

COVID-19

SAFE RETURN TO TRAINING

SAFE RETURN TO TRAINING UPDATE No.1



This guidance applies to training sessions and does NOT allow for match play scenarios in a competitive or non competitive setting.

IN THE NETS	ON THE FIELD	MULTIPLE ZONES
<p>Maximum 4 people (for under-16s, this is 1 coach and up to 3 players).</p> <p>Nets should continue to be used in a way that maintains social distancing and on an 'every other net' basis – so if a club has a two-bay net they can reopen one of those bays, if they have a three-bay net, they can reopen bays one and three (leaving the middle lane closed) and so on.</p>	<p>Maximum 6 people (for under-16s, this is 1 coach and up to 5 players).</p> <p>Small group activity (fielding sessions/bowling etc.) should be conducted in a controlled environment.</p> <p>Groups should be led by an individual who will assume responsibility for the activity and facilitate contact tracing, should it be required.</p> <p>Groups should act independently, there should be no interaction between groups.</p> <p>Start and finish times of different groups should be staggered to allow appropriate flow and minimise congregation of people.</p> <p>Keep group session to 45 to 60 mins – Shorter duration sessions will likely reduce risk.</p> <p>A parent/guardian must accompany any child/children to the venue, and are not expected to provide supervision of the child if the child/children are attending a club supervised coaching session or an organised training session being supervised by club representatives.</p>	<p>Maximum 6 people (for under-16s, this is 1 coach and up to 5 players).</p> <p>Government guidance states that there should be no more than 15 persons (ROI) / 10 persons (NI) within a facility training at one time.</p> <p>In ROI for sports with large outdoor space (such as sports pitches) twice the government guidance number is permitted as long as there is sufficient space to allow the groups maintain social distancing. Zones will need to be configured to ensure groups adhere to government standards.</p> <p>In NI the government guidance number is 10 persons per pitch/facility.</p> <p>Multiple groups should only be onsite if the club has sufficient space to maintain social distancing.</p> <p>Groups should act independently, there should be no interaction between groups.</p>

GET IN >>> TRAIN >>> GET OUT

EQUIPMENT	PROTECT	PROTOCOLS
<p>Personal equipment should be sanitised before and after use.</p> <p>Equipment sharing should be avoided. If unavoidable, the appropriate cleaning protocol should be followed before and after use.</p>	<p>Consider the age and health of participants and recommend against high-risk individuals participating in training or competition.</p>	<p>All other protocols remain in place and must be adhered to.</p> <p>With special attention to hand hygiene before, during and after sessions.</p>



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance