what controls and guidelines are in place. This information must be passed along to Club executive, coaches, referees, parents and all members (players and non-players) in advance to ensure the return to Gaelic Games is safe and enjoyable.

It is recommended that Clubs assign a person on the Club executive committee who will be responsible to ensure all updated and relevant information is passed on to everyone within their Club.

Responsibilities can include:

- Monitoring all relevant updates from the public health authority in their jurisdiction
- Monitoring all relevant updates from their Members
- Communicating with local facilities on guidelines and updates
- Ensuring teams are following the Return to Gaelic Games Guidelines set by Canada GAA
- Ensuring any COVID-19 cases are reported, as required, by the public health authority, Club, member and facility.

It would be beneficial for this designated point of contact for communications to meet with Club members on a regular basis to assist in facilitating updates.

3.5 INSURANCE

3.5.1 COVERAGE

Under Canada GAA's current General Liability policy, the following is the definition for 'bodily injury':

- "Bodily Injury" means bodily injury, sickness, disease, mental injury, mental anguish or nervous shock sustained by a person, including death resulting from any of these at any time.

COVID-19 would fall within the definition of bodily injury, more specifically, under disease.

Liability claims, including bodily injury, against Canada GAA or its 28 affiliated clubs would need to be proven by the third party, so continuing to update and enforce risk-management guidelines as new risks emerge, such as COVID-19, are imperative.

Canada GAA is actively working on updating risk-management protocols related to Return to Gaelic Games guidelines post-COVID-19.

As with all claim scenarios, the insurance company would investigate all claims presented against any member of Canada GAA that falls within the ‘bodily injury’ definition and would confirm coverage based on the framing of the allegations.

It will be important for Clubs to review new municipal recreational facility rental contracts post-COVID-19 for all rentals; in all likelihood, they will now contain a new clause that absolves the municipality/private facility owners of any liability related to COVID-19.

It should be noted that many insurance companies are implementing Communicable Disease/COVID-19 exclusions on all policies either immediately, or upon renewal. Canada GAA can advise that Markel Canada Limited, Canada GAA’s General Liability insurer, does not include this Disease exclusion in the General Liability policy; the current policy is in effect until November 26, 2020.

3.5.2 CGAA WAIVER – UPDATED TO ADDRESS COVID-19

The CGAA Waiver has been updated to address COVID-19. All members must sign to newly updated waiver prior to returning to Gaelic Games training, regardless of whether they have signed the waiver in 2020 already. Clubs are to retain a copy of the waiver.

It is important to note and to understand that it is the sole and exclusive responsibility of affiliated clubs to seek, obtain and/or maintain executed copies of waivers in the form prescribed by the CGAA from all participants associated with affiliated clubs (collectively, the “Club Waiver Forms”). The failure by an affiliated club to seek, obtain and/or maintain executed copies of the Club Waiver Forms may result in the voiding of certain insurance policy rights to coverage and otherwise involve the complete denial or partial loss of coverage.

Please be advised that the CGAA does not assume any liability and shall have absolutely no liability whatsoever (whether direct, indirect, consequential or otherwise) for any such failure by an affiliated Club to seek, obtain and/or maintain executed copies of waivers from participants as the case may be.

3.6 PRIVACY MATTERS

COVID-19 is raising various questions about privacy issues during a pandemic. During a public health crisis, like COVID-19, the CGAA wishes to remind all stakeholders (without providing any legal advice whatsoever) that privacy laws still apply, but they are not a barrier to appropriate information sharing in appropriate circumstances.

In Canada, the management of public health crises is a matter involving close coordination between all levels of government – federal, provincial and municipal. A variety of public and private sector privacy legislation exists at the federal, provincial and territorial levels (typically referred to as Personal Information Protection and Electronic Documents Acts) that collectively govern “the collection, use and disclosure of personal information” (“PIPEDA”). There are various provincial and territorial privacy authorities that oversee compliance with PIPEDA and the privacy legislation in

their respective jurisdictions, and some have published their own statements relevant to COVID-19. These statements must be reviewed and considered by affiliated clubs, as they are more local in nature, and are specific to the jurisdiction where such clubs are based.

