**Príomh Theachtaireachtaí do Thuismitheoirí/Caomhnóirí agus Imreoirí.**

* Caithfidh tuismitheoirí/caomhnóirí agus imreoirí an modúil oideachais ar-líne a chur i gcrích.

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* Cloífidh tuismitheoirí/caomhnóirí agus imreoirí le treorachta Covid-19 laistigh dá réimse féin agus ar mhaithe le sláinte agus sábháilteacht a gcomhghleacaithe.
* Tá freagracht ar thuismitheoirí/caomhnóirí na himreoirí fé aois a thabhairt chun traenála (as a chéile seachas i gcás baill teaghlaigh) agus iad a bhailiú i ndiaidh seisiúin nó cluichí fé aois.
* Maidir len iad a fhágaint ann agus len iad a bhailiú, tá an prionsabal “buail isteach, dein do thraenáil agus gaibh amach” i bhfeidhm. Bíodh amanta na seisiún ana shoiléir.
* Sara dtosnaíonn an seisiún, ba chóir do thuismitheoirí/caomhnóirí agus imreoirí an ceistneoir caighdeánach féin-riartha sláinte a líonadh. (“Ceistneoir Sláinte/Health Questionnaire”- beidh seo clúdaithe i modúil ar-líne CLG)
* Ní gá an ceistneoir seo a líonadh ach aon bhabhta amháin, roimis an chéad sheisiún ar fhilleadh ar thraenáil duit.
* Roimis gach seisiún, caithfidh tuismitheoirí/caomhnóirí na n-imreoirí fé aois, chomh maith le himreoirí fásta a n-ainm a chur le dearbhú ná fuil a stádas sláinte athraithe.
* Ná glac páirt sa tseisiún má tá aon cheann des na comharthaí sóirt seo ort:
  + Teocht os cionn 37.5°C
  + Fiabhras
  + Casachtach
  + Scornach Thinn
  + Laige ginearálta
  + Giorra anála
  + Athrú sa bholadh nó sa bhlas
* Caithfidh gach imreoir taisteal astu féin, seachas baill den gclann chéanna.
* Caithfidh gach imreoir tiargáil aige baile, strapáil bindealáin san áireamh.
* Ní bheidh aon tseomra feistis oscailte, agus ní bheidh aon chith ar fáil dá réir.
* Ní bheidh cead buidéil uisce a roinnt. Caithfidh gach imreoir a mbuidéil fhéin a bhreith leo agus lipéad aitheanta bheith ar gach buidéal.
* Caithfidh gach tuismitheoir/caomhnóir agus imreoir cloí le treoracha na Maor Covid ins an chumann.

** Key Messages for Parents/Guardians and Players.**

* Parents/Guardians and Players must complete the online education module.

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* Parents/Guardians and Players shall ensure compliance with COVID-19 guidelines within their own area and for health and safety of their colleagues
* Parents/Guardians are responsible for dropping underage players (separately, except family members) to, and collecting underage players from, training sessions or games.
* For drop off and collection, the principle of “get in, train and get out” will apply. Training times will be clearly identified.
* Prior to commencing training, parents/guardians and players should complete the self-administered standard risk assessment health questionnaire. (“Health Questionnaire” - this will be covered in the Gaelic Games online education module)
* This self-administered questionnaire will need to be completed only once, prior to initial return to training.
* Parents/guardians of juvenile players as well as adult players must sign declaration that health status has not changed before each training session.
* Do not attend training if any of the following symptoms are present:
  + Temperature over 37.5°C
  + Fever
  + Cough
  + Sore throat
  + General weakness
  + Shortness of breath
  + Change on taste or smell
* All Players are required to travel separately, exception for family members.
* All Players are required to change at home, including any strapping to be applied.
* There will be no dressing rooms open, therefore no showers.
* No sharing of drinking bottles, all players must bring their own individual and clearly labelled water bottles.
* All Parents/Guardians and Players must abide by the instructions of the Club Covid Supervisors.