

COVID-19

(Coronavirus)

Phase
4

Guidance for governing sporting bodies, affiliated clubs, teams and sporting events



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GOVERNMENT OF BERMUDA
Ministry of Health

Updated 8th October 2020

Guidance for governing sporting bodies, affiliating clubs, teams and sporting events

As your organization reviews and implements these new measures, we encourage you to share and discuss them with your coaches, staff, players, parents/guardians, volunteers and spectators. Communicating enhanced cleaning and sanitization practices will make coaches, staff, players, parents/guardians, volunteers and spectators feel more confident in your facilities.

Important to Note Before you Begin Planning:

It should be noted that the PUBLIC HEALTH (COVID-19 EMERGENCY POWERS) REGULATIONS (NO. 2) 2020 prohibits any person from assembling in a group of more than 75 persons for any reason in any public or private place. The regulations also prohibit any person from hosting a group of more than 75 persons for any reason in any public or private place. However the Minister of National Security may grant an exemption (a “large group exemption”) permitting a group of more than 75 persons to assemble (see page 4).

The regulations also require all persons to take all reasonable precautions to maintain “appropriate physical distancing” (including following any relevant guidance) at all times in any public or private place. “Appropriate Physical Distancing” is defined in the regulations. It means maintaining a distance between all persons who are not members of the same household of at least:

Six feet or three feet provided each person is wearing a mask which completely covers their nose and mouth and following the relevant guidance.

Therefore, if you are planning to organize an event where people from different households will assemble – whether or not the total number is less or more than 75, you must ensure appropriate physical distancing and should follow this guidance.

Please remember that we are still in the midst of a public health pandemic.

Your Plan

Governing sporting bodies/Associations/Federations should develop a “return to play” plan tailored to your sport specifically, with respect to local COVID-19 best practices and international governing sporting body guidance.

Your plan should include:

- Protocols for screening/health status checks for COVID-19 symptoms of players, coaches, volunteers, umpires/referees and spectators (during games)
- Protocols for documenting results of persons showing symptoms related to COVID-19(contact tracing)
- Plan for providing players, coaches, volunteers, referees/umpires and spectators with hand washing stations, or alcohol based sanitizer.
- Protocols for “**Physical distancing**” 6feet apart (for players, coaches and spectators in appropriate spaces and settings)

- Ensure strict physical distancing protocols for spectators (mark 6ft distances, monitor spectator areas to ensure protocols are being followed, etc.)
- Protocols for pick up and drop off for parents/guardians (children's leagues)
- Guidelines for recording attendance of coaches, players, referees/umpires, spectators and volunteers (for contact tracing purposes). The contact information must be kept for 21 days.
- Guidelines for cleaning equipment and frequently touched surfaces
- Guidelines for mask wearing for coaches, players, referees/umpires, volunteers, staff, and spectators (e. g. when to wear and when it is not necessary for players)
- Protocols for procedures when identifying players, coaches, referees/umpires, volunteers, and spectators with COVID-19 symptoms
- Guidelines for responsibilities of coaches, players, parents, volunteers and spectators
- Guidelines for personal contact celebrating games (e.g. No high fives, instead thumbs up, or snapping fingers etc.)
- Contingency for an isolation area, in the event of participants falling ill or displaying signs of COVID-19

Partner Training Guidelines

Firstly, it should be noted that close contact and not wearing masks are increased risks for exposure and spread of COVID-19. However for some sports it is impossible to avoid. Therefore, organizations should limit physical contact for as long as possible, but if you plan to return to close-contact in your sport, the below recommendations are useful.

- Limit physical contact where possible:
 - Focus on individual skill building versus competition;
 - Limit the time players spend close to others by playing full contact only in game-time situations;
 - Decrease the number of competitions during a season.
- For return to **partner training** coaches can divide classes into small groups/cohorts or pairs:
 - This would consist of putting the same people together and keeping them together for all classes
 - Coaches can pair together members of the same house hold.
 - Coaches can pair together persons that share similar routine (ex. roommates, etc.)
 - Ensure clearly marked spaces and enough spacing for physical distancing between cohorts/pairs
 - Coaches should ensure that partners/groups are not switched around **at any point**
 - Coaches should ensure that there are clearly marked spaces for individuals to return to once pair or group activities are complete
 - For low intensity sports,when not playing the sport and when partner activities are complete ensure that masks are worn Coaches should ensure that shared spaces and equipment are thoroughly cleaned and sanitized after paired/cohort activities
 - Coaches should ensure that hand sanitation stations are available after paired/cohort activities
 - Coaches should ensure that students do not attend classes/sessions if sick or experiencing COVID-19 like symptoms
 - Coaches should inform students that are vulnerable persons of the risks as partner training will be close proximity and no masks.

