

Government of Meghalaya

Sports & Youth Affairs Department

No: SYA.91/2020/7

Dated: Shillong the 7th of December 2020

SOP for Resumption of Contact, Non-Contact, Recreational and Competitive Sports and Training Activities in Meghalaya through Sports Clubs and Associations*

Whereas, the Sports & Youth Affairs Department, Government of Meghalaya had earlier notified the SOP for Non-Contact and Indirect-Contact Sporting Activities vide No. SYA.91/2020/1 dated Shillong, the 16th June 2020;

Whereas, the Sports & Youth Affairs Department is conscious of the impact COVID-19 has had on the sports ecosystem in the state, and therefore understands that it is crucial to draw up a detailed Standard Operating Procedure (SOP) for resumption of organised and structured sports activities through various Sports Clubs and Associations in the State that reassures all stakeholders involved;

Now, therefore, to ensure that all the key stakeholders of the sports fraternity in the State follow all the health and safety protocols to prevent the spread of COVID-19, the following protocol is hereby notified in continuation to the SOP for the resumption of Non-Contact and Indirect-Contact Sports Activities:

1. General Principles

- a. This SOP for Resumption of Contact, Non-Contact, Indirect-Contact Recreational and Competitive Sports and Training Activities through various Sports clubs and Associations in the State shall be in accordance to the Order of the MHA Order No 40-3/2020-DM-I(A) dated 25th November 2020, the general framework and protocols as stipulated in the SOP for Non-Contact and Indirect-Contact Sporting Activities vide order No. SYA.91/2020/1 dated Shillong, the 16th June 2020, and the State Health Department's protocols and guidelines on health, social distancing and hygiene.
- b. This SOP shall be applicable to all venues and infrastructure of Sports Clubs and Associations located outside of a designated COVID-19 containment zone in the state.
- c. This SOP is intended for Sports Clubs and Associations that wish to organise and conduct competitive and training related sporting activities. Sports Clubs and Associations that wish to conduct training and competitions should submit an undertaking to the respective Deputy Commissioner of the district confirming the adherence to the SOP detailed herein and obtain prior permission from the respective Deputy Commissioner.
- d. This SOP is strictly limited to Sports Clubs and Associations in the state who intend to organise and conduct competitive and training related sporting activities for participants and participating teams hailing from within a particular district of the proposed tournament/competition/match and strictly for participants over the age of 12 years of age.
- e. At all times the Sports Clubs and Associations must respond to the directives of the Health Department and other authorities.
- f. The detection of a positive COVID-19 case in a Sporting Club or Association will result in a standard public health response, which could include testing and Isolation of the individuals as per the protocols of the Health and Family Welfare Department.
- g. No Spectators/Visitors shall be permitted at the training/competition venues

** The broad classification of sports clubs and associations are inclusive of the gamut of bodies/organisations/entities involved in the structured provision of sports and physical activities for sports persons and the wider community as a whole*