While privacy laws include several provisions that authorize the collection, use and disclosure of personal information in the context of a public health crisis, the issues surrounding the handling of them are particularly complex and involve sensitivities requiring careful consideration. PIPEDA and the various Privacy Acts contain provisions allowing for personal information to be used or disclosed for specific reasons that may be relevant in the time of a public health situation.

If an affiliated club suspects that the COVID-19 virus was spread or contracted in the context of a CGAA event, it is recommended that the relevant local/public health authority be contacted immediately to conduct any necessary contact tracing (without sharing or disclosing the names of any specific participants unless such participants have consented to same in writing) and to help address any other issues in connection with such reporting. Without the receipt of expressed legal advice or being compelled by a court order from a court of competent jurisdiction, the affiliated club shall not share or disclose the names of any specific participants to any public health official or anyone else for that matter, including for greater certainty to the CGAA, unless such participant(s) has (have) consented to same in writing.

The CGAA is a resource to affiliated clubs should they have any questions whatsoever. Where an affiliated club is aware of facts and/or circumstances involving the suspicion that the COVID-19 virus was spread or contracted in the context of a CGAA event and involving the reporting (whether actual, anticipated or otherwise) of same to the relevant local/public health authority, the CGAA must be contacted immediately and advised of the steps initiated by the affiliated club in all such cases. In that specific regard, Angela O'Muire, Secretary of the CGAA shall be the initial point of contact.

4.0 GUIDELINES AND PROTOCOLS FOR RETURN TO GAELIC GAMES

4.1 STAYING SAFE – 5 KEY GUIDELINES FOR ALL

Safe return to Gaelic Games is the personal responsibility of every CGAA Member. The key guidelines for all to follow are:

1. **Stay at home if you feel sick**
2. **Wash your hands frequently** with soap and water for at least 20 seconds each time
3. **Maintain physical distancing** of 2 meters/6 feet apart (or government recommendation)
4. **Cover your mouth to sneeze or cough** with your bent elbow or tissue
5. **Avoid touching your eyes, nose, or mouth**



4.2 CLUBS

1. **Ensure** adequate controls and procedures are in place at all times
2. **Appoint COVID-19 Safety Supervisors** for each team who attends that team’s sessions and oversees COVID-19 protocols. The COVID Safety Supervisors report to the Club Chairperson or Secretary, or the Health and Wellness Officer if your Club has that role on its executive committee.
3. **Communicate** the COVID-19 Return to Gaelic Games Guidelines including training protocols to all members
4. **Keep updated** with ongoing Government, Health Authority, and CGAA advice and provide updates on the procedures to Club Executive and members accordingly
5. **Communicate** with members on latest updates and changes to training and club activities based on the guidelines and protocols set out by the CGAA. It is recommended to host an initial meeting with members/parents/participants to review how programming will look and allow them to ask questions (this should be done virtually if required by the public health authority).
Topics can include:
 - Canada GAA and facility protocols and guidelines for return to Gaelic Games (Section 4)
 - Execution of training sessions under public health authority requirements
 - Player arrival/departure—what to expect on arrival and how soon players need to leave
 - Steps to practicing good hygiene
 - Health Assessment Form and updated CGAA Waivers
6. **Updated Waivers:** Ensure all players sign the newly updated CGAA Waiver (June 17, 2020) and are registered on the GAA Management System (formerly called ServaSport) prior to attending training (Note: insurance coverage is void if not registered online)
7. **Sanitize** all equipment before and after each training session (recommended to appoint a suitable member)
8. **Make available** hand sanitizer and disinfectant wipes at training sessions for cleaning of equipment
9. **Plan** for management of facilities being utilized:
 - open and transparent communication with facilities management group
 - understand facility guidelines and requirements – physical distancing, numbers allowed in public areas, entry and exit rules, protocols for use of washrooms, etc.
 - designated training quadrants, number of groups that can utilise the space
 - development of schedule for staggered arrivals of training groups

10. **Ensure** all training sessions take place outdoors, no changing room facilities are to be used (unless otherwise approved by local government, facilities management group and with appropriate mitigation measures undertaken)
11. **Club and Team Meetings** – team meetings, if required, should be held outdoors adhering to physical distancing (i.e., local government protocols). Club executive and all other meetings should be held online.
12. **Track and retain records** of participants attending training sessions, including details of specific training groups
13. **Training:** Club Chairperson and Secretary to participate in COVID-19 Club Education Programme online training course on the GAA Learning website

4.3 COVID-19 SAFETY SUPERVISOR

Every club will need a number of COVID-19 Safety Supervisors. Each Club team should nominate at least one suitable member to take on the responsibility of the COVID-19 Safety Supervisor role. This person will be present at each training session initially and games when Clubs progress through to that phase of activity.

