

It's really important to remember now, as things open up further, that **personal responsibility** and your own **judgement** are more important than ever



From phase 3, you can travel anywhere in Ireland



The return to training and competition should be on an opt-in basis



Participants must take personal responsibility & decide whether they are happy to return



Contact permitted, but should be limited to training and competition only



Strict physical distancing protocols should be in place outside the field and adhered to at all times



Limiting our social interactions is crucial to preventing the spread of the virus



If you are over 70 or medically vulnerable, please use your judgement to decide how best to apply public health advice

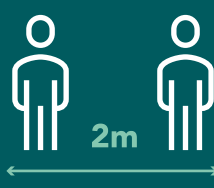
## WE MUST CONTINUE TO ACT RESPONSIBLY AND WORK TOGETHER



Wash your hands



Practice good cough & sneeze etiquette



Stay 2 metres away from others



Avoid crowds



Know the symptoms