2. Precautions & Regulations for Resumption of Recreational & Sports Training Activities:

Classification	Clubs & Associations	Players/ Athletes/ Trainees	Venue Management	Equipment Usage
<p>1. Non-Contact Sports - Individual sports with no requirement for physical contact during training or competition and minimal requirement for sharing of equipment</p> <p>Sports: Archery, Shooting, Cycling, Fencing, Athletics, etc.</p>	<ul style="list-style-type: none"> Array of training activities may be performed as individual or pair maintaining – distancing norms of minimum 2 metres between athletes and staff 		<ul style="list-style-type: none"> Any person entering the premise must be wearing a mask covering their nose and mouth Only ONE access point will be open for entry and exit to and from the centre respectively. Hand sanitizers shall be made available at the entrance and a notice shall be displayed with guidelines on proper sanitization process. Provision of wash basin with soap solution or alcohol-based hand sanitiser shall be made at the entry point and all visitors shall wash their hands before entering the premise Compulsory screening will be performed of all persons visiting the centres. The security personnel shall be trained to perform the thermal tests and conduct screening based on any obvious symptoms. The use of toilet shall be allowed in a phased manner. Guidelines for cleaning toilets, social distancing norms and hygiene practices shall be displayed clearly inside every toilet All common areas within the premises shall be disinfected using clinically approved disinfectants (like 1% sodium hypochlorite solution) which have no significant side-effects Waste disposal staff should always wear face masks and disposable gloves while handling trash bags or bins. Clothes worn during waste disposal shall be changed and cleaned after handling waste. Staff shall avoid direct contact with drivers and collectors and shall perform hand-hygiene after handling waste. Any person exhibiting any symptom attributed to COVID-19 will be immediately prevented from entering the centre 	<ul style="list-style-type: none"> Personal equipment such as bow, gun, sword, javelin, discuss, rackets, etc. (Non-Contact Sports), hockey stick, gloves, face masks, mouth guard, helmet, shin guards, wrist band, head band, shoes etc. (Minimal/ Medium Contact Sport), gloves, face masks, mouth guard, helmet, wrist band, head band, training uniform, shoes etc. (Full Contact Sports), hats, swimsuits, training uniforms, swimming goggles (Water Sports) shall be used without sharing. In the dire need of sharing any of such personally used equipment; equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks, gloves and personal precautionary equipment etc. Sports specific safety equipment such as a helmet, eye protectors, face protectors etc. shall not be shared. Shared Training equipment such as arrows, targets, Olympic bar/ weights etc. must be disinfected after every single use. Additional staff shall be appointed for proper disinfection of the equipment prior to continuous usage. Equipment which is bound to be shared and utilised continuously during a training such as balls, shuttlecocks must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc. Consistent hand sanitization is a must before, during and after every training session
<p>2. Minimal/ Medium Contact Sports - Mostly team sports which require some level of physical contact during training or competition and where equipment is usually shared</p> <p>Minimal Contact Sports - Football, Hockey, Volleyball, Basketball, Handball etc.</p> <p>Indirect Contact Sports - Weightlifting, Lawn Tennis, Badminton, Table Tennis etc</p>	<ul style="list-style-type: none"> Training activities may be performed in small groups (maximum 8-10) maintaining distancing norms of minimum 2 metres between athletes and staff and ensuring aspects of training which require physical contact are avoided like tackling, body-blocking, etc. The pitch shall be divided into three/ four areas, with a maximum of three players in each space who will train and stick to their partnerships should a player test positive for coronavirus. Chief Coach and an assistant coach shall oversee proceedings from the safe distance, with the pair the only staff allowed to pick up balls and cones, which would then be disinfected. 	<ul style="list-style-type: none"> Practice hand hygiene Exit facility as soon as training is concluded Handshakes and other forms of greetings which need physical contact shall be avoided Meetings in groups shall be avoided as far as possible Spitting and clearing of nasal/respiratory secretions on the pitch or at any place within the facility other than toilets shall be prohibited 		

Classification	Clubs & Associations	Players/ Athletes/ Trainees	Venue Management	Equipment Usage
<p>3. Full Contact Sports - Individual sports (all combat sports) which require mandatory physical contact during training or competition</p> <p>Sports - Boxing, Judo, Wushu, Karate, Taekwondo, Wrestling etc.</p>	<ul style="list-style-type: none"> · Selective training activities may be performed by athletes individually without engaging in physical combat with other athletes and utilizing alternative practice equipment like punching/ kicking bags, slam balls, choke dummies etc. · Distancing norms of minimum 2 metres between athletes and staff shall be maintained 		<ul style="list-style-type: none"> · All visitors or vehicles must have valid authorization issued by competent authority to enter the premise 	
<p>4. Water Sports - Individual or team sport which require presence in water body, albeit without swimming activity. Sports - Canoeing, Sailing, Rowing, etc.</p>	<ul style="list-style-type: none"> · Full array of training activities may be performed as individual or pair maintaining – distancing norms of minimum 2 metres between athletes and staff <p><i>The Government of Meghalaya has Issued an SOP for the Resumption of Swimming Training Activities in Meghalaya through Sports Clubs and Associations vide correspondence no: SYA.91/2020/6 intended solely for athletes engaged in training for purposes of preparing for swimming competitions and does not include, learn to swim and swimming for general fitness etc</i></p>			

