



LGFA/ GAELIC 4 GIRLS 'RETURN TO PLAY'



Covid-19 Guidelines on Safe Return to Gaelic Games

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Ladies Gaelic Football Association of New York ("the LGFA") has put in place preventative measures to reduce the spread of COVID-19; however, the LGFA/ Gaelic 4 Girls cannot guarantee that you will not become infected with COVID-19. Further, participating in LGFA/ Gaelic 4 Girls activities and attending LGFA/ Gaelic 4 Girls activities could increase your risk of contracting COVID-19.

The roadmap contained in this document outlines and defines a set of recommended minimum practices for the reintroduction of activities in a methodical manner which preserves player and community safety. The objective is to advise members and clubs on how a resumption of activities can best be achieved in a controlled and safe manner. The resumption of activity and the timing of progression between the various phases outlined may be influenced by factors outside the control of the Association. The guidelines, protocols and recommendations within the document are capable of evolving and staying abreast of changes in federal, state, and local governments and federal and state health agencies policies and developments within the Association.

The priority at all times must be to protect the health and welfare of all those involved in Gaelic Games and to minimize the risk of transmission within the wider community.

The Ladies Gaelic Football and Gaelic 4 Girls are community based, and volunteer-led organisations for the promotion of Gaelic sports and culture. Participation is voluntary; players, mentors, referees and club officers may choose to opt-in or opt-out from activity at any level at their discretion.

Unless and until a vaccine or antiviral medication is available, there will be a risk associated with COVID-19. Public Health guidelines may prevent the participation of vulnerable groups. We would encourage all others, but particularly those who may consider themselves in a vulnerable category, to seek appropriate contemporary advice and perform a personal risk-benefit analysis before deciding whether to re-engage in their chosen activity.

Under New York State classification Ladies football is categorized as a high-risk sport,

• Higher risk sports and recreation activities are characterized by:

- **Least ability** to maintain **physical distance** and/or be done individually;
- **Least ability to:** (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all;

Examples of higher risk sports activities include: football, wrestling, ice hockey, rugby, basketball, contact lacrosse, volleyball, martial arts, competitive cheer & group dance, and other sports and recreation activities with similar abilities to maintain physical distance and/or limit exposure to shared equipment prior to such equipment being cleaned and disinfected.

Types of Play/training allowed on initial return July 13 onwards:

Individual or distanced group training or activities

Organized no/low-contact group training

Resumption of full contact training and activities can happen when local government classifications of high risk sports allows



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Section 1: Medical Information:

1. Background Information

COVID-19 is a viral infection which is highly infectious and contagious. COVID-19 disease is caused by infection with a virus, technically named SARS-CoV-2 virus, is a newly identified (novel) virus and the seventh (7th) Coronavirus known to infect humans. The resulting viral illness is referred to as COVID-19 disease. This virus is in the same coronavirus family as Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV or SARS) and Middle East Respiratory Syndrome Coronavirus (MERS-CoV or MERS), which caused the two previous coronavirus epidemic outbreaks, and have similar physical and biochemical properties and comparable transmission routes as COVID-19.

There is no effective treatment or vaccine. Most people infected with the COVID-19 virus will experience no symptoms or mild to moderate respiratory illness and recover without requiring special treatment. Those who are infected may be infectious for 48 hours before symptoms appear. Based on current knowledge, younger healthy people are less likely to develop severe symptoms. However, if infected, they may spread the disease to their families, friends, colleagues, and teammates.

2. Transmission of Virus

COVID-19 viral disease is most likely spread from person to person through:

- when an infected person coughs or sneezes
- close contact with an infected person while they are infectious
- touching surfaces that are contaminated by droplets coughed or sneezed from an infected person and bringing your unwashed hands to your face.

3) Staying Safe - 5 Rules to Follow

Safe return to contact sports is the personal responsibility of each player and backroom member.

- (1) Wash your hands frequently clean your hands wash them with soap and water (for 20 seconds).
- (2) Maintain social distancing. Observe social distancing guidelines (currently 6 feet).
- (3) Avoid touching eyes, nose and mouth.
- (4) If you have fever, cough and difficulty breathing, seek medical care early. Call your doctor and follow their instructions.
- (5) Assessing Risk/Vulnerable Groups. (Over 70, diabetes, uncontrolled asthma, cancer treatment etc)

For further Medical information use the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://coronavirus.health.ny.gov/protect-yourself-and-your-family-coronavirus-covid-19>

<https://www.gaa.ie/api/pdfs/image/upload/dbrquujnn6bwinpfl1u0.pdf>



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Section 2 – CLUB PREPARATIONS FOR A SAFE RETURN

1. Preparing facilities if available

Preparation of facilities Dressing Rooms, Showers, Bathrooms, Stands, Hand rails. Hand gel dispensers will be at the entrance to all GAA pitches and located throughout the facility.

Bathrooms to have regular cleaning programs with daily deep disinfection in place.

