

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.

TOP TIPS

TO KEEP EVERYONE SAFE WHILE TRAINING



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



Follow all instructions from the club's Covid officer

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

Children can take part in non-contact training outdoors. This should be in pods of **15** people or less.



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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