

## GUIDELINES AND PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS (SARSCoV-2) FOR SPORT CHAMPIONSHIPS AND INDOOR AND OUTDOOR SPORT FACILITIES

The epidemiological picture of Cyprus regarding the new coronavirus (SARS-CoV-2) is currently positive, but the risk of focal resurgence is always present, as well as the possibility of a new epidemic wave. The easing of lockdown measures that started on 04/05/2020 should be closely monitored, with both individual and public health and safety in mind.

Organised amateur and professional sport shall resume gradually under the Quarantine (Determination of Measures to Prevent Spread of the COVID-19 Coronavirus) Decrees of 2020. The transition to the next phase will be carried out following assessment of the epidemic on the general population and the compliance with the protective measures.

According to regulation 2.3 of the Quarantine (Determination of Measures to Prevent Spread of the COVID-19 Coronavirus) Decree No 28 of 2020, sport championships shall resume as of 09 June 2020 at 06.00 a.m. provided that there are no spectators, the changing facilities rooms will not be used and the guidelines of the Ministry of Health and of the Cyprus Sports Organisation will be observed. However, according to these guidelines, team events and championships will be allowed as of **13 June 2020 at 06.00 a.m. only outdoors**, including sports that involve contact between players. As to the indoor sport facilities, they will resume as of 29 June 2020, subject to monitoring the epidemiological conditions and any amendments to the subsequent decrees of the Ministry of Health.

According to regulation 2.7(a) of the Quarantine (Determination of Measures to Prevent Spread of the COVID-19 Coronavirus) Decree No 28 of 2020, indoor and outdoor sport facilities, including outdoor and indoor sport facilities, gyms and sport academies (e.g. martial arts etc.), will reopen as of 13 June 2020 at 06.00 a.m. provided that the **changing rooms are not used** and the guidelines of the Ministry of Health and of the Cyprus Sports Organisation are observed.

The operation of these sport facilities, including sport facilities and sport academies, shall be permitted subject to these guidelines. It is noted that these are indicative guidelines; they don't cover all possible cases and should be implemented together with the social distancing measures and personal hygiene measures enforced.

These measures shall be specified according to each sport and in cooperation with the individual sport federations. All actors involved should demonstrate the appropriate individual responsibility protecting themselves and the others from the serious threat of the COVID-19 infection.

The Ministry of Health in cooperation with the Cyprus Sports Organisation shall oversee the dynamics of the epidemic and adjust the measures to the new situation with new guidelines if deemed necessary.

### **General requirements for indoor and outdoor facilities:**

It is noted that any athlete who has developed COVID-19 and wishes to train intensively

should be examined by a cardiologist since the virus may cause heart complications.

Each facility shall have one entrance and one exit where the contact details of every person entering and exiting the facility shall be recorded in special forms or electronic system to facilitate the tracing of any COVID-19 case by the competent authorities. The details shall be kept for at least 3 months. The details of minors may be provided by their guardians or accompanying persons.

The manager of the sport facility shall establish a procedure for compulsory measuring of body temperature of each sportsman/woman and employee at the entrance of the sport facility using an infrared thermometer. A record with the measurements shall be kept where possible.

To avoid close contact between sportspeople entering and exiting the sport facility/academy it is deemed appropriate to have a 20-minute time gap between training of each group. It is recommended to schedule trainings so that 75 – 90 minutes of use of the facility/academy to correspond to one hour of training and this will give enough time (e.g. 20 min.) for the exiting and entering the facility, the disinfection of the areas where needed and to avoid contact between people entering and exiting the facilities.

The coaches and managers of sport facilities will make every effort to keep any sport teams stable so in the long term the number of different persons with whom another person is sharing the same area will be restricted.

Shaking hands, greetings and hugs are not allowed while the contact within the framework of the normal practicing of the sport should be avoided in indoor sport facilities.

Group ball exercises are permitted. The number of balls should be enough to allow frequent alternation (e.g. every 5 minutes), and disinfection under the instructions of the Ministry of Health (see:

[https://www.pio.gov.cy/coronavirus/pdf/4\\_3.pdf](https://www.pio.gov.cy/coronavirus/pdf/4_3.pdf)

Subject to the above instructions, the managers of the sport facilities/academies should clean and disinfect the areas, as well as the carpets, tracks, punching bags and other surfaces and objects used by the people practicing sports. Such surfaces and objects should be cleaned and disinfected before being used by another person. For surfaces (tracks, carpets etc.), that may be destroyed by chlorine solution, a neutral detergent may be used. In such case after cleaning it is desirable to also use a 70% ethanol solution.

