



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

# THDC Return to Activity Protocol

## Contents

1	Background .....	2
2	Transmission of Virus .....	2
3	Symptoms .....	2
4	Staying Safe and Personal responsibility .....	3
5	Assessing Risk/Vulnerable Groups .....	3
6	Safe Return to Gaelic Games .....	4
7	Procedures for THDC Meetings and Hearings .....	4
8	Appropriate venue for THDC Meetings .....	5
9	Personal Protective Equipment (PPE) .....	5
10	Attendance of GAA e-learning COVID course .....	6
11	Health Questionnaire .....	6
12	Appendices .....	7
12.1	Appendix 1 – Sample Health Questionnaire .....	7

## 1 Background

COVID-19 is a viral infection which is highly infectious and contagious. COVID-19 disease is caused by infection with a virus, technically named SARS-CoV-2 virus. The resulting viral illness is referred to as COVID-19 disease. There is no effective treatment or vaccine. Most people infected with the COVID-19 virus will experience no symptoms or mild to moderate respiratory illness and recover without requiring special treatment. Those who are infected may be infectious for 48 hours before symptoms appear. Based on current knowledge, younger healthy people are less likely to develop severe symptoms. However, if infected, they may spread the disease to their families, friends, colleagues, and teammates.

THDC are a vital part of the Camogie infrastructure, and in line with An Treoir Oifigiul Part V operate to hear and adjudicate on transfers, appeals and objections; investigate breaches of the Official Guide; and take disciplinary action when necessary.

## 2 Transmission of Virus

COVID-19 viral disease is most likely spread from person to person through:

- when an infected person coughs or sneezes
- close contact with an infected person while they are infectious (in particular by spending more than 15 minutes of face-to-face contact within 2 metres of an infected person or living in the same house or shared accommodation)
- touching surfaces that are contaminated by droplets coughed or sneezed from an infected person and bringing your unwashed hands to your face

## 3 Symptoms

It can take up to 14 days for symptoms of COVID-19 to appear. Individuals may have no symptoms but have the virus and pass the infection to others. Virus shedding appears to be highest at the time of symptom onset and just before the onset of symptoms.

**Common symptoms** of coronavirus include:

- a fever (high temperature of 37.5° C or above)
- a cough - this can be any kind of cough, not just a dry cough
- shortness of breath or breathing difficulties
- loss of sense of smell (anosmia)
- loss of sense of taste (ageusia) or distortion of sense of taste (dysgeusia)

**Less common symptoms** of coronavirus include diarrhoea, aches & pains, conjunctivitis, rash and chilblains on fingers/toes

## 4 Staying Safe and Personal responsibility

### 1. **Wash your hands frequently**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water (for 20 seconds). Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

### 2. **Maintain social distancing**

Observe social distancing guidelines (currently 2m) and keep this distance between yourself and others, especially anyone who is coughing or sneezing. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including COVID-19 if the person coughing has the disease.

### 3. **Avoid touching eyes, nose and mouth**

Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

### 4. **Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. If using tissues, you should dispose of the used tissue immediately and wash your hands. By following good respiratory hygiene, you protect the people around you from all viruses such as cold, flu and COVID-19.

### 5. **If you have fever, cough and difficulty breathing, seek medical care early**

CALL YOUR GP. DO NOT VISIT THE DOCTOR'S SURGERY OR GAA FACILITY. Stay home if you feel unwell. Follow the directions of your GP and public health service. This will protect you and help prevent spread of viruses and other infections.

## 5 Assessing Risk/Vulnerable Groups

Current public health guidelines have identified groups who are vulnerable. The most common categories are below (full list available at [Vulnerable Groups](#)):

- Age over 70 years (even if fit and well)
- Undergoing treatment for cancer
- Chronic lung disease or Asthma (uncontrolled)
- Diabetes, cardiac disease, high blood pressure or obesity

Members who have a concern regarding personal higher risk, or a family member / household contact with higher risk, should discuss the situation with their before making a decision on whether to return or not.

## 6 Safe Return to Gaelic Games

The GAA Roadmap has indicated that it is safe to return to activity; when games return it will be necessary to facilitate the return of THDC at county, provincial and national level.

For the safe return of THDC there are a number of precautions that must be taken, and policies adhered to. It is important to note that the choice to return is personal and this remains as opt in or opt out. If you choose to return, you will be accepting a personal responsibility to take precautions against the spread of this disease.

All information is based on current health advice (from HSE covering 26 counties and NHS covering 6 counties) and is subject to change. Currently 6 counties (under NI Executive advice) is following a slightly different roadmap and this should be taken into consideration when organising meetings and hearings. It is imperative that all members of the Camogie Association follow current government guidelines within their jurisdiction.

## 7 Procedures for THDC Meetings and Hearings

All meeting and hearings should be held in accordance to An Treoir Oifigiúil IV, Disciplinary Code and THDC Mandatory procedures.

The minimum number of THDC members should attend meetings to reduce the risk of spreading the disease. If there are insufficient members of the THDC available the unit chairperson can nominate temporary members for co-option to the Committee (IV, Rule 1.2 (g)).

