



SPÓRT ÉIREANN
SPORT IRELAND

Stay Local

It is vital that we all continue to observe the public health guidance & take personal responsibility



Always maintain **physical distancing**



Wash your hands well and often



Cover your mouth and nose with a tissue or bent elbow when coughing or sneezing



Limit your contact with others when out and about



Avoid crowded areas. If an area looks busy, go somewhere else or return at a quieter time



Meeting other people: You may meet up to 6 people from outside your household both indoors and outdoors for social gatherings



You may travel within your **own county**, and up to **20k from your home** if crossing county boundaries



Groups of up to 15, including trainers and coaches, may return to **non-contact outdoor training activity** (but not matches) while maintaining physical distancing at all times



High performance athletes resume training at agreed locations around the country