The **COVID-19 Safety Supervisor** shall undertake the following duties:

1. Review and familiarize themselves with the CGAA Return to Gaelic Games Guidelines
2. Participate in COVID-19 GAA Club Education Programme online training course on the GAA Learning website
3. Ensure all management & members have returned their Return to Gaelic Games Personal Health Assessment & Declaration form included in Appendix B prior to their first training session (it will be the responsibility of the individual to inform the team's COVID-19 Safety Supervisor of any changes in circumstances before subsequent sessions). Assist in contact tracing, as required, should there be a confirmed case of COVID-19.
4. Appropriately sanitise equipment and any facilities authorized for use (e.g., washrooms) before and after training sessions.
5. Report to club Chairperson regularly

4.4 COACHES/ REFEREES

Coaches/Referees have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. They shall achieve this through:

1. Liaise with the nominated COVID-19 Safety Supervisor, if not acting in this position
2. Plan training activities to align with the safety guidelines permitted at any given time
3. Educate teams and reinforce good personal hygiene and etiquette, physical distancing, and handwashing
4. Complete a self-administered Return to Gaelic Games Personal Health Assessment & Declaration prior to first training session (Appendix B). It will be the responsibility of the individual to inform the team's COVID-19 Safety Supervisor of any changes in circumstances before subsequent sessions.
5. Participate in the Club Education Programme online course on the GAA Learning website

4.5 PLAYERS/ PARTICIPANTS

Players/Participants of the clubs have a responsibility to act in a safe and respectable manner while at training. All Players/Participants should:

1. **COVID-19 Safety Supervisor:** Assign a designated member at each training session to oversee COVID-19 protocols
2. **Health Self-Assessment:** Complete a selfadministered Return to Gaelic Games Personal Health Assessment & Declaration (Appendix B) prior to your first training session and submit completed form to COVID-19 Safety Supervisor at the first training session. It is the responsibility of the individual to inform the COVID-19 Safety Supervisor for your team of any changes to the initial assessment before subsequent sessions.
3. **Maintain physical distancing** of 2 meters, unless otherwise authorized by the provincial government
4. **Small Groups:** Train in small groups of up to ten (10) people, unless provincial guidelines state otherwise
5. **Training Activities:** Phase 1 Gaelic Games activities are entirely non-contact (see Section 4 below). Training sessions may focus on skill development, appropriate drills, strength and conditioning with non-contact activities and aerobic fitness. All activities including warm-ups, cool downs, stretching and team talks should maintain appropriate physical distancing protocols.
6. **Sanitizer:** Every participant must bring their own hand sanitizer and apply it immediately before and after training, and during scheduled breaks in training
7. **No spitting:** Spitting and clearing of the nose on the training field is forbidden
8. **Mouth Guards:** Keep mouth guard in for duration of training, and store away when not in use
9. **Water Bottles:** Do not share water bottles and players should clearly label their own bottle
10. **Equipment:** All participants should have their own equipment (i.e. hurls, helmets, bibs, football gloves), and minimize sharing balls/sliotars. Players should take their training bib and any other items worn/used during training home to wash individually. Football gloves can be worn but borrowing gloves from another player is prohibited.
11. **Greetings:** Avoid high fives, handshakes, or other physical contact
12. **Travel:** If travelling to training by car it is recommended that you travel alone, or with a member of the same household. If travelling in a car with someone not in the same household all passengers should wear a mask and sit apart, following applicable public health guidelines. If using public transit all members should follow provincial and municipal government guidance in relation to travelling to facilities. At the time of writing, no travel outside your province for Gaelic Games activities is sanctioned by the CGAA. As travel restrictions loosen additional guidance will be provided with regards to participation in activities outside your home province/municipality/jurisdiction.
13. **Arrival and Departure:** Arrive to training fully prepared no more than 10 minutes before the start. Leave within 10 minutes of the end of Club activities
14. **Register at training:** Check in and confirm attendance with designated COVID-19 Safety Supervisor at every training session. Provide the Personal Health Assessment & Declaration

form included in Appendix B at the first training session. Inform the team's COVID-19 Safety Supervisor of any changes in circumstances before subsequent sessions.

