

## **Key measures to note from September 21 to October 22 include:**

### **General**

- Do not show up to participate, coach, manage, referee, or work at a venue/workplace if you are unwell - check with your GP first and get tested if in any doubt.
- Only team players, match officials and support staff are allowed in dressing rooms for a maximum period of 15 minutes.
- Wear face mask in all indoor settings.
- Sanitize your hands regularly.
- Observe 2 metre social distancing in dressing rooms and all indoor facilities at all times.
- Clear signage is to be displayed on capacities and spacing in dressing rooms.
- Hand sanitization stations to be placed at each dressing room entrance.
- A clear flow management plan for dressing rooms to be in use.
- Practice good coughing and sneezing etiquette.
- Showers are best avoided if possible in the transition period.
- If shower use is unavoidable, only use every second cubicle/shower head with a maximum of 5 minutes allowed in the shower.
- A COVID-19 Risk Assessment must be carried out by all clubs in advance of any resumption of training/matches and/or facility reopening.
- FAI Risk Assessment Template can be found here - [FAI Risk Assessment Template](#)
- The Risk Assessment must be reviewed in advance of training/matches returning, dressing rooms reopening and kept up to date at all times.

### **Indoor Training**

- Indoor training is permitted in pods of six players and maximum two coaches up to October 22.
- Indoor training areas for each pod must measure a minimum of 96 square metres.
- A buffer zone two metres wide must exist between each pod where multiple pods of six players are training.
- All indoor training areas must be suitably ventilated at all times.
- Multiple training sessions can take place concurrently once venue is big enough.
- Players and coaches do not have to be vaccinated to train indoors.
- Hand sanitizer must be available at all indoor training areas.
- Spectator numbers are limited to the venue's social distancing guidelines.
- All spectators must adhere to 2 metre social distancing.
- In relation to Gyms and Training Facilities within clubs, these may operate in line with the broader permissions for indoor facilities.
- Appropriate protective measures and COVID protocols should be in place.

### **Additional Guidance**

- Since the emergence of COVID 19 football has developed and implemented a wide range of protocols and protective measures to limit the transmission of COVID 19 and ensure the safety of participants, volunteers, staff and spectators.
- As mandatory restrictions unwind football should continue to manage COVID-19 on the basis that it will likely continue to be constantly present into the foreseeable future.

- Football should seek to maintain overarching structures and basic protective measures throughout the Winter season.
- These include the use of COVID 19 Officers, recommending symptomatic individuals do not participate in or attend sporting activities, the ongoing promotion of good respiratory & hand hygiene along with the wearing a face coverings in relevant settings and considering indoor space densities and duration of indoor activities.

#### **Transport To and From Activities & Events**

- While Public transport is operating at full capacity, Private Coach Tour activity is limited at 75% capacity with protective measures.
- Football clubs/league organising transport to/from events should implement private Coach Tour capacities (75%).
- Protective measures such as physical distancing, mask wearing etc. should also be implemented.
- In line with the return of public and private transport participants may wish to return to the use of carpooling.
- Private transport carrying those not yet vaccinated or of mixed immunity should be aware of the higher risk. The use of appropriate face coverings is recommended.
- If carpooling consider use of a pod system in which the same participants pool together for all activities.