3. Precautions & Regulations for Organisation and Conduct of Competitive Sports

Period	Clubs and Associations	Venue Management	Athletes/Players
Before	<p>a. Appointment of a Covid-19 Compliance Officer in conjunction with the Department of Health who will monitor the compliance of the SOPs and the protocols. The officer shall liaise with the sports clubs and associations, Venue Management and the Players to ensure compliance of the set-out protocols before and after each Match.</p> <p>b. Define a place within the competition venue where a large number of people can be Isolated in case of a large number of Players or event staff being exposed</p> <p>c. Consideration of provision of individual prevention packages for all the competition players containing:</p> <ul style="list-style-type: none"> • small personal packages of disposable tissues and plastic bags for tissue disposal • medical mask to wear if they are ill (any symptoms, including fever, cough, shortness of breath) • small packages of an alcohol-based hand wipes • small package of disposable plastic drinking cups • thermometer • hand sanitizer <p>d. Ensure availability of health and medical infrastructure at the competition and training venues i.e. ALS/BLS Ambulance, Medical and Isolation Rooms</p> <p>e. All personal training equipment belonging to an athlete shall be disinfected while the athlete is inducted into the venue.</p> <p>f. The Organisers of the match/competition/tournament must make hand sanitisers readily available</p> <p>g. Anyone participating in the event (athlete, volunteer, official, food handler etc.) should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms).</p> <p>h. Coordination and support from the Local Police Authorities for deployment of security personnel to avoid crowding etc.</p> <p>i. Any food for teams should be prepared and packaged by the team staff, preferably off-site. If the organisers are providing third-party catering, this should be limited to pre-packaged light snacks and uncut fruit prepared to the highest hygiene standard.</p> <p>j. Drinks to be consumed in the dressing rooms should be served in personal disposable bottles (single use).</p>	<p>a. Keep attendance records for all stakeholders inclusive of the Players, coaches management, service providers, volunteers etc.</p> <p>b. Hand sanitisers should be made available at the entrance and notice on proper sanitation guidelines should be displayed.</p> <p>c. Limit contact/interactions, e.g. one-way systems in buildings and keeping doors open.</p> <p>d. Deployment of sufficient housekeeping staff with the adequate sanitation and disinfectants in common areas and toilets.</p> <p>e. In line with current Health Department guidelines and protocols, all participants (Players, coaches, club etc.) should be checked for symptoms of Covid-19. Any temperature above 38 Degrees Celsius should not be permitted to participate in event and should be reported immediately to the Covid-19 Officer for further investigation.</p> <p>f. Clear signage (e.g. for one-way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue to ensure social distancing can be maintained.</p> <p>g. Display of Posters/standees/AV media on preventive measures against COVID-19 at prominent places at the venue along with state helpline numbers and also numbers of local health authorities at reception</p> <p>h. All non-essential activities, such as catering, should be limited, as far as reasonably practicable, relaxation of limitations on pre-packed food and drink in the absence of any distribution on-site;</p> <p>i. All players and officials sitting on the bench or the technical seats observe the distancing rules, Designated seats should be clearly marked for use/non-use</p>	<p>a. Participants should be aware of and cooperate with team medical staff or event organizing staff at venues in taking their own/or competitors' temperatures each day, any temperatures above 38°C to be reported to the event medical lead/chief medical officer</p> <p>b. Players should bring along their own equipment. No sharing of sports equipment, towels, water bottles etc.</p> <p>c. Recommended protocol for the use of water bottles:</p> <ul style="list-style-type: none"> • Ensuring all players, officials and staff have their own water bottles to prevent the transmission of viruses and bacteria. • Bottles should be labelled and washed (with dishwasher soap) after each match. <p>d. Warm-up and cool down should be done individually</p> <p>e. Practice personal hygiene: handwashing, use of sanitizers.</p> <p>f. Ensuring adequate sleep, proper nutrition.</p> <p>g. Players should arrive at the venue changed and ready to compete limiting the time spent in common change rooms.</p> <p>h. Covid-19 self-assessment using Arogya Setu App and self-monitoring for symptoms.</p> <p>i. Submission of declaration to the Deputy Commissioner</p>