Moreover, all frequent contact points such as handles, switches, taps etc. should be frequently cleaned and disinfected.

A liquid antiseptic solution for hand sanitising should be in a prominent point of the training area and in the toilets.

Toilets should be naturally or artificially ventilated at all times.

All sportspeople and staff are obliged to sanitise their hands before and after every activity.

During training, coaches, assistant coaches and other persons guiding or advising

sportspeople should wear masks.

Changing rooms and showers shall remain closed.

Coaches and staff shall be responsible to oversee sportspeople's compliance with the hygiene rules and protective measures against the spread of COVID-19.

The management of the sport facility should provide written guidelines and training to the staff on how COVID-19 is spread, its symptoms and how to recognise them in a timely manner. The aim is to be able to seek appropriate medical assistance and laboratory testing and minimise the risk of infection for both the public and the employees.

Strict implementation of the Guidelines for Health and Safety at Work during the Coronavirus pandemic:

[https://www.pio.gov.cy/coronavirus/en/pdf/MEASURES\\_AGAINS\\_COVID-19\\_AT\\_WORKPLACES.pdf](https://www.pio.gov.cy/coronavirus/en/pdf/MEASURES_AGAINS_COVID-19_AT_WORKPLACES.pdf)

<https://www.pio.gov.cy/coronavirus/en/pdf/delivery.pdf>

The use of common clothing or the common use of personal items is prohibited.

Avoid touching your eyes, nose and mouth with your hands to reduce the risk of infection, clean and sanitise your hands frequently especially following contact with respiratory secretions and after using the toilet.

Any employee with COVID-19 symptoms should stay home and call his/her personal physician. In case symptoms are observed during the work, the employee should leave the workplace immediately and return only when these symptoms have ceased and after obligatorily consulting his/her personal physician.

Written instructions should be displayed in a prominent area of the entrance of each sport facility informing athletes on the symptoms of the COVID-19 and in case they have such symptoms they should be prevented from entering the facility.

The staff should observe strict personal hygiene rules.

Reduce the transactions in cash where possible and promote contactless transactions.

The operation of bars and water coolers is prohibited.

In case sportspeople are transported from their house to the sport facility using a vehicle of the business managing the sport facility, the necessary distancing should be observed inside the vehicle and its seats and interior should be cleaned and disinfected after each transport. Moreover, during the transport the windows should be half-open even if the air conditioning is in operation.

Specific instructions, if any, given by the corresponding confederation of each sport should be observed.

#### **Special requirements for indoor sport facilities:**

Indoor sport facilities shall implement the same protective measures against the spread of

COVID-19 applied to gyms and referred to in the “Guidelines for gym managers to prevent the spread of COVID-19” of the Ministry of Health dated 6 June 2020, available on the following website <https://www.pio.gov.cy/coronavirus/en/pdf/erg57.pdf>

In this context, it is noted that the ratio of 1 person per 10 sqm and per area should be observed. In this document, any reference made to the term “gym” shall be understood as made to indoor sport facility or academy.

Coaches shall ensure that the distance of 2 meters between sportsmen is observed before, during and after the training. The minimum distance also applies between coaches and sportspeople.

Until 28 June 2020, the contact between sportspeople within the framework of normal practice of a sport in indoor sport facilities is not allowed (e.g. strikes between two opponents during martial arts training, shoulder to shoulder contact when competing for the ball between opponents in a futsal game). Therefore, events and championships are not allowed in indoor sport facilities.

The restriction will be **lifted on 29 June 2020** subject to the evolution of the COVID-19 pandemic and any amendments to the subsequent decrees of the Ministry of Health.

However, in martial arts a sportsman may hold a target still while another sportsman hits the target for training purposes. In this case the person holding the target should wear a mask and coaches and managers of indoor sport facilities will make every effort to keep couples stable so the number of different persons with whom another person is trained will be reduced.

#### **Special requirements for outdoor sport facilities:**

The **maximum capacity of persons in outdoor sport facilities** shall be as follows:

Football pits: up to 60 persons physically present per facility including the surrounding area.

Futsal pits 20m X 40m: up to 20 persons physically present per facility including the surrounding area.

Outdoor Basketball/Volleyball courts: up to 20 persons physically present per facility including the surrounding area.

Track and field stadiums: up to 80 persons physically present per facility including the surrounding area.

**12 June 2020**  
**MINISTRY OF HEALTH**