RETURNING TO SPORT HAS BOTH PHYSICAL AND MENTAL HEALTH BENEFITS FOR CHILDREN

Benefits include developing new skills, achieving goals, feeling part of a team and staying healthy by building a strong immune system to fight off infection.

When returning to sport after not playing for a while, a gradual reintroduction is advised.

To avoid injuries, increase the length/intensity of the session incrementally each week.



TO KEEP EVERYONE SAFE WHILE TRAINING

Complete your **pre-training Covid questionnaire** from your club



Do not share **transportation** with those outside your household

Children should arrive, train and leave in their **training gear**

Plan ahead - bring a change of gear/tops in case you get wet

Participants should wash their hands before and after training & pack hand sanitizer



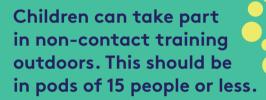


Maintain **physical distancing** from teammates, coaches and other players when taking breaks and before after training

No high fives, handshakes, fist bumps, or hugs

Minimise sharing sports equipment when possible







Stay hydrated - bring your own **water bottle** clearly labelled with child's name

Jerseys or bibs should not be swapped during a training session

Bring your own equipment – including helmet, mouth guards and towels

Everyone should **cover coughs and sneezes** with a tissue or use the inside of their elbow



Face coverings or masks should be worn by coaches, officials, parents and volunteers

No person (child, parent, coach or volunteer) should attend a training session if:

- they, or any members of their household, are unwell with symptoms consistent with COVID-19
- they are deemed a close contact or awaiting a PCR test result



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