

Re-opening of Changing rooms,

- To minimise the use of the changing rooms & reduce congregation of team's, users should arrive to training/matches dressed in their sports gear and should be encouraged to shower at home.
- A maximum of eighten people while maintaining a 2 metre distance should be allowed into the changing rooms, this should be implemented by the team coach.
- Coaches, please keep a record of the pods of eightent people, for each training/match session.
- A maximum of 12 minutes is allowed per pod of eighten in each dressing room. This should be timed by the team coaches.
- On occasion the Knocknarea Arena maybe at full capacity, teams/coaches will have to wait their turn.
- Changing rooms will be available to all institute teams ~~for now~~ and ~~not for~~ external groups i.e. Both female & male teams.
- If a positive case is identified the changing rooms may need to be closed- in-line with the covid-19 guidelines.
- To improve ventilation, -open windows or- a door (subject to privacy)
- Coaches are asked to promote hand hygiene; mask wearing and ensure social distancing where possible.
- No bags/gear to be left in the changing rooms at any time (away teams should leave the gear back to their buses, once changed)
- Physio will be allowed in the changing room, once the team have left the changing room, and have gone to the playing pitch it is permitted to have one person in the changing room with the physio for a maximum of ten minutes, the covid response team have asked this rule please be always respected.

Please sign below that your team/coach are willing to comply and operate within these conditions,

The rules will change, within compliance of Covid-19 guidelines.

Signature_____ Date_____