

**Príomh Theachtaireachtaí do Bhainisteoirí, Lucht Oiliúna agus Oifigigh Foirne agus sibh ag Filleadh ar an Imirt.**

* Fanfaidh cuid mhaith den gcomhairle sa cháipéis seo mar a chéile amach anseo ach cuirfear athraithe agus coir nua in iúl duit de réir mar a thiteann siad amach.
* Dein an modúil oideachais ar-líne <https://courses.gaa.ie/Covid19ClubEd> a chur i gcrích sara bhfilleann tú ar thraenáil.
* Líon isteach an ceistneoir sláinte sara bhfilleann tú ar an gcéad sheisiún traenála.
* Má thagann athrú ar do stádas sláinte, cur in iúl don Maor Covid é ag an chéad seisiúin eile ina dhiaidh sin.
* Cloígh le h-amchlár cumainn dos na seisiúin traenála.
* Cloígh le dea chleachtais sláinteachais; nigh na lámha go minic, fan amach ó dhaoine, ná leag láimh ar do shúile, do shrón ná do bhéal, bíodh dea-chleachtas casachtaigh agus sraothartaigh i gceist.
* Cinntigh go bhfuil imreoirí ag úsáid a gcamáin aitheanta féin, a mbuidéil uisce féin agus ná bídis ag roinnt fearais ná áiseanna pearsanta.
* Má táthar ag plé le h-imreoir gortaithe le linn traenála, bíodh fearas pearsanta cosanta á chaitheamh i.e. cealltair, mitíní 7rl
* Caithfear gach píosa trealamh eile a ní agus a sciúradh roimis agus tar éis traenála.
* Beidh páirceanna imeartha oscailte do thraenáil do dhaoine fásta ón gCéadaoin an 24ú Meitheamh.
* Beidh páirceanna imeartha oscailte do dhaoine óga, mionúir agus fé-aois ón Satharn an 27ú Meitheamh.
* Déanfar na seisiúin ar dtúis ar an mbonn go mbeidh 15 imreoir in áit ar leith sa ghort. Tabhair fé ndeara, dála Cód Iompair CLG, gur cheart go mbeadh oiliúnóir amháin do gach ocht bpáiste F12 agus duine fásta amháin eile i láthair.
* Beidh an srian maidir le rannpháirtithe amháin ag seisiún traenála á mhaolú ón 29ú Meitheamh- ag braith ar threoir an rialtais maidir le huasmhéid 200 duine i láthair na páirce féin.
* Beidh traenáil iomlán (le teagmháil iomlán) agus cluichí dúshláin ceadaithe ón Luan an 29ú Meitheamh.
* Ní bheidh aon chead isteach i gclubtheach, seomraí feistis, citheanna go dtí go gcuirfear a mhalairt in iúl.

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**Key Messages for Managers, Coaches and Team Officials on Return to Play**

* Much of the advice in this document will remain the same going forward into future phases but updates and changes will be notified to you as they occur.
* Complete the online education module on <https://courses.gaa.ie/Covid19ClubEd> prior to returning to training.
* Complete the health questionnaire before the initial Return to Training
* Inform the Covid Supervisor of any change at subsequent sessions.
* Adhere to a club timetable for training sessions.
* Adhere to best hygiene practice; wash your hands frequently, maintain social distancing, avoid touching eyes, nose and mouth, practice respiratory hygiene.
* Ensure players are using their own individual labelled hurleys, water bottles etc.…no sharing.
* If dealing with an injured player during training wear appropriate PPE i.e. mask, gloves etc.
* All other equipment used must be sanitised before and after training
* Pitches open to adult training from Wednesday June 24th.
* Pitches open to Minor age category and all younger ages from Saturday June 27th.
* Training initially is on the basis of a maximum of 15 players in a designated area of the field. Please note that as per Code of Behaviour there should be 1 coach per 8 children in an Under 12 setting plus 1 other adult present
* Restriction on participants only attending training sessions to be relaxed from June 29th – subject to government specified maximum of 200 people in the ground.
* Full contact training and challenge games can resume from Monday 29th June.
* No access to clubhouses, changing rooms and shower areas until further notice.