



25/03/2020

GI Club Secretaries

RE: UPDATE 4 – Coronavirus/Covid-19

Dear Members,

As per to the governments announcement yesterday of enhanced measures to combat the spread of the Coronavirus/Covid-19 you will be aware that present restrictions on social movement have been extended and enhanced until 19th April 2020. The government has also stated that all non-essential retail outlets are to close to members of the public and provided a list of essential retail outlets that may operate inline with social-distancing protocols. It is clear in this context that Gymnastics Ireland clubs must remain closed and undertake no club-based activity until we are provided further instruction from the government.

You will also be aware yesterday that the IOC announced the postponement of the 2020 Olympic Games until 2021. Following this announcement Sport Ireland Facilities and the Sport Ireland institute informed us that they will be closing as of today. Both had remained open until recently and had been operating an enhanced screening/access policy to service the Tokyo 2020 team only however with the games now postponed there is no longer the need to do the same and all athletes based at campus are being sent home as of today.

We appreciate clubs have concerns re their competitive gymnasts and the effect that no normal club based training will have on their development however it is clear we must focus on the wider public health agenda and play our part by staying apart as our government requires us to do. The focus for our competitive gymnasts now must be to safely maintain fitness levels only at home.

The Sport Ireland Institute has issued all National Governing Bodies of sport with guidelines. We have included the relevant excerpt for clubs below which we require all clubs to follow...

Guidelines for safe home training for athletes

It is important to note that during this time, it is recommended that training intensity be lowered to reduce the risk of injuries and illnesses. It may prove very difficult to access proper assessment and diagnostic imaging for injuries at this time, as well as increasing your risk of contracting COVID-19 whilst visiting healthcare facilities. For urgent cases there will be access to x-ray. Mindful of the huge pressure on the healthcare system, all athletes are requested to minimise their risk of injury or illness.

When prescribing or advising on maintaining training load we need to be really mindful around "safety" not just in the context of exposure to COVID19 but also the risk involved with any new forms of training. The health care system is going to be under pressure. Our ability to access diagnostic imaging and specialist opinion is going to be severely limited. There is a heightened risk around training in a new environment and new equipment. PLEASE DO NOT TAKE RISKS'

We are aware many clubs are engaged in online tutorials for their members. While we want to continue to encourage promoting physical activity and maintaining an appropriate level of fitness we must advise clubs that are engaged in this activity to ensure that they are not promoting any dangerous activity or activity that could risk unnecessary injury. In the interests of full clarity the GI insurance programme does not extend to home or outdoor activities and is built solely for club based/GI national activities. As matters progress we

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are continuing to liaise with our insurance providers Marsh to ensure that our insurance programme reflects the reality of the situation we are facing and will of course update clubs accordingly.

Finally we are confirming that the scheduled May National Series event is cancelled. We will be reviewing the position re our June events following government guidelines/requirements by end of April.

As ever we will continue to monitor the situation and communicate directly with our clubs should there be any further developments.

Yours Sincerely,

A handwritten signature in black ink, appearing to read "C. Gallagher", written in a cursive style.

Ciaran Gallagher
Chief Executive Officer

Cc: GI Board
GI Staff

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