15. **Education:** Participate in Club Education Programme online course on the GAA Learning website

4.6 PARENTS AND GUARDIANS

Parents and Guardians are required to adhere to requirements as set out in Section 4.5. They, together with coaches, are also responsible for ensuring children under their care act in accordance with section 4.5.

4.7 PROTOCOL FOR POSITIVE COVID-19 CASE

If during any phase of returning to Gaelic Games activities a player should test positive for COVID-19 the individual and the Club must follow the appropriate public health authority guidance. The steps include:

1. Participant tests positive for COVID-19 and contacts their Physician
2. Follow public health authority guidelines
3. Immediate removal from Gaelic Games participation for the individual and anyone in their home
4. Report to public health authority and follow their guidelines
5. Public health authority determines the communication protocol and tracing of all contacts
6. Cooperate on any necessary communication
7. To return to play the individual must provide a note from a physician or public health authority

Important

Should a Club member (or parent/guardian) that has been participating in Club activities inform the Club that they have been diagnosed with COVID-19, consent should first be sought from the individual in order to allow the Club to contact the public health authorities to seek advice on tracing and communication with other impacted participants. Explain that the any communication will not disclose the sick person's name.

Clubs need to be aware that there is a variety of public and private sector privacy legislation at the federal and provincial levels that govern the collection, use and disclosure of personal information.

Infected participants and people that they have been in direct contact within their training group will be precluded from training/games for up to 14 days to allow all persons to self-isolate, as required. After this period, individuals who are symptom free will be allowed to resume games in accordance with the current provincial and municipal public health guidelines and return to the Gaelic Games phase recommended by their Club. The previously infected individual must provide a Doctor's note to return to Club activities.

5.0 SAFE RETURN TO GAELIC GAMES – A PHASED APPROACH

5.1 PHASES FOR RETURN TO GAELIC GAMES

Clubs should return to training and playing games in a phased manner. The phases are listed below but dates are not included as these will depend on government restrictions in each Province.

Phase 1 (from June 21, 2020)

- Establishment of a training schedule following the guidelines outlined in Section 4 above with key guidelines including:
 - Non-contact activities only – e.g. aerobic exercise, skill development, strength and conditioning (no shared equipment)
 - 10 or less in groups (no changing participants between groups nor sharing of equipment between groups in a single session) - adhere to Government guidance on numbers
 - Maximum 4 separate groups on a full-sized playing area (145 m x 90 m)
 - No access to facilities beyond the playing field and washrooms
 - Parents/guardian to adhere to physical distancing when dropping off and collecting children (under the age of 18) for activities, and when standing on the side of the field if they are present during training
 - No spectators or bystanders allowed

Phase 2

- Reduced contact activities permitted in small groups
- Activities allowing some level of contact within small groups - adhere to Government guidance on numbers

Phase 3

- All forms of team and group training permitted within the Club
- Free movement of players during training activities including contact
- Return to normal practice
- Training matches within the club permitted
- Resumption of intra-club games/league
- Local in-province only club competitions commence
- All participants sanitize hands appropriately, at a minimum upon arrival and departure
- Followed local Government guidelines regarding types of facilities used

Phase 4

- Local in-province only club competitions commence
- All participants sanitize hands appropriately, at a minimum upon arrival and departure

- Followed local Government guidelines regarding types of facilities used
- Contact tracing is in place for all participants
- COVID-19 Safety Supervisor is in place and active, as required

Phase 5

- Return to inter-club, provincial, and interprovincial competition and resumption of normal club activities

The progression rate through the phases may differ in various jurisdictions and provinces as government recommendations are issued. The activities permitted in each phase will be re-visited and adjusted accordingly.

6.0 CONCLUSION

This CGAA Return to Gaelic Games Guidelines is a resource and guidance document that will be reviewed and updated periodically as across Canada we navigate the transition into an adjusted way of life that takes into account limiting the transmission of COVID-19 and seeks to mitigate further outbreaks.

