

**Government of Meghalaya  
Sports & Youth Affairs Department**

No: SYA.

Dated: Shillong the 22<sup>nd</sup> of September 2020

**SOP for Resumption of Recreational Sports & Physical Activities at JNS Sports  
Complex in Meghalaya**

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 16<sup>th</sup> June 2020**;

Whereas, the Sports & Youth Affairs Department is conscious of the impact COVID-19 has had on the state and the importance physical activities and recreational sports play in developing and maintaining a healthy immune system and therefore understands that it is crucial to draw up a detailed Standard Operating Procedure (SOP) for resumption of recreational sports and physical activities at JNS Sports Complex that reassures all stakeholders involved.

The guidelines mentioned in this SOP have been laid down for resumption of sports activities in the Sports Complexes and Stadia so that the players may utilize the facilities in a manner that will be conducive for sports but with all necessary precautions to check the spread of COVID-19 without compromising the health of those who utilize the facilities as well as Community at large

The SOP issued by Sports Authority of India (SAI) in this regard has also been considered and various measures mentioned in the same as per the requirements and challenges faced in operating these complexes and stadia have been adopted. The resumption of sports activities will have a positive effect on the immunity, physical endurance, social behaviour, mental stability etc. of the persons who have lost precious time due to lockdown.

Now, therefore, to ensure that all the key stakeholders of the JNS Sports Complex 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:

**I. Introduction**

- a. This SOP for resumption of recreational sports and physical activities at JNS Sports Complex shall be in accordance to the Order of the Home(Political) Department, Government of Meghalaya dated 10<sup>th</sup> September 2020 vide Order no. POL.75/2020/Pt11/66 and the general framework and protocols as stipulated in the SOP for Non-Contact and Indirect-Contact Sporting Activities and the State Health Department's protocols and guidelines on health, social distancing and hygiene.
- b. The following Standard Operating Procedure has been laid down for operating the J.N.Stadium, Polo Ground, Shillong for individuals and the general public who are health conscious and wish to keep fit.
- c. The Individuals/clubs/associations that wish to resume recreational sports and physical activities at the JNS Sports Complex should submit an undertaking to the Deputy Commissioner confirming the adherence to the SOP detailed herein and obtain prior permission from the respective Deputy Commissioner.
- d. This SOP is intended for Sports Clubs, Associations, individuals and the general public for the resumption of training related activities only at JNS Sports Complex and not for the organisation of competitive sports or mass congregations
- e. At all times the Individuals and general public must respond to the directives of the Health Department and other authorities.
- f. The detection of a positive COVID-19 case in an individual will result in a standard public health response, which could include testing and quarantine of the individuals as per the protocols of the Health and Family Welfare Department.
- g. The J.N.Stadium shall remain open between 6.30am to 9.30am and 4.30pm to 7.30pm for Sportsmen and women and the general public above the age of 18 years.

## II. Guidelines to be followed as Standard Operating for Individuals

- The individual must apply for an identity card from the Directorate of Sports & Youth Affairs and time slots may be requested for on the online portal: <http://www.megsports.com>. the maximum time permissible for engaging in recreational sports and physical activities would be limited to 1.5 Hours per club/association/individual.
- Participants shall not be permitted to train beyond allotted 1.5 hours. Time slots would be allotted on a first come first serve basis. one cannot turn up to a session unless they have pre-booked either independently or through a club or association
- A Maximum number of 30 participants would be permitted to partake in recreational sports and physical activities for various recreational sports and physical activities made available at the J.N.S Complex for recreational walking and physical activities in the allotted 1.5 hours. The applications for usage of the facilities may be submitted to the Deputy Commissioner East Khasi Hills District.
- It may happen that at a given point of time, there are more than anticipated/regulated sportspersons/Individuals seeking the entry at the J.N.Stadium. To check this inflow, proper awareness shall be created among the sportspersons/Individuals by the concerned authority regarding suitable time slot and date for use of the Stadium.
- Preference for usage of the J.N. Stadium will be given to Card holders.
- A written confirmation declaring oneself Covid-19 symptom-free shall be submitted before entering the premises. Declaration form should also get the stamp of approval of the Deputy Commissioner, East Khasi Hills District.
- Only outdoor training is permitted at the facilities made available at the Complex.
- Participants must carry their own equipment and it must be sanitised before and after the sessions.
- The individuals entering the J.N.Stadium shall mandatorily cover his/her mouth and nose with mask at the time of entry. Mask can be removed if the individual maintains social distancing norms from other individuals while performing activities.
- Each participant is recommended to mark their allocated/own equipment for easier recognition.
- In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines
- No spectators shall be permitted for the training sessions, except members of the Sports Club/Association, limited to not more than 10 personnel.
- Post completion of the sessions the participants should be encouraged to leave the venue immediately rather than congregate.
- All shared equipment (if any) should be thoroughly washed, and disinfected, and clear delegation of the responsibility should be made at the start of the session.
- Warm-ups/cool-downs sessions should always be conducted observing social distancing.
- Physical contact of any form shall be avoided as part of safety procedures, issued by the Health Department.
- Spitting and clearing of nasal/respiratory secretions within the J.N.Stadium shall be prohibited.
- Every individual shall perform hand hygiene before and after the activity. Each Participant is expected to carry their own personal hand sanitizers
- Limit contact/interactions, e.g. one-way systems in buildings and keeping doors open.
- Participants will have to carry their identity cards at all times and should be able to produce them when required by the venue administration and officials.
- Participants should bring along their own equipment wherever possible and minimise sharing, such as shoes, water bottle, yoga mats, towels, etc.
  - Participants should arrive at the venue changed and ready to train limiting the time spent in common change rooms.
  - Covid-19 self-assessment using Arogya Setu App and self-monitoring for symptoms.
  - Submission of duly filled consent form for training as enclosed in Annexure I of the earlier notified SOP for Non-Contact and Indirect-Contact Sporting Activities.

