

Be Responsible. Be Safe.



Phase 3 is extended
until **August 10th**

From phase 3, you can travel anywhere in Ireland

The return of sport should be gradual but inclusive at the same time

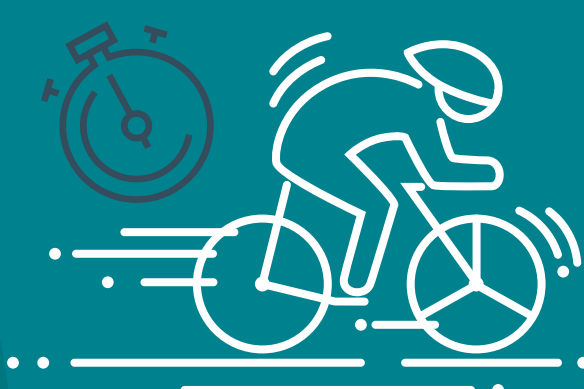
The return to competition should be slow with consideration for the period of training completed prior to any scheduled matches/competitions

The risk of injury will be high for athletes, especially high performance and professional athletes

Minimising the spread of Covid-19 and the occurrence of injury will be critical

Covid-19 measures should be incorporated into all competition/procedure documents to form a normal part of the sports delivery

Athletes should not be penalised if they wish to opt-out of training at this stage in the Roadmap



Considerations for participation in sport by people with disabilities & older people

Whilst mitigating the risk of Covid-19 is more challenging for those who require assistance in their sport participation, steps should be taken including:

Consider **DATE**:

- D** Distance
- A** Activity
- T** Time
- E** Environment



Ensure daily symptom checks

Limit the number of participants

Limit the duration of the activity

Consider the contact (proximity, direct touch, equipment sharing) and minimise where possible.

Train outdoors

Avoid slipstreams where possible



PPE

Consider the use of PPE for assisting the participant (for example, if they require assistance getting onto a bike). It is accepted that the use of PPE during sporting activities is not generally advised, however its use is promoted outside of field of play, where guidelines suggest.

Summer Camps

There are three key points in relation to the operation of summer camps from June 29:



1 NUMBERS

The restriction on numbers ('15') is lifted. However, we advise caution as **additional personnel** will be required to monitor risk arising from Covid. Additional consideration should be given to the **safeguarding** recommendation (under 12s ratio 1:8, 12s and over ratio 1:10). The availability of space will be a factor in the numbers of participants.



2 INDOOR

Summer camps can utilise **indoor facilities** for summer camps. However, this must be done under strict protocol and acknowledging the **extra risk associated** with indoor activity. The numbers accommodated for outdoor activity should give consideration for the necessity to move indoors at some point during the day (weather dependent).



3 CONTACT

Summer camps may allow a certain degree of contact in their activity in the sporting context. Organisers should observe **good contact protocols** off the field of play and **be aware of the intensity, duration and nature of the activity** that involves contact.