We would like to take this opportunity to thank all of our CGAA members for engaging in our recent online Return to Play survey, which has informed this strategy and approach to returning to Gaelic Games here in Canada. We are cognizant that within our membership body there are varying degrees of comfort with returning to any communal and sporting activities and we encourage all of our members to move at their own pace and avail of their Club-based activities as they feel comfortable to do so. In particular, the Working Group, Peer Review and Communications group have been central to the development, review and communication of this first edition of this do.

This Return to Gaelic Games Guidelines document is current as at June 21, 2020, but applicable provincial and health authority guidelines in respect of protection from COVID-19 will take precedence.

7.0 APPENDIX A: HOW TO MITIGATE LIABILITY RISK

NOTE

THIS IS AN INFORMATION DOCUMENT PREPARED BY AN INDEPENDANT SPORTS RISK MANAGEMENT EXPERT. IT IS NOT AN OFFICIAL CGAA GUIDE OR PUBLICATION, BUT DOES CONTAIN AND EMPHASIZE PRACTICES CONSISTENT WITH CGAA PRIORITIES FOR HEALTH AND SAFETY

Amateur Sports and Coronavirus (COVID-19): How to Return to Play and How to Mitigate Liability Risk by Common Sense Risk Management Practices

- **Risk Warning:** Sports programs should disseminate information to all staff, coaches, players, parents, and spectators about the coronavirus risk and practices that should be undertaken to mitigate risks. Information should be disseminated by way of email, social media, coach talks, and public announcements.
- **Social Distancing:** All players, coaches, staff, independent contractors and spectators should practice social distancing of 6 ft. wherever possible, especially in common areas. Of course, this won't always apply to players while engaging in the sports activity.
- **Temperature Check:** Players and spectators should be asked to take their own temperature before leaving the house and they should stay at home with any reading of 100.4 F (38° C), or higher according to CDC definitions of reportable illnesses for contagious disease. The sports organization can assign a staff member to use an infrared non-contact forehead thermometer to take the temperature of all players and spectators before they enter the field/facility. Any reading of 100.4 or higher should result in a denial of entry.
- **Personal Protective Equipment (PPE):** All coaches, staff, and independent contractors should wear PPE such as facemasks and gloves whenever applicable. Players should wear facemasks in close contact areas and situations where applicable.
- **Spacing of Player Equipment:** Player equipment should be spaced accordingly to prevent close contact.
- **Limit Team Shared Equipment:** The use of team shared equipment should be limited whenever possible and should be sanitized after each use.
- **Water Fountains:** Should be closed with tape and signage stating that they are not to be used.
- **Concessions:** Concessions should be discontinued unless the sports organization is in a position to strictly enforce precautions. Precautions include 6 ft spacing markers in concession lines between customers; staff instructed to not report to duty if they don't feel well, have symptoms, or have a temperature; staff required to wear gloves and face masks; steps taken to prevent cross contamination; and frequent sanitation of all surfaces.
- **Rest Rooms:** Rest rooms should limit occupancy to one person at a time.
- **Spread Out Scheduling of Practice and Games:** There should be enough time between practices and games to allow one group to vacate the premises before the next group enters.
- **Hygiene/Hand Washing/Touching Face/Laundry:** Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. Facilities and sports organizations should provide hand washing and hand sanitizer stations and should schedule mandatory use at breaks. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.

