



Keep Walking, Keep Well

As part of the Keep Well campaign Sport Ireland have partnered with Get Ireland Walking and six National Governing Bodies of Sport, to see sports facilities with walking paths open their gates, to support looking after people's wellbeing and especially their mental health at this time. <https://www.sportireland.ie/national-governing-bodies/news/wellbeing-at-the-forefront-of-new-walking-initiative>. The initiative is thanks to the Government's Healthy Ireland Keep Well campaign, with the benefit of Sláintecare funding and Sport Ireland partnership.

The opening up of walking routes attached to community and club facilities is being facilitated to allow people of all ages and abilities to have a safe place to walk. The initiative includes walking routes belonging to the GAA, IRFU, Hockey Ireland, Athletics Ireland, Cricket Ireland, and the FAI.

To date, over 200 clubs have signed up for this initiative and we would like to encourage more clubs to take part. Clubs can sign up to the initiative by choosing any six week period that suits them.

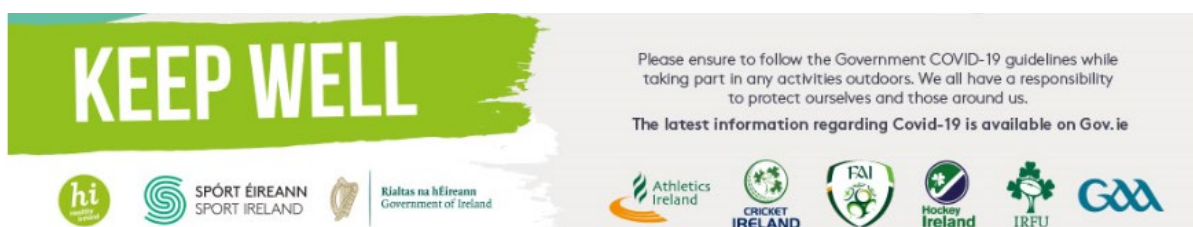
An app has been developed by *Get Ireland Walking* specifically to allow management of walking slots and this is now open for people to book their slots. Clubs who are participating in this initiative have specific allocated times and days detailed on the app. Walkers must register for their walking slots on this app for both public health and insurance purposes.

It is vital that clubs abide by public health guidelines and take every due diligence to ensure those who want to enjoy a walk at their local grounds can do so safely. Any additional training or activity taking place on clubs grounds must be in adherence with existing Government guidelines. Gatherings of people at facilities or carparks is not permitted.

The NGB will offer funding to clubs to support this walking initiative to assist with the provision of equipment or resources that might be needed, for example a contribution towards cost of lights, insurance, signage the purchase of hi-vis vests, cones, hand sanitizers, masks, etc.

How do clubs get involved?

- Clubs must register on the Get Ireland Walking (GIW) website – <https://getirelandwalking.ie/keepwalkingkeepwell/>
- Clubs must complete the registration fields as requested.
- Clubs must indicate a six week period when they will run the initiative (Between July 1st and October 30th).
- Clubs must also indicate what times they will open their walking routes for participants to walk as part of the initiative. (E.g. Tuesday 10-11am and 8-9pm)
- The names of your Group Coordinator and Volunteer Walk Leaders that you input into your registration form will be covered by public liability insurance once you've nominated a club contact to be the GIW coordinator.





- Once your club has successfully registered on the GIW Website, your club will then be added to the list of clubs on the GIW App.
- The GIW App is refreshed daily at 1pm. This App allows for walkers to book their walking slot and allows for contact tracing should that be necessary.

Guidance for clubs

- All participating clubs must have a designated walking route/area on their grounds.
- All participating clubs must register on Get Ireland Walking website (<https://getirelandwalking.ie/keepwalkingkeepwell/>).
- As part of this initiative, clubs must indicate designated times that walkers can book a walking slot. If clubs wish to open their walking facilities at other times for community/club members to walk outside of this initiative, they are free to do so.
- Get Ireland Walking has recommended a maximum of 50 people per hour be permitted on a standard walking track surrounding a pitch - this limit is automatically set on the App.
- A one-way system should be in place on the track for walkers.
- Hand sanitisation station(s) should be placed at the entrance of the track.
- The carpark and walking track should be the only elements of the club facilities open to members/the public engaging in this initiative.
- Clear signage should be made available to indicate the following:
 - a) No gathering of people is permitted.
 - b) Any additional training or activity taking place on clubs grounds must be in adherence with existing Government guidelines.
 - c) Covid-19 health guidelines of 2m social distancing must be followed.
- Clubs should have the following in place :
 - a) A club safeguarding statement,
 - b) A club children's officer in place;
 - c) Coaches and volunteers are Garda vetted;
 - d) Clubs should have a Covid-19 safety statement.

Guidance for participants

- All walkers must adhere to existing public health Covid-19 guidelines.
- All walkers should book their slot, or have a slot booked on their behalf, using the GIW App.
- Children must always remain with parents/guardians.