Period	Clubs and Associations	Venue Management	Athletes/Players
During	<p>a. In all settings before and after the match/competition/tournament, and in any breaks, all participants should practise social distancing, in line with Government guidelines</p> <p>b. There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, coaches should therefore avoid shouting or raising their voices when facing each other during, before and after the matches</p> <p>c. Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors.</p> <p>e. Pre-match handshakes should not occur. Instead players/trainees will be asked to hand-sanitise before start of match/competition/tournament.</p> <p>f. As far as reasonably practicable, face masks worn by all match participants, attendees and working personnel at any official site connected with the match be medical grade as opposed to home-made or fashion masks. medical personnel, for example the pitch response teams, may require medical masks of a higher grade, alongside other PPE items</p> <p>g. Time spent in closed environments, such as the dressing room before and after match/competition/tournament, should be minimised. All rooms should be adequately ventilated.</p> <p>h. All medical personnel must wear face masks and gloves, especially when in contact with players. In addition, they must disinfect their hands as well as change gloves after each contact with players</p>	<p>a. All indoor areas such as entrance lobbies, corridors and staircases, escalators, elevators, security guard booths, office rooms, meeting rooms, cafeteria should be mopped before during and after the match with a disinfectant with 1% sodium hypochlorite or phenolic disinfectants.</p> <p>b. For metallic surfaces like door handles, security locks, keys etc. 70% alcohol can be used to wipe down surfaces where the use of bleach is not suitable.</p> <p>c. Consistent sanitisation and disinfection of common utilities and fixtures i.e. doorknobs/handles washrooms toilets etc.</p> <p>d. Only essential personnel should be deployed for work at the competition venue.</p> <p>e. Each player shall have his individual bib and shall not share it with other players.</p> <p>f. The pre-match warm-up may start earlier to minimise time spent in the dressing rooms and to allow for the segregation of movements for the two teams and match officials. Timings should be agreed during the Match Coordination Meeting.</p> <p>g. Teams and match officials should remain segregated when entering and leaving the field of play.</p> <p>h. Both teams and match officials should be allocated designated warm-up areas, avoiding any contact.</p> <p>i. Field of Play maintenance can proceed as usual. maintenance crew should wear face masks and avoid contact with any match participants.</p> <p>j. Both teams leaving the dressing rooms should be staggered.</p> <p>k. There should be no involvement of children. Thus, there should be no player mascots, escorts match ball carriers or similar roles usually carried out by minors. The only exception to this requirement may be the use of ball kids, or Alternatively “ball persons”</p> <p>l. Once at their final position on the field of play, players and match officials should keep the recommended physical distance during all pre match ceremonies, Handshakes and the swapping of pennants are discouraged. Teams should only line up for individual team photos – it is recommended that physical distancing be maintained so as to set an example for all attendees and viewers of the match.</p>	<p>a. Covering of mouth and nose when coughing or sneezing.</p> <p>b. Avoiding handshakes, high fives, group celebrations and limit goal celebrations to elbow bumps.</p> <p>c. Players and officials should refrain from spitting.</p> <p>d. Interactions with referees and match assistants should only happen with players observing social distancing.</p> <p>e. All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes.</p> <p>f. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.</p> <p>g. It is recommended that Players wear dispensable sanitary gloves during the matches.</p>
After			

Period	Clubs and Associations	Venue Management	Athletes/Players
	<p>a. Post completion of the Matches the Players should be encouraged to leave the venue rather than congregate.</p> <p>b. All shared equipment should be thoroughly washed, and disinfected, and clear delegation of the responsibility should be made at the start of the session.</p> <p>c. Warm-ups/cool-downs should always observe social distancing.</p> <p>d. Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that Players use.</p>	<p>a. Sanitisation of change rooms, washrooms toilet facilities and fixtures.</p> <p>b. Sanitisation of sports equipment and material belonging to the venue management.</p> <p>c. Gathering in the centre and post-match handshakes with the match officials and opposing team is discouraged.</p> <p>d. Swapping of shirts or other items is discouraged.</p> <p>e. There should be no visits by dignitaries or other functionaries to the Match Participants' Zone after the match.</p> <p>f. There should be no special meetings, ceremonies or any other physical interaction, for example with friends, families or fans.</p> <p>g. Post-match award ceremonies connected with the match require special planning, and may need separate authorisation</p>	<p>a. After the conclusion of the match, all Players, team officials and match officials should immediately wash their hands with liquid soap as per the Health Department Protocols.</p> <p>b. The jerseys and clothes worn by the Players should be immediately changed with fresh clothing before departing from the venue.</p> <p>c. All clothing material worn during the match i.e. jerseys, shorts, socks etc. should be packed into separate bags/containers which are to be brought by all the players/trainees which should be immediately washed with disinfectants and adequate quantities of detergent.</p> <p>d. Proceed to leave the venue immediately after cool-down exercises and technical briefings.</p>

**Commissioner & Secretary to the Government of Meghalaya
Sports & Youth Affairs Department**

Memo No: SYA.91/2020/8(A)

Dated: Shillong the 7th December 2020

Copy to:

1. P.S. to Minister I/c Sports & Youth Affairs for Information of Minister.
2. P.S to Chief Secretary, to the Govt. of Meghalaya, for information of Chief Secretary.
3. P.A to Commissioner & Secretary to the Govt. of Meghalaya, Sports & Youth Affairs, Department for Information.
4. The Deputy Commissioner, East Khasi Hills District, West Khasi Hills District, South West Khasi Hills District, Ri-Bhoi District, West Jaintia District, East Jaintia Hills District, West Garo Hills District, East Garo Hills District, South Garo Hills District, North Garo Hills District, South West Garo Hills District for information and Necessary action with a request to circulate the all Meghalaya Sports Clubs and Associations.
5. The Chief Engineer, State Sports Council Meghalaya for information and Necessary Action.

By Order Etc.

**Joint Secretary to the Government of Meghalaya
Sports & Youth Affairs Department**