- **Healthy Practices:** All players and coaches should practice healthy habits including adequate hydration to keep mucous membranes moist, consume a varied, vitamin-rich diet with sufficient vegetables and fruits, and get adequate sleep.
- **Cleaning/Disinfecting:** Sports Facility owners/operators and team staff should use disposable disinfectant wipes on all training areas, equipment, common areas, door handles, water fountains and bathrooms, etc. on a regular basis.
- **Self-quarantine:** Players, coaches, parents, or spectators with any symptoms should not attend any training sessions or competitions.
- **Water Bottles:** Water and sports drink jugs should no longer be provided by sports facilities or sports organizations. Athletes and coaches should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home after each time of use for cleaning and sanitation. Visiting teams should also bring their own water bottles.
- **No Handshakes/Celebrations:** Obviously with social distancing practices, players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- **Sports Organization Staff:** Many sports organizations are limiting staff exposure by limiting working at the office and non-essential travel. Staff is encouraged not to come into the office if they are not feeling well. Remote working from home is promoted as an alternative.
- **Returning from Out of Country:** Those returning from a country with ongoing COVID-19 infections should monitor their health and follow the instructions from public health officials.
- **Meetings:** Many sports organizations are cancelling in-person meetings and conferencing by telephone.
- **Conferences:** Many sports organizations are changing member conference participation from in-person to video.
- **Limiting Spectator Attendance:** Some sports organizations may choose to limit spectator risk by limiting attendance to essential staff and limited family members.
- **Coronavirus Warning Signage:** Post conspicuous signage at sports facility warning of coronavirus risks and what steps can be taken to reduce such risks. Here is some sample language that has been reviewed by unrelated legal counsel:
 - **Coronavirus Risk Warning**
 - It is suggested that seniors or others with compromised immune systems not participate in or attend this event due to risk of infection.
 - Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have fever, or don't feel well.
 - If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises.
 - All players, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible.
 - All players, staff, and spectators should wear PPE such as face masks whenever applicable.
 - Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided.
 - Avoid touching your face including your eyes, nose, and mouth.
 - Public restrooms should limit occupancy to one person at a time.
- **Waiver/Release:** Waiver/release agreement forms should be updated to address the risk of communicable diseases such as COVID-19 in addition to injury.

This good practice document is current as at May 20, 2020, but applicable Provincial and health authority guidelines in respect of protection from COVID-19 will take precedence.

8.0 APPENDIX B: RETURN TO GAELIC GAMES PERSONAL HEALTH ASSESSMENT & DECLARATION

Refer to Section 3.6 Privacy Matters for information about Personal Information Protection and Electronic Documents Acts) that collectively govern “the collection, use and disclosure of personal information” (“PIPEDA”).

Return to Gaelic Games Personal Health Assessment and Declaration

Should you answer YES to any of the below questions you should **NOT** attend training and before you return you should follow appropriate medical advice and guidelines.

NAME	
CLUB	
TEAM/CODE	

	QUESTION	YES	NO
1	Have you been diagnosed with or do you believe you may currently have COVID-19?		
2	Have you been in close contact (<2m for 15mins or more) with anyone who is SUSPECTED OR CONFIRMED to have the COVID-19 virus in the last 14 days?		
3	Have you had any of the following symptoms of COVID-19 in the past 14 days?		
	a Fever/High Temperature (over 37.5C)		
	b A new continuous cough		
	c Shortness of breath/breathing difficulties		
	d Loss of sense of smell, taste or distortion of taste		
	e Flu like symptoms, sore throat, or runny nose		
4	Have you returned to Canada from another country within the last 14 days? If yes, where from?		

If you have answered yes to any of these questions or if your temperature as recorded today is higher than 37.5°C, you should not attend training, stay home and consider contacting your GP by phone for further advice.

I confirm that I have not travelled from another country in the past 14 days, that I have not been in close contact with anyone who has been outside of the country in the past 14 days, that I have not been in close contact with anyone who is in self-isolation in relation to COVID-19 in the past 14 days, that I am not suffering from any COVID-19 symptoms nor do I believe for any reason that I have contracted the virus. I commit to advising management and excluding myself if this situation changes, (i.e., if at a point in the future, I would answer "yes" to any of the above questions). *To be signed by parent or guardian if under the age of 18

NAME	
SIGNATURE*	
DATE	

9.0 APPENDIX C: UPDATED CGAA WAIVER

Waiver updated June 17, 2020

To be completed by all CGAA Members, even if they have previously completed the waiver in 2020.

Updated waiver can be found on the CGAA website.

Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity Agreement (“Waiver Agreement”)

**CANADIAN GAELIC ATHLETIC ASSOCIATION, hereinafter referred to as the “CGAA”
WAIVER AGREEMENT**, to be signed by all Adults, participating in Gaelic Games in Canada,
including CO-ED Recreational Gaelic Games, (Football and Camogie).

