



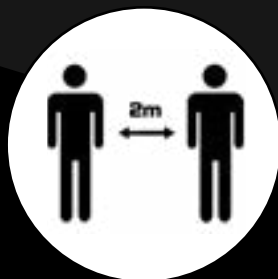
wgpa

# Return to Play Guidelines for Inter County Players

As Inter-county athletes, players must show leadership and take responsibility for their role in society, by continuing to follow standard precautions.



**Wash Hands Regularly**



**Social Distance**



**Avoid Touching Face**



**If you have a fever, cough & difficulty breathing, seek medical care early**



**Practice Respiratory Hygiene**

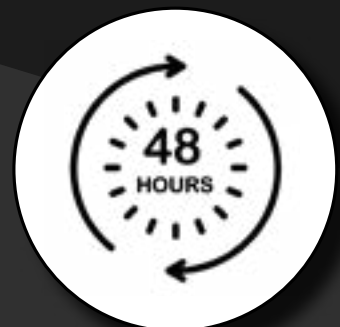
**All participants need to be aware that their activities, away from training or the field of play can impact on risk and therefore on the team as a whole.**



# Collective Training



- A player/staff member must complete a health questionnaire for each session.
- Players should travel to training individually, unless they are members of the same household.
- All warm-ups should be conducted outdoors. Indoor warm-up areas should not be used.
- Counties should leave a clear 48 hours between collective sessions.
- Collective training sessions are limited to no more than 3 per week (or 2 plus a game) for all Counties.
- Additional gym sessions are allowed, individually or in small groups.
- Masks should be worn at all times whilst indoors, to reduce risk of spreading COVID-19.



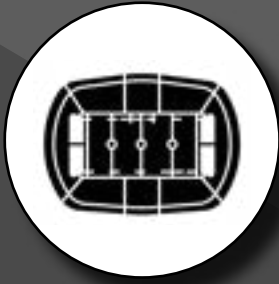


# The Gym



- Social distancing of 2m should always be maintained inside the gym building.
- Players should not share towels, water bottles etc.
- Frequent cleaning and wipe down of equipment & surfaces used.
- When spotting weights, face masks should be worn.
- Equipment should be used by 1 player at a time and cleaned between each use.
- Booking of time slots should be employed in order to enable safe management and recording of users in the facility.

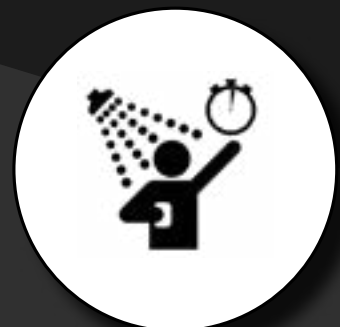


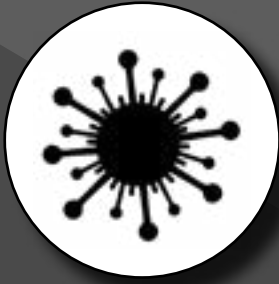


# Match Day



- Teams should meet no more than 3 hours pre-game.
- Masks should be worn at all times indoors - meetings, bus, dressing rooms and pitch-side for staff and substitutes.
- Time spent in the changing rooms & showers should be kept to a minimum.
- Ice Baths should not be used.
- For all meals, social distancing should be observed. Takeaway meals when possible.
- Teams should not stay overnight unless they are travelling more than 130 miles to a game.
- Where teams are staying overnight, all players and backroom personnel should be accommodated in single room.





# A Confirmed Case



If a player, match or team official displays positive symptoms he/she should refrain from further activities until the following steps have been undertaken:

Individual with symptoms contacts GP or Team Doctor – who arranges triage and testing if required



**Positive Test**



**Negative Test**

NO FURTHER ACTION (Player should be symptom free for 48 hours before returning to activity)

Contact tracing takes place by public health authorities who will determine who are close or casual contacts



Players/backroom personnel follow advice of Public Health if they fall into one of the below categories



Close Contact	Casual Contact
<ul style="list-style-type: none"><li>• Close Contact Will be Tested</li><li>• Will undergo active follow up from Public Health</li><li>• Should be contacted every day</li><li>• Telephone GP immediately if unwell</li><li>• Don't leave home unless necessary</li><li>• Avoid Travel (within or outside of Ireland)</li></ul> <p><b>GAA INVOLVEMENT – None until medical assessment and clearance to return</b></p>	<ul style="list-style-type: none"><li>• Passive Follow Up for 14 days</li><li>• Will be advised about their risk</li><li>• Should ring GP immediately if any symptoms develop</li></ul> <p><b>GAA INVOLVEMENT – As normal as long as symptom free</b></p>