

GUIDELINES FOR PARENTS & GUARDIANS

KEY POINTS

- ✓ The measures outlined in this guidance are aimed at risk minimisation of COVID-19, for young people, coaches, other staff, their families and the wider surrounding community, recognising the importance of physical health and wellbeing.
- ✓ No person (child, teacher or parent) should attend a physical activity setting if unwell or any members of their household are unwell with symptoms consistent with COVID-19.
- ✓ Social (Physical) distancing, hand hygiene and good respiratory etiquette should be observed by all (children, coaches, parents and other staff).
- ✓ This guidance should be read in conjunction with the Government Roadmap for the reopening of society to correspond with national policy

BEFORE UCD HOCKEY YOUTH ACADEMY

Parents/Guardians must share this information, in an age appropriate manner, with their child including awareness as to the signs and symptoms of COVID-19 and of social/physical distancing guidance. <https://www2.hse.ie/conditions/coronavirus/symptoms.html>. A parent/guardian or a child displaying any of the Covid-19 symptoms must not attend the UCD Hockey Youth Academy.



PARENT/GUARDIAN SHOULD

- ✓ Agree to the Covid-19 Declaration Form upon registering your child
- ✓ Seek medical advice if their child has underlying health conditions
- ✓ Ensure that the UCD Hockey Youth Academy Coordinator is made aware of any medical condition that their child may have including any medication the child may be required to take during the day or any changes in their child's medical condition from what is recorded in the initial health questionnaire completed by the parent/guardian
- ✓ Ensure if any relevant information contained in the health questionnaire, including the Parent's contact details, change from day to day
- ✓ Continue to monitor their child's temperature before each day at UCD Hockey Youth Academy
- ✓ Inform the UCD Hockey Youth Academy Coordinator of any change of their child's temperature or health
- ✓ Ensure their child has washed their hands prior to arriving to UCD Hockey Youth Academy.
- ✓ Ensure their child arrives togged and ready for activity.
- ✓ Ensure child has appropriate clothing i.e. rain jacket, sun cream etc



- ✓ Ensure their child has their own water bottle, marked with the child's name
- ✓ If deemed appropriate provide their child with their own hand sanitiser (at least 60% alcohol) labelled

DURING UCD HOCKEY YOUTH ACADEMY ACTIVITY

No person or child should attend any day of the UCD Hockey Youth Academy if they are unwell or members of their household are showing symptoms consistent with Covid-19.

To accommodate all children in a structured, safe manner and in accordance with social distancing guidelines, the following measures will apply:

- ✓ Camp Coaches will remain with each group/pod for the week duration. Groups will be in designated Pods of 15 participants and two coaches: 8:1 ratio.
- ✓ General Covid hand sanitation regulations will be followed.
- ✓ No sharing of water bottles will be permitted.
- ✓ Equipment will be cleaned before and after every clinic regularly.
- ✓ Outdoor activity measures will apply following guidance from our National Governing Bodies; we will allow all children to have physical contact as per these National Governing Bodies and government regulations when it is permitted
- ✓ Briefly passing someone in a hallway is very unlikely to contribute significantly to spread of infection if people do not have physical contact and avoid internal discussion.
- ✓ Children will be encouraged/supervised in hand hygiene before and after outdoor activities.
- ✓ Parents should adhere to the social distancing guidelines when approaching registration areas and drop off/collection points.
- ✓ When collecting your child avoid any physical contact with camp instructors, other parents and other children.

PARENT/GUARDIAN SHOULD INFORM THEIR CHILD THAT THEY:

- ✓ Must refrain from shaking hands, high fives and spitting.
- ✓ Must wash their hands and use hand sanitiser prior to and post going to the toilet.
- ✓ Must use their own water bottle, labelled with the child's name.



AFTER UCD HOCKEY YOUTH ACADEMY COORDINATOR

- ✓ Parents should collect their child if they are in 4th, 5th & 6th Primary school from the designated collection area
- ✓ Parents/Guardians must leave with child('s) immediately after UCD Hockey Youth Academy Coordinator has concluded



HOW TO MANAGE A CHILD WITH COVID-19 SYMPTOMS

- ✓ If at any time during activity or UCD Hockey Youth Academy your child displays sign or symptoms of Covid-19, as the parent/guardian the UCD Hockey Youth Academy Coordinator will phone you.
- ✓ The UCD Hockey Youth Academy Coordinator will along with one other adult accompany your child to the isolation room, while adhering to the social/physical distancing guidelines
- ✓ The parent/guardian will transport the child home and should consult with their GP by phone of their child's symptoms
- ✓ All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case)

Disclaimer

This educational resource only summarises some key points for the Safe Return Guidelines for physical activity.