In line with rule the Chairperson and Secretary of each THDC must arrange meetings at suitable locations taking into consideration the travelling time of its members and those coming before the committee (IV, Rule 1.2(b))

All attendees of the meeting will be required to complete the GAA e-learning COVID training and a health questionnaire (details below). For GDPR reasons questionnaires will be stored securely and destroyed 3 weeks after the meeting.

The minutes should have a record of all those in attendance of the meeting along with their contact details. This allows for traceability. If someone who has attending the meeting develops symptoms or tests positive for COVID-19 within 3 weeks after the meeting, it is their responsibility to contact the THDC secretary or acting secretary who will inform all those in attendance.

All correspondence about the meeting/hearing should make all those in attendance aware that if they develop symptoms within 3 weeks after the meeting they must make the secretary aware immediately. This should also be made clear in the opening statements of each meeting/hearing.

## 8 Appropriate Venue for THDC Meetings

All clubrooms currently remain closed as part of the GAA Roadmap. They will open in time, and advice re dates etc. will be provided to all units in due course. The guidance below should be implemented in relation to any/ all venues chosen to hold THDC meetings/ hearings. The venue for THDC meetings and hearings should be an appropriate size to allow for 2m social distancing between all those in attendance. Adhere to Government limit of 50 people in any indoor area from 29th June to 20th July. Consider numbers for boardroom, theatre, tables, standing and other types of set up. Highlight assessed capacity on signage and do not exceed agreed capacity. Consider customising a larger room such as a hall for larger meetings or training. The room should be well ventilated, and the meeting should be held for as short a time as possible. The venue should be private with a separate waiting room for the individual called in front of the THDC. There should be access to cleaned toilet facilities. Avoid self-service tea/coffee breaks, condiments should be serviced in individual single use sachets.

At the beginning of every meeting or training session the meeting organiser should communicate relevant health and safety advice and provide details of control measures in place to attendees including self-responsibility. Ensure public health guidelines displayed in the selected venue in areas such as the entrance of the venue, toilet areas and car park. These signs should be clearly visible and easy to understand. Signs should emphasize the government recommended social distancing rules (2m at present), hand hygiene, respiratory hygiene, avoidance of personal contact, shaking hands.

Clean down room after use with attention to:

- Tables, chairs, and light switches
- Equipment such as laptops or watercoolers
- Ensure cleaning equipment such as disinfectant wipes are readily available

## 9 Personal Protective Equipment (PPE)

- **Hand gel dispensers**

Hand dispensers should be provided at the entrance/exit and the toilet area. It is also good practice to provide tissues and appropriate disposal bins.

- **Toilets**

Toilets must be regarded as potentially contaminated areas. Ventilation is important, doors and windows should remain open in so far as is reasonable and appropriate. Basic hygiene etiquette adapted to the circumstances should be promoted: for example, use of elbows to open doors, and using paper towels to turn taps on and off. On exit of toilet, use hand sanitizer.

- **Face coverings**

Face coverings are not a requirement but if any attendee of the meeting has the choice to wear for the duration of the meeting.

- **Travel**

Try to walk, cycle or drive own transport to the venue; only share with someone from the same household and avoid the use of public transport.

## 10 Attendance of GAA E-learning COVID Course

There is a requirement for all those attending a THDC meeting to complete the GAA e-learning COVID course and the certificate of completion should be given to the THDC secretary or acting secretary via text message, email or paper copy.

## 11 Health Questionnaire

On the day of any THDC meeting or hearing, and until further notice, players, all members of the attending THDC members and attendees of meeting should complete the self-administered standard risk assessment health questionnaire. Symptoms such as fever, cough, sore throat, general weakness, shortness of breath, and change in taste or smell will be identified. Each participant is also advised to check & record their temperature on the health questionnaire. The presence of symptoms, or temperature over 37.5°C precludes attendance. In such circumstances, the individual should telephone their GP for advice and management. The person should inform the THDC secretary or acting secretary and not attend the meeting.

The THDC secretary or acting secretary will collect the paper copies of these questionnaires and store them securely for 3 weeks. These documents will then be destroyed 3 weeks after the meeting.

For a sample questionnaire see Appendix 1.

## 12 Appendices

### 12.1 Appendix 1 – Sample Health Questionnaire



## THDC Health Questionnaire

Name:		
Date:		
Contact Number (if under18 please provide contact number of parent/guardian):		
Have you been diagnosed with or do you believe you may currently have COVID-19?	Yes	No
Have you had any of the following symptoms of COVID-19 in the past 14 days?	Yes	No
Loss of sense of smell, of taste or distortion of taste	Yes	No
Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days	Yes	No
High temperature (over 37.5°C)	Yes	No
New unexplained shortness of breath	Yes	No
A new continuous cough	Yes	No

If you have answered **YES** to any of these questions or if your temperature as recorded today was over 37.5°C, you should stay at home and contact your GP by phone for further advice.

Do not attend the THDC meeting/hearing and contact the THDC secretary or acting secretary by phone or email as soon as possible.

Signed\* \_\_\_\_\_

(\*if under the age of 18, this should be signed by a parent/guardian)