

For any athlete, coach, practitioner or Parent on Duty living with an individual who has been deemed to be high risk/vulnerable (and who may have been recommended to cocoon/shield), the following best practice guidelines (based on HSE/PHA guidance) should be adhered to:

- Follow advice on social distancing, hand hygiene and respiratory etiquette at home. If you are unable to maintain social distancing, you may be required to wear a face covering when in the same room as the individual who is at risk/cocooning/shielding
- Spend the least amount of time possible in shared rooms (e.g. kitchen, sitting areas, etc.)
- Keep shared spaces well ventilated, where possible
- Separate towels should always be used, including hand towels and kitchen towels
- Clean cutlery, dishes, and pans thoroughly after each use
- Any shared objects (e.g. door handles), surfaces (e.g. kitchen worktops) or rooms (e.g. bathroom) should be cleaned after each use

As with all COVID-19 related issues, your GP should be the primary point of contact around any additional advice or practices that you may need to adhere to while living with someone who is deemed an at risk individual, or who has been recommended to cocoon

For individuals who are concerned that a return to a club/training environment may place a high risk person within their home environment at a higher risk because of this, such individuals should make their own decision as to whether a return to club activity/training is appropriate at that time