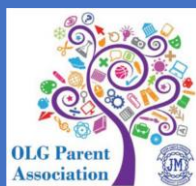


## Covid-19 Guidelines for OLG PA Sports – Nov 2020



OLG PARENT ASSOCIATION

Sport	Indoor / Outdoor	Type	Status	Location
Hockey	Outdoor	Contact	Return asap	Hockey Pitch
Outdoor Soccer	Outdoor	Contact	Return asap	Hockey Pitch
Tennis	Outdoor	Non Contact	On Hold	Tennis Courts
Gymnastics	Indoor	Non Contact	On Hold	Halla
Basketball	Indoor / Outdoor?	Contact	On Hold	Yard
Athletics	Indoor / Outdoor	Non Contact	On Hold	Hockey Pitch?
Indoor Soccer	Indoor	Contact	On Hold	Halla

**Contact sport** is an activity, particularly a team activity, in which by participating you are coming into close contact with others as part of competing or taking part in that activity e.g. basketball, Soccer & hockey

**Non-contact sports** – activities in which you can comfortably maintain a 2 metre distance from others while participating e.g. running & tennis

#### Key Points

- No person (child, parent or coach) should attend an event if unwell or any members of their household are unwell with symptoms consistent with COVID-19. Supervisors should observe children for symptoms and they should ask parents to declare that their children are symptom free.
- Social (Physical) distancing, hand hygiene and good respiratory etiquette should be observed by all (children, parents & coaches).
- Each training session will have a designated COVID-19 Compliance Officer who is the point of contact that all parents and children are aware of. Ideally this will be the Sports Coordinators.
- Use of the 'OLG Team App' for ease of communication, check-in & record keeping

Our absolute priority for the coming season is the health and safety of OLG players, coaches and parents. To that end we will be implementing a range of measures:

- All players and coaches are required to fill out the online Participant Health Declaration Form. This must be completed by parents/guardians in the 24-hour period prior to attending your training session. Players who turn up to their training without having submitted the Health Declaration will not be permitted to join the training session.
- Parents will be advised that they are obliged to inform OLG PA Sports if they, or their child, develops any symptoms of Covid by emailing [olgpasports@gmail.com](mailto:olgpasports@gmail.com).
- There will be check-in stations at the beginning of every training session for roll call, and hand sanitizing for every player, parent volunteer and coach before they enter the pitch
- Avoid sharing of water-bottles. Each child should bring their own water-bottle clearly labelled with their name. No food will be permitted at the training session.
- Where physical distancing is not possible, face coverings should be worn by coaches, officials and parent volunteers
- In line with government guidelines, we request that no parents / spectators attend the session. We also advise that parents at drop off and pick up adhere to government social distancing guidelines.
- As much as possible, try to maintain social distancing of 2 metres between children.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. Suggest alternative ways of celebration or greetings that don't involve contact.

### **Training Levels**

- Training has been divided by the HSE into 5 grades with varying risk associated with each. We recommend that all OLG sports start gradually with Grade 1, 2 and 3 with an option to review during the year.
  - **Grade 1 – practicing sporting drills, skills and exercises at home with only family present**
  - **Grade 2 – team or group based practice within your community practicing drills, skills etc, without physical contact between participants**
  - **Grade 3 – competition within your team/activity group which involves physical contact such as a practice match during your weekly training involving only people from your own team**

- Grade 4 – competition involving physical contact between different teams/groups from the same geographical area, for example from the same county
- Grade 5 - competition involving physical contact between different teams/groups from different geographical areas, for example different counties or provinces

### **Contact Tracing Measures**

- A log of all children and spectators attending every session, with contact information for contact tracing purposes must be recorded to enable contact tracing, should it be required.
- This log should be electronic and should be completed in advance where possible.
- The designated COVID-19 Compliance Officer should ensure that the information recorded in advance on the log is accurate each day.
- There should be a system in place where this log is updated in real time for any necessary changes, for example if a child's parent is unable to accompany them at short notice and they are accompanied by a different person, this should be updated on the online log in real time.
- This log should be readily and quickly accessible for contact tracing purposes.

### **Communication with parents and children**

- Communicate all new measures and rules which will need to be implemented related to COVID-19 with parents in advance of resumption of any activities. Ensure that parents and children understand what measures are obligatory.
- Ensure that parents and children are fully aware of all symptoms of COVID-19. The most common signs and symptoms of COVID-19 are available on the HSE website.
- Ensure all parents understand the need to immediately self-isolate for 14 days and to phone their doctor in the event of onset of any COVID-19 signs or symptoms or to restrict their movement if they have had recent close contact with a highly suspected or confirmed case of COVID-19.

