



SOP for resumption of sports activity
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Background

- ❑ **Training activities stopped in SAI from 17th March 2020**
- ❑ **A nationwide lockdown announced on 24th March 2020**
- ❑ **Ministry of Youth Affairs & Sports have given permission for sports activities**
- ❑ **Standard Operating Procedure (SOP) to kickstart sports activities**

Principles for the resumption of sport activities

- **Compliance with Government guidelines on health, social distancing and hygiene**
- **To be based on objective health information to ensure safe conduct**
- **Consultation with local authorities**
- **To be inclusive for all stakeholders**
- **Graded resumption**

Scope and Coverage

- **All athletes**
- **All technical and non-technical support staff involved in sports activities irrespective of the organisation they represent**
- **All administrative staff at training centre**
- **All hostel and facility management staff**
- **All visitors to the centres**

Guiding Principles for resumption of training

1

Implementation of necessary precautionary measures at the centres

2

Education and sensitization of athletes and staff

3

Categorisation of sports and precautions for each category

4

Continuous monitoring and management of protocols

Measures to be implemented prior to resumption of operations

□ COVID Task Force

□ Hygiene Officer

□ Disinfection of premises

□ Education and sensitization of athletes and other stakeholders

Implementation of necessary precautionary measures at the centres

- **Protocols and precautions for training**
- **Precautions for gymnasium/physiotherapy room**
- **Precautions at Medical Centre**
- **Sanitization at centre**

Implementation of necessary precautionary measures at the centres

- **Security procedures at entry gate**
- **Sanitization and precautions at common places/utilities**
- **Precautions for residential trainee and staff**
- **Additional Protective measures**

Categorization of sports

CATEGORY A	CATEGORY B
Non-contact sports	Minimal/Medium contact sports
Description	
Individual sports with no or minimal requirement for physical contact or Equipment Sharing	Mostly team sports where equipment is usually shared
Examples	
Archery, Shooting, Fencing, Athletics, etc.	Cycling, Football, Hockey, Volleyball, Basketball, Handball etc.
	Indirect contact – Weightlifting, Lawn Tennis, Badminton, Table Tennis etc.

Categorization of sports

CATEGORY C	CATEGORY D
Full contact sports	Water sports
Description	
Individual sports (all combat sports) which require mandatory physical contact during training or competition	Individual or team sport which require presence in water body, albeit without swimming activity
Examples	
Boxing, Judo, Wushu, Karate, Taekwondo, Wrestling etc.	Canoeing, Sailing, Rowing, etc. No swimming shall be permitted

Details of precautionary measures per category are given in SOP

Continuous monitoring and management of protocols

- **Monitoring of athletes/ support staff/ management staff**
- **Managing a suspected COVID-19 case**
- **Managing a confirmed COVID-19 case**

Key Do's – Athletes

S.No.	Do's
1	Educate oneself of precautionary measures
2	Change at respective rooms before and after sports activities
3	Practice hand hygiene at regular intervals
4	Maintain distance of minimum 2 metres from other individuals at all times and at all places
5	Shower before physiotherapy/ massage

Key Do's – Athletes

S.No.	Do's
6	Immediately inform medical personnel if experiencing any illness and avoid activities
7	Use face masks at all times except during sports activities
8	Exit training facility as soon as training ends
9	Use Aarogya Setu app

Key Do's – Coaches and support staff

S.No.	Do's
1	Educate oneself of precautionary measures
2	Practice hand hygiene at regular intervals
3	Maintain distance of minimum 2 metres between athletes and other staff at all times and at all places
4	Ensure disinfection of equipment shared by athletes before and after every use

Key Do's – Coaches and support staff

S.No.	Do's
5	Immediately inform medical personnel if experiencing any illness and avoid activities
6	Use face masks while near athletes/ other staff at any common area
7	Use Aarogya Setu app
8	Ask athletes if they are feeling ill before each session and report all cases & report all cases

Key Do's – Physiotherapist

S.No.	Do's
1	Educate oneself of precautionary measures
2	Sanitize hands prior to treatment
3	Wear facial masks during treatment
4	Use disposable gloves for treatment
5	Disinfect every surface used during treatment after session
6	Use Aarogya Setu app

Key Do's – Medical personnel

S.No.	Do's
1	Sterilise medical room furniture twice every morning
2	Perform weekly check-up of all athletes and staff
3	Provide weekly report to doctor-in-charge
4	Screen all patients entering medical centre

Key Do's – Medical personnel

S.No.	Do's
5	Train security staff on thermal testing
6	Ensure social distancing is practiced in the waiting area
7	Wear necessary PPE gear while handling suspected Covid-19 cases
8	Use Aarogya Setu app

Key Do's – Administrative Staff

S.No.	Do's
1	Educate oneself of precautionary measures
2	Practice hand hygiene at regular intervals
3	Wear masks while around athlete/ other staff in common areas
4	Maintain social distancing at all times within centre
5	Ensure disinfection of common areas, rooms, toilets at regular intervals

Key Do's – Administrative Staff

S.No.	Do's
6	Ensure availability of hand sanitizers at strategic locations to provide easy access
7	Display posters in common areas highlighting the Do's and Don'ts
8	Provision protective equipment (masks and gloves) for athletes and staff as per MoHFW guidelines
9	Use Aarogya Setu app

Key Don'ts

S.No.	Stakeholder	Don'ts
1	Athletes	Share any personal equipment or utility like water bottle, towel etc.
2		Engage in any form of physical contact like hand shake, high-five, hugs etc.
3		Socialise before or after training with other athletes/ staff
4		Touch face or mouth while handling shared sports equipment
5	Coaches and support staff	Allow physical contact of any form during sports activities
6		Socialise before or after training with athletes/ other staff
7	Medical personnel	Allow congregation of athletes in the medical centre

Key Don'ts

S.No.	Stakeholder	Don'ts
1	Physio-therapists	Touch eye, nose or mouth of athlete
2		Allow more than one athlete to be in room during treatment
3		Allow congregation of athletes in the physiotherapy room
4	Administrative Staff	Socialise in common areas
5		Engage in physical contact of any form
6		Conduct group meetings
7		Call athletes or other support staff into any office without prior approval of Task Force

DISCLAIMER

- ❑ **SOP should not be used as a substitute for instructions given by medical professionals and the different guidelines of Government**
- ❑ **SOP cannot guarantee a complete elimination of risks associated with COVID-19 pandemic.**
- ❑ **SOP shall serve only as a reference document for the centres striving to ensure the safest possible environment .**

LET'S PLAY!

For providing feedback on the SOP, kindly send mail to –
sopfeedback.sai@gmail.com