- **Coaches should inform students that it is not mandatory to do partner training and should provide alternatives for students who opt out.**
- Coaches should ensure that all protocols/health safety procedures presented in their original plan approved by the DoH for “return to play” are followed and are updated accordingly to reflect the above recommendations for return to partner training in Martial Arts and other close-contact sports.
- Coaches should be sure to maintain rosters and information needed for contact tracing at all times
- Coaches should not exceed the recommended amount of attendees during sessions (currently max 75 people)

Guidance for Spectators during games/competition:

- Organizers/coaches should be sure to mark spectator areas with 6ft indicators for physical distancing. (e.g. where there is seating area like bleachers mark the chairs that should not be sat in, or where there is no seating monitor the spectator area to ensure physical distancing)
- Organizers/coaches should appoint someone to ensure physical distancing is being adhered to during the game
- Organizers/coaches should ensure that spectators are aware of all protocols and agree to follow them upon entry to the game/event (e.g. put COVID-19 waiver at the top of the sign-in sheet for entry and indicate consequence if protocols are not followed.
- Organizers/coaches should ensure that spectators are wearing face coverings/masks at all times during games/events, **especial where physical distancing is not possible.**

Considerations:

- Protocols specific to indoor (proper ventilation) and outdoor sports
- Consider the degree of physical contact in the sport and develop protocols specific to that. (E. g. contingency for partner training activities in martial arts)
- Consider appropriate times to wear face masks/coverings during practices and games for players, coaches and referees/umpires (e.g. high intensity sports/activities vs. low intensity sports/activities.
- Consider a contingency plan, in the event contact tracing is necessary. (e. g. record keeping of dates of events, and persons present)

Pre-return to play

- Register for return to play with the Department of Youth & Sports email jaedness@gov.bm
- Share protocols and policies for return to play with affiliating clubs/sports teams
- Express the importance of compliance to established protocols, and indicate the potential for inspection of the organization upon games, events or practices. (e.g. have members/player or parents/guardians sign a waiver, or send out a letter to members)
- Prepare the facility/club prior to use of it.
 - Take steps to ensure that all water systems and features (e.g., sink faucets, drinking fountains, and decorative fountains) are safe to use after a prolonged facility shutdown.

- This will include checking water treatment systems are fully operational, that chlorination meets required levels and the system has been thoroughly flushed before re-opening.
- Drinking fountains should be cleaned and sanitized, but encourage staff and attendees to bring their own water, as feasible, to minimize touching and use of water fountains.
- Ensure that all parts of the facility are pest free and that ventilation systems are adequately cleaned and operating satisfactorily.
- Ensure there is an entry procedure in place which correctly limits numbers accessing the facility to ensure adherence with 6ft (2 metres) physical distancing requirements.
- Where possible install markers for the 6ft distance throughout the facility (e.g. tape or stickers indicating the 6ft distance)
- Ensure that the facility is equip for one way traffic (exit and entrance in separate locations)
- Install COVID-19 communication tools throughout the facility (proper hand washing techniques, how to wear face covering, physical distancing etc.)
- Install or identify spaces for hand sanitation stations throughout the facility
- Develop a bathroom and dressing room plan/policy (e.g. one person in bathroom at a time, or come dressed in uniform to avoid use of locker rooms.
- Ensure that coaches, staff and volunteers have adequate COVID-19 awareness and procedure training to oversee the safe use of the facility and that all inspections (e.g. equipment is in good condition and safe to use, comprehensive cleaning has been completed, etc.) against a risk assessment and have been checked by a competent person.
- Ensure all complete the online infection prevention and control training available at: <https://www.gov.bm/infection-prevention-and-control-training>
- Personal Protective Equipment should be made available to coaches, staff, and volunteers or instruct coaches, staff, and volunteers to bring their own PPE.
- Ensure that the facility has been appropriately disinfected prior to use.

Health and Safety Protocols for your facility

Records: maintain records of time of arrival, classes or areas attended and staff involved for possible contact tracing purposes.

Occupancy: Restrict numbers based on the ability to physically distance at all times. For indoor sports consider reducing numbers even lower than the recommended max to accommodate proper physical distancing.

Ventilation: For indoor sports ensure good or improved ventilation. Open doors and windows if possible. Any fans should draw air away from persons.

Physical Distancing and Equipment: Implement strict physical distancing guidelines of at least six feet between individuals, modify scheduling to reduce unnecessary interactions. Ensure that players do not share equipment and are instructed to bring and label their own items.

Cleaning: Regularly and frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms. Touchpoints may include; equipment specific to

the sport (e.g. footballs, baseball bats, baseballs, etc.), door handles, light switches, buttons, equipment and controls. Ensure that there is a robust plan for disinfecting shared equipment.

