



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

