

Return to Sport and Physical Activity

Considerations for People with Disabilities

As the country is opening back up you may be considering returning to sport or physical activity. Remember it is **YOUR CHOICE** to return if you are happy and feel comfortable to do so.



Consider **D A T E**



Distance

Try to follow physical distancing where possible and limit your direct contact time with others.



Activity

Make contact ahead of the session to ask any questions or requirements you or your PA may have about the planned activities.



Time

Arrive in time ahead of the session and talk to the instructor to make yourself comfortable. Limit your time around groups of people outside of the session.



Environment

Make contact ahead of the session to check the facilities are accessible, safe and suitable to meet your needs. Some spaces within facilities/gyms or sports halls may be changed and equipment may be moved to allow for physical distancing. Consider which environment you would feel most comfortable in e.g. indoors or outdoors activities.

You Should Also Consider ...

- Don't be afraid to ask for support to make your experience comfortable and enjoyable.
- Keep an eye on websites and social media to familiarise yourself with what is planned for the activity and don't be afraid to contact them to ask any questions you may have.
- Consider the use of PPE for yourself or your PA.
- Take personal responsibility and consider your own risk and circumstances.
- If you have an underlying medical condition it is important to discuss your return to sport and physical activity with your GP.
- If you are unable to return to sport and physical activity, remember there are many ways to stay active at home.

For more information please visit caracentre.ie/fact-sheets

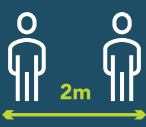
**WE MUST CONTINUE TO ACT RESPONSIBLY
AND WORK TOGETHER**



Wash your hands



Cough & sneeze into your elbow



Stay 2 metres away from others



Avoid crowds



Know the symptoms