- Instead of shaking hands, participants can opt for alternatives like, waving, elbow bumps or foot-shake for greeting/ celebrations. They may also nod/put their hand across their chest when greeting the coaches.
- Covering of mouth and nose when coughing or sneezing.
- Maintaining social distancing throughout the training sessions.
- 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.
- Cool down and fitness training are recommended to be done outdoors where possible
- After the conclusion of the training session, all participants should immediately wash their hands with liquid soap as per the Health Department Protocols.
- The training clothes worn by the participants should be immediately changed with fresh clothing before departing from the venue and the sanitary gloves should be disposed of at a designated dustbin.
- All training clothing material worn during the session i.e. jerseys, shorts, socks etc. should be packed into separate bags/containers which are to be brought by all the participants which should be immediately washed with disinfectants and adequate quantities of detergent.
- Participants should leave the venue immediately after cool-down exercises and technical briefings.

### **III. Guidelines to be followed as Standard Operating for Stadium Administration**

- a. Compulsory screening shall be performed of all persons visiting the centres. The security personnel manning the entry gate at each shift shall be trained to perform the thermal tests and conduct screening based on any obvious symptoms. In line with current Health Department guidelines and protocols, all participants (Players/Trainees, coaches, club and match officials, volunteers, spectators etc.) should be checked for symptoms of Covid-19. Any temperature above 38 Degrees Celsius/ 98 degrees Fahrenheit should not be permitted to participate in the training sessions and should be reported immediately to the Covid-19 Officer for further investigation.
- b. Hand-hygiene facilities shall be made available inside the stadium for use as and when necessary
- c. The Stadium Administration shall appoint 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 monitor the individuals of the training sessions and ensure compliance of the protocols set before and after each training session. Anyone found in breach of non-compliance shall be removed from the facility and prohibited from future training sessions.
- d. The Venue Management shall also have on stand-by a BLS Ambulance with a COVID Response Team on Site for quick addressal of any medical emergencies.
- e. Keep attendance records for all session inclusive of trainees, coaches and management.
- f. If the venue management is hosting back to back club sessions, no participant from the first session can attend the second session
- g. Deployment of sufficient housekeeping staff with the adequate sanitation and disinfectants in common areas and toilets.
- h. Clear signage (e.g. for one-way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue which ensure social distancing can be maintained.
- i. It is recommended to have adequate time in between bookings to sanitise and disinfect the FOP before and after every usage
- j. No lounge, club house, restaurants, shower facilities would be made available for the participants. Only the use of washrooms and toilets would be made available to the participants.
- k. Consistent sanitisation and disinfection of common utilities and fixtures i.e. doorknobs/handles, washrooms, toilets etc.
  - a. Sanitisation of change rooms, washrooms toilet facilities and fixtures.
  - b. Sanitisation of nets, posts, sports equipment and material belonging to the venue management.

- a. Ensure booking of facility beforehand for independent training sessions – one cannot enter the facility unless they have pre-booked either independently or through a club or association
- b. Wipe down the equipment before and after training sessions.

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

Memo No:

Dated: Shillong the 22<sup>nd</sup> of September 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**