Club Name: _____ Hereinafter referred to as the
“Club”

*** READ BEFORE SIGNING ***

IN CONSIDERATION of my participation in Gaelic Games, including participation in CO-ED recreational Gaelic Games and related activities and events, I HEREBY WAIVE AND RELEASE, indemnify, hold harmless and forever discharge the CGAA, Divisional Committees and the Club, its members, guests, employees, emergency volunteers, officers, directors, affiliates, successors and assigns (such parties collectively referred to as the “Released Parties”), from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities, of any kind and nature, whether known or unknown, in law or equity, that I have or may have, arising from or in any way related to my voluntary participation in Gaelic Games, including participation in CO-ED recreational Gaelic Games and related activities and events, even if arising from the negligence of the released parties; provided, however, that this waiver of liability does not apply to acts of intentional misconduct. I confirm that I am over eighteen (18) years old, and I understand and agree that:

1. The risk of injury from activities involving Gaelic Games, including participation in CO-ED recreational Gaelic Games is significant, including the potential for injury, paralysis, disability, fatality and damage to personal property, and while particular skills, equipment, and personal discipline may reduce these risks, the risk of injury does exist; and
2. I acknowledge and accept that the foregoing activities may also place me at risk for becoming exposed to or infected by COVID-19 or other infectious, contagious or transmissible viruses, bacteria, pathogens or other agents or contaminants or vectors of illness or disease all of which risks, conditions and outcomes I acknowledge and accept to be included, released, waived, assumed and indemnified by and as a part of this Waiver Agreement, in connection with which I further agree and undertake to abide by all standing health and safety mitigation practices, guidelines, guidance, rules, restrictions and risk warnings, including those as from time to time issued or amended by provincial health authorities and others; and
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES or others, and I ASSUME FULL RESPONSIBILITY for my participation; and
4. I agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual, significant hazard during participation, I will remove myself from participation and promptly bring such to the attention of the Club administrators
5. I certify that I have no physical or mental condition that would prevent me from safely participating in Gaelic Games, including participation in CO-ED recreational Gaelic Games, and I acknowledge that I am responsible to, and will, inform the club of any illness (including the onset or manifestation during or after participation of COVID-19 or other like symptoms) or medical condition I may have; and
6. If injury occurs in connection with the event, I agree that anyone who provides medical assistance to me shall not be liable even if by such medical assistance they increase the injury or cause additional injury or death; and
7. The CGAA requires the use of mouth guards in Gaelic Football, and requires the use of helmets with full faceguards in Hurling and Camogie. I understand that the use of mouth guards, helmets and faceguards may reduce the likelihood of injuries. Any questions I have asked have been answered to my complete satisfaction. I understand the risks of participation in Gaelic Games, including participation in CO-ED recreational Gaelic Games and related activities and events.

I have read, understand and fully agree to the terms of this waiver and release. I understand and confirm that by signing this waiver and release that I have given up substantial future legal rights, including the right to sue, and my signature is proof of my intention to execute a complete and unconditional waiver and release of all liability to the full extent of the law. I am signing this waiver and release freely and voluntarily without any inducement and under no duress or threat of duress. I hereby CONSENT to my participation in Gaelic Games, including participation in CO-ED recreational Gaelic Games, activities and related events.

Print Name: _____

Signature: _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Date of Birth (DD/MM/YYYY): _____

Email: _____ Phone #: _____

Club Secretary Name: _____

Date: _____

10.0 APPENDIX D: GUIDELINES AND PROTOCOLS INFOGRAPHIC



#ReturnToGaelicGames

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.

Published: June 21, 2020

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.

Published: June 21, 2020

11.0 APPENDIX E: RESOURCES

[Public Health Authorities in Canada](#)

[COVID-19 Information](#)

[Provincial & Territorial Resources](#)

[COVID-19 Awareness Resources](#)

[COVID-19 & Privacy](#)

[Travel Advisories](#)

[Proper Hand Hygiene](#)

[Disinfectants & Hand Sanitizers](#)

[Coaching Association of Canada](#)

[Public Health Authority Assessment Tools](#)

12.0 APPENDIX F: PROVINCIAL/TERRITORIAL GUIDELINES & RESTRICTIONS

[BC](#)

[Alberta](#)

[Saskatchewan](#)

[Manitoba](#)

[Ontario](#)

[Quebec](#)

[Prince Edward Island](#)

[Nova Scotia](#)

[Newfoundland and Labrador](#)