

Guidelines for the Return of Sporting Activities-GSLA Facilities

(Updated 29th June, 2020 for the purposes of Phase 5- Unlock the Rock)

Group Dynamics/Sizes:

- No more than 20 persons per allocation (inclusive of coaches etc)
- Facilities will be divided/segregated in order to maximise use of larger spaces
- Groups to keep to their pre-determined areas-no crossing of players from one area to another.
- Staggered ingress and egress to avoid gatherings
- Use of pre-arranged allocations **ONLY**
- Records of individual in each group to be kept by Governing bodies for contact tracing purposes. These should only be kept for 10 days from the date of the allocation/session in question and destroyed after this time period has elapsed unless they are also used as for example, a record of competitions with scores etc. If used for the latter internal policies on data collection to be implemented.

Activity Criteria

- No small sided games permitted
- Attack v Defence drills permitted (contact to be kept to a minimum).
- Individual skill drills permitted
- Individual physical training permitting
- Tactical drills where social distancing can be achieved permitted

Equipment:

- All sporting equipment to be sanitised by users at the start and end of the session. Users/associations to provide sanitiser for this purpose (balls/racquets etc)
- No sharing of equipment
- Personal equipment only (i.e table tennis/badminton/hockey) - no use of generic developmental equipment permitted at present where feasible. In the case of ball sports i.e. netball/basketball/volleyball and others, balls to be sanitised at the start and end of the session with players to keep using the same ball as far as reasonably possible. Activities should account for this where possible.

NO SPECTATORS ALLOWED. THOSE RUNNING JUNIOR SESSIONS PLEASE INFORM PARENTS/GUARDIANS TO DROP CHILDREN OFF AT ENTRY POINTS.

Consideration can be given for allowing spectators in exceptional circumstances and for specific events. Associations must request this in writing