### **Managing a child, parent or spectator with COVID-19 symptoms**

- **The designated COVID-19 Compliance Officer should take charge of the management of any persons with COVID-19 symptoms.**
- **The person with COVID-19 symptoms should be immediately separated and taken to the facilities station.**
- **Ask this person to wear a face covering if possible or if available provide them with a facemask.**
- **The designated person managing the situation should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.**
- **Provide the ill person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste.**

- **If they are well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their general practitioner by phone of their symptoms.**
- **If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the sick person is suspected to have COVID-19.**
- **If the ill person has a positive test for COVID-19, a Public Health medical team will perform a risk assessment to determine the appropriate containment and mitigation measures which includes the identification of close contacts as per national guidance.**

## **Hockey**

**Location:** Hockey Pitch - Our Lady's Grove Secondary School

**Facilities:**

- A hand sanitising, attendance / medical check station will be installed at the entrance to the field of play.
- Participants will also be advised to bring their own hand sanitiser.

**Check In / Medical Check:**

- The Covid Compliance Office will be responsible for Check-In
- Only children who have completed the medical check 24 hours before the training session will be allowed to attend.
- Attendance will also be monitored and full records will be available should this information be needed for contact tracing.

**Training Guidelines:**

- Training group sizes and limitations will be determined by the COVID-19 level of restrictions.
  - For level 2 / 3 /4 /5 that is groups of 15 including the coach.
  - 3 groups of 15 on one hockey pitch
- Individual groups must remain in separate areas of the pitch at all times.

**Equipment:**

- Players may touch on-field and coaching equipment but should disinfect their hands immediately afterwards.
- Players should minimise the amount of equipment they bring to the field.
- Essential personal equipment (e.g. water bottle, hand sanitizer) should be kept separate from other players in a designated area.
- Communal bibs should not be used. Players will be asked to bring a white or blue (tracksuit top) to the session to allow team division.
- All coaching equipment & goalkeeping equipment should be stored and isolated for a minimum of 72 hours between sessions
- Currently there are no interclub leagues planned but if they proceed a member of the coordination team will take home all jerseys and wash them for the next session.

## **Soccer**

**Location:** Hockey Pitch - Our Lady's Grove, Secondary School

**Facilities:**

- A hand sanitising, attendance / medical check station will be installed at the entrance to the field of play.
- Participants will also be advised to bring their own hand sanitiser.

#### **Check In / Medical Check:**

- The Covid Compliance Office will be responsible for Check-In.
- Only children who have completed the medical check 24 hours before the training session will be allowed to attend.
- Attendance will also be monitored and full records will be available should this information be needed for contact tracing.

#### **Training Guidelines:**

- Training group sizes and limitations will be determined by the COVID-19 level of restrictions.
  - For level 2 that is groups of 15 including the coach
  - 3 groups of 15 on one hockey pitch
- Individual groups must remain in separate areas of the pitch at all times.

#### **Equipment:**

- Players may touch on-field and coaching equipment but should disinfect their hands immediately afterwards.
- Players should minimise the amount of equipment they bring to the field.
- Essential personal equipment (e.g. water bottle, hand sanitizer) should be kept separate from other players in a designated area.
- Communal bibs should not be used. Players will be asked to bring a white or blue (tracksuit top) to the session to allow team division.
- All coaching equipment should be stored and isolated for a minimum of 72 hours between sessions
- Currently there are no interclub leagues planned but if they proceed a member of the coordination team will take home all jerseys and wash them for the next session.

## **Tennis**

### **Location:**

- Tennis Courts – Our Lady's Grove, Secondary School

### **Facilities:**

- A hand sanitising, attendance / medical check station will be installed at the entrance to the tennis courts.
- Participants will also be advised to bring their own hand sanitiser.

### **Check In / Medical Check:**

- The Covid Compliance Office will be responsible for Check-In.
- Only children who have completed the medical check 24 hours before the training session will be allowed to attend.
- Attendance will also be monitored and full records will be available should this information be needed for contact tracing.

### **Training Guidelines:**

- Following advice, Tennis Ireland is recommending that no more than 6 players can operate as a pod per court. An exception would be for red ball courts where up to 8 players can operate as a pod.
- Individual groups must remain in separate areas of the court at all times.
- A coach or instructor may oversee more than one pod and should be counted in the overall numbers. The coach should not move freely between pods but rather oversee the activity of the pods

### **Equipment:**

- Players may touch on-field and coaching equipment but should disinfect their hands immediately afterwards.
- Players should minimise the amount of equipment they bring to the field.
- Essential personal equipment (e.g. water bottle, hand sanitizer) should be kept separate from other players in a designated area.
- All coaching equipment (rackets) will be disinfected & stored by the coaches after the session.