- Provide equipment cleaning products and wipes to coaches, staff and volunteers
- Make hand sanitizer, disinfecting wipes, soaps and water or similar disinfectant readily available to staff, coaches, and volunteers. Have both employees and participants/spectators sanitize hands on entry to the facility.
- Place readily visible signs and posters at facility to remind everyone of best hygiene practices, key messages and safety policies, such as physical distancing. Post a copy of this Guidance for staff, coaches, volunteers and spectators.
- Consider an individual solely or partially dedicated to ensuring the health protocols adopted by the facility are being successfully implemented and followed.

Payments: Avoid cash transactions and promote online registration for players, and payments for spectators where possible.

Travel/International Contenders

- Be sure to inform all international participants / contenders of travel procedures for entry into Bermuda including the Travel Authorization procedure and associated test requirements.
<https://www.gov.bm/coronavirus-travellers>
- Advise local coaches, staff, volunteers and players, to avoid contact sports or returning to their sport until after receiving negative results for the 8th day COVID-19 test.

Sporting Events Exceeding the recommended number of participants (Groups larger than 75 must apply for an exemption to the Minister of national security)

Must Haves:

- A written plan developed to present to the Department of National Security indicating preparedness and protocols to mitigate the spread of COVID-19 during the event.
- Venue (s) suitable for the event (capacity for the number of people attending, capable of one way traffic in and out, proper bathroom facilities, ability to put up signage, seating areas to properly physically distance, etc.)
- You must have an adequate number of personnel to maintain protocols, crowd control and direct people throughout the event. (e. g. 1 security officer/staff per 50 persons where the crowd exceeds 50 persons, janitorial staff to maintain disinfecting protocols, etc.).
 1. Organizers must ensure that all persons at the event are wearing face masks and maintaining appropriate physical distancing at all times.
 2. Wearing of masks is required at all times except for the consumption of food and drinks.
- Submit request and plan to the Department of National Security at least 2 weeks prior to the implementation of the event to leave room to make suggested changes. Also In the event your venue is not approved, you will need time to get an alternate venue.

Limitations on Facility

- Water fountains (unless hands free bottle filling), common areas, break rooms, and other areas in which coaches, staff, volunteers or players may congregate, unless 6 ft distancing can be achieved and supervised.
- Consider closing off showers, locker rooms, and lockers (access to restrooms should be provided). Coaches, staff, volunteers and players should come to facility in their appropriate uniforms or clothes and shower at home afterwards. If showers are used, they should be disinfected after each use.
- If towels are provided, store in covered sanitized containers, clearly marked: clean and used. Use appropriate temperatures when laundering (hot wash, dry completely), staff use appropriate PPE.

Personal Protective Equipment (PPE):

- All participants must ensure they maintain 6ft (2 metres) distance between themselves.
- Coaches, staff, must be aware that even with physical distancing, during exercise droplets containing COVID-19 may travel longer distances and contact sports are high risk activities.
- Masks should not be worn during sporting activities of high exertion (players, referees, etc.).
- For lower intensity activities, players or referees may wear a mask as long as it can be tolerated. If a player is struggling to breathe, feeling faint or dizzy or experiencing chest pain or other discomfort they should remove the mask.
- Children younger than 2-years-old must not wear masks, and children between 2- years-old and 10-years-old use only for limited periods of time (Please refer to our Children Face Covering Flyer.
- Coaches, staff, volunteers, players, and spectators must always wash their hands with soap and water for at least 20 seconds (or use alcohol/ disinfectant sanitizers) on entering the building, at regular intervals and after using equipment, etc.
- To be respectful of all other people in the facility and to keep a 2m/6ft physical distance.
- If it is necessary to cough or sneeze, to do this into a clean tissue which is safely discarded, or into their elbow.
- To follow facility guidance on disinfecting equipment before and after use.
- Personal towels should not be used to wipe equipment – instead provide adequate quantities of single-use paper towels or wipes which can be properly disposed.
- To bring labeled pre-filled drinks/water bottles.

Department of Health (DoH) Commitments to Guiding Return to Play:

- DoH will provide Youth & Sports with a registration form to distribute to sporting bodies applying for 'return to play' DoH will review and provide feedback on 'return to play' plans submitted to Youth & Sports
- DoH will assist Youth & Sports with the development of a registry for all teams/organizations/clubs that have met requirements for 'return to play'
- Department of Health will aim for a 5 working day turn around for the review of your 'return to play' plan and respond to Youth & Sports accordingly

Note further:

Sporting bodies, should also consult the Bermuda government COVID-19 Guidance at www.coronavirus.gov.bm, to determine other best practices.

Failure to adhere to these guidelines may result in appropriate enforcement measures.

References and further information/resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- <https://www.who.int/>
- <https://www.gov.bm/coronavirus>

All Information adopted from CDC, WHO, Department of Health Bermuda and governing international sporting bodies on COVID-19 guidance.