Appropriate signage should be placed at the entrance of Club facilities, in car parks, at the entrances of toilets and pitch side. These signs should be clearly visible and easy to understand. Signs should emphasize the recommended social distancing rules (6 feet apart), hand hygiene, respiratory hygiene, avoidance of personal contact, shaking hands and spitting, etc. Covid-19 posters and resources are available here: <https://learning.gaa.ie/covid19resources>

If training is occurring at a park or public facility the club should ensure adequate access to hand sanitizer for use during training and ensure appropriate use of face coverings prior to commencement of training sessions or when Social distancing cannot be maintained.

2. Covid Supervisors for Gaelic Games

- Each club will be required to assign a COVID supervisor per team. The role of the COVID Supervisor is to ensure the health and safety regulations for the GAA club's return to play policy is followed. A breakdown of the role and responsibilities can be found in eLearning module. Clubs should notify the appropriate Secretary with the name and contact details of each Covid Supervisor. For adult(Margaret Kelly) Secretary.lgfany@gmail.com Gaelic 4 Girls (Mairead Kelleher) nyg4gsecretary@gmail.com

The COVID supervisors will be required to complete the online eLearning module and send a copy of their certificate to their club secretary. Club secretary in return will provide a copy of teams COVID SUPERVISORS certificates to the appropriate secretary as outlined above and to Micky Quigg micky.quigg.gdm.newyork@gaa.ie

Covid Supervisors will be on duty at all training sessions and games and will be known to all coaches, parents and players involved with that team.

- a) Distributing and collating player and backroom Health Questionnaires before initial training session and correlating any updates with subsequent sessions
- b) Ensuring sanitizing of facilities is completed before and after each training session of game (e.g. Toilets, door handles etc.)
- c) Maintaining records of attendees and groupings of players during the training session in the event contact tracing is required.



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Section 3 – Information for Players & Team Personnel

1) Completion of eLearning Module for all adult players and over 17 players and team personnel. Parents of Children 17 and below should also complete the module for their information. <https://courses.gaa.ie/Covid19ClubEd/#/>
Upon completion of the course players/parents should send a picture or copy of their certificate to the club secretary. All Club officers and County Board Officers should also complete the module and send certificate of completion to County Secretary Adult: Margaret Kelly Secretary.lgfany@gmail.com and Gaelic 4 Girls: Mairead Kelleher nyg4gsecretary@gmail.com

This eLearning module aims to inform those involved with GAA, LGFA and Camogie Clubs on the safe resumption of Gaelic Games activities. By the end of this module, participants will be able to:

1. Understand the background to the return of Gaelic Games guidelines
2. Recognise the essential medical information on Covid-19
3. Adhere to protocols for a safe return to Gaelic Games
4. Summarise basic information for Players, Team Personnel and Parents/Guardians
5. Interpret the activities in the Safe Return Roadmap

The module should be completed by anyone entering Club facilities especially Players, Team Personnel, Parents/Guardians. The module takes 20 minutes to complete but can be taken at any time on any laptop or mobile device.

Participants must declare on their Health Questionnaires that they have completed the module and noted the latest information available at learning.gaa.ie/covid-19.

The module can be accessed at <https://courses.gaa.ie/Covid19ClubEd>

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2) All players, coaches and team mentors are required to complete the attached Health Questionnaire prior to attending first training session. The Health Questionnaire should be returned to the Covid-Supervisor. It is the responsibility of everyone attending a training session or game to check their temperature prior to arrival at training session and must notify Covid Supervisor if there are any changes to health Questionnaire. If found to have a fever i.e. temperature greater than 98.6F should not attend a training session and should consult their MD. For players U-18 and below the Parent/Guardian should complete the Health Questionnaire and be responsible for the temperature check prior to training. It is recommended that each club have a thermometer available (touch free) if someone has been unable to do a temperature check prior to a session.

3) **All players over 18 and parents/ guardians of minors will be required to sign a waiver to commence play. Our insurance doesn't cover COVID 19. You will not be allowed to enter the training field or field of play without it signed.**

4) Players/Coaches/Mentors are asked to abide by Hygiene best practice (Covered in Section 1)

5) Adherence to Social Distancing and reducing contact to a minimum (Covered in Section 1)



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- Frequent hand washing, sanitizing, and regular cleaning/disinfecting of gear and equipment.

- No shaking hands to the opposing team or referee at the start or at the end of the game
 - No spitting, team huddles, sharing water bottles, touching high contact surfaces (e.g. door handles)
- 6) No access to changing rooms and No indoor meetings. *Individuals are 19 times more likely if inside compared to outside to transmit the virus* Players will be asked to arrive togged off
- 7) Team talks and huddles before, at half time and after games must be kept to a minimum with social distancing adhere to.
- 8) If a club player/member develops symptoms of COVID-19 (Coronavirus), the player should not attend a training/ game, and will need to self-isolate immediately and seek medical advice. Also notify the club and the club should notify the LGFA New York or Gaelic 4 Girls Board ASAP.
- 9) Water bottles: No disposable bottles will be allowed. No mixing of water bottles. Players should have their own bottle and clearly marked with player's name.
- 10) We encourage masks to be worn at all times, when social distancing cannot be adhered to.

4) Useful Links

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://learning.gaa.ie/covid19resources>