

In addition, the Clubs or the host organization may consider making contagion prevention tools, gloves and masks available for people who do not have them at the time of access, to prevent the impossibility to access.

Likewise, the Clubs or the host organization may evaluate the opportunity to involve and appoint an ad hoc medical contact to support during sports activities for the prompt and correct management of critical issues.

CLEANING AND SANITIZATION OF PLACES AND EQUIPMENT IN THE TRAINING SITE

On the basis of the risk assessment linked to the places that characterize the sports site, a specific plan must be prepared which identifies the minimum mandatory procedures to be applied to guarantee the periodic cleaning and sanitation of the sports venue.

"Cleaning" means cleaning with a solution of water and detergent; by "sanitization" we mean instead the cleaning with special disinfectant solutions, in order to ensure the places a lower risk of infection.

In choosing the products to be used for cleaning, in the absence of other indications from the health authority, it is necessary to take into account what is indicated adopted by Countries, Regions and other Territorial Bodies in agreement World Health Organization (WHO) recommendations and IOC advice.

The cleaning plan includes, listed in a non-exhaustive way:

1. The surfaces of the areas dedicated to sports;
2. The surfaces of the rooms used by external users;
3. The common areas, lobbies and corridors;
4. The toilets;
5. Play equipment (board, checkers, timepieces);
6. The support table of the plate;
7. Chairs and / or stools;
8. Partition panels or personal protection visors;
9. The elevators, where present, including the push-button panels;
10. The parts most frequently touched by beverage and snack vending machines (if any).

It will also be necessary to ensure the correct cleaning of the grids, ducts, air intakes of the ventilation and air conditioning systems (where present), as well as the development of specific instructions regarding the cleaning of these components must be defined by the person in charge of the headquarters, in agreement with the maintenance technician and fixed according to the type of system.

Generally:

- For the surfaces most frequently touched, activities must be carried out on a daily basis, twice a day in the case of multiple training or game sessions in morning and afternoon, or in afternoon and evening;
- For game equipment, cleaning must be done at the end of each training session or game (round).

Sanitization must be carried out before the first opening and, periodically thereafter; the periodicity of the sanitization will be established by the Legal Representative of the Club or the Body in relation to the characteristics and methods and times of use of the premises.

In addition, specific intervention and sanitation procedures must be provided in the event that one of these suddenly manifests symptoms; in this case, you also need:

- A. Proceed to remove the people present.
- B. Immediate closure of the headquarters.
- C. Provide for an extraordinary sanitization / decontamination of the premises frequented, including the premises used for its temporary insulation. The intervention of the operators for sanitation must be preceded by a complete ventilation of the premises.
- D. Due to the possible survival of the virus in the environment and on the surfaces for a long time, the places and areas frequented by the person, as well as the equipment used and the surfaces frequently touched, must first of all be completely cleaned with water and detergents common, subsequently decontamination must be carried out with disinfectants based on sodium hypochlorite 0.1% or with 70-75% alcohol for surfaces that can be damaged by sodium hypochlorite.
- E. During sanitizing operations with chemicals, ventilation of the rooms must be ensured and the presence of athletes, companions and technicians is prohibited.
- F. Proceed with the communication to the Health bodies competent for the territory of the list of people present.
- G. Carry out all other legal obligations that may be required.

PREVENTIVE ACTIVITY ATHELETES AND SPORTS OPERATORS

Self-declaration

As regards the activity to be carried out in gyms (*in accordance with the World Health Organization (WHO) recommendations and IOC advice*) all Athletes must be in possession of the specific certification of competitive fitness or non-competitive or of particular and high cardiovascular commitment, currently valid (except for the Countries where is not required).

Athletes at the resumption of training must submit a self-declaration (Annex 1) certifying the presence or absence of infection with SARS-COV-2 and risks of contagion for others as far as they are aware as well as for all the intended uses, including the control activities for which the local authorities are responsible.

FINAL PROVISIONS

The application of the aforementioned rules is entrusted to the President of the Amateur Sports Association / Society affiliated to the Federations associated to the EDC, as well as to the Body that organizes or hosts a sports event, which is solely responsible for the adoption of the measures identified in the Protocol.

The legal representative of the Clubs or of the affiliated body, as responsible for the adoption and observance of the provisions of the Protocol, is in any case entitled to adopt further measures aimed at limiting the risk of COVID-19 virus infection. with the possible help of a "competent doctor" appointed for this purpose.

Any more restrictive containment measures that may be adopted by the Nations, Regions and other Territorial Bodies in agreement *World Health Organization (WHO) recommendations and IOC advice* must also be observed.

The legal representative of the Clubs or of the affiliated body that intends to organize a sporting activity or event is warmly invited to indicate the maximum number of athletes (and / or technicians, family members, spectators, etc.) allowed to participate, in based on the available spaces, in compliance with the aforementioned rules, also through pre-registration mechanisms.



Annex 1:

HEALTH AND INFORMATION STATUS SELF-DECLARATION

Dear

Club _____ placed in _____

Subject: health status self-declaration

I _____, born ____/____/____

In _____ (____), resident of _____ (____),

address _____ telephone number _____,

email _____, under myself responsibility,

DECLARE

- I'm aware of the contagion containment measures that have been in place as of today and adopted in the EDC Regulatory Protocol in agreement World Health Organization (WHO) recommendations and IOC advice, concerning the restrictions on the possibility of moving individuals throughout the country, as well as the additional limitations placed by the President of the Regions where your Venue is located.
- It is that your access to your venue is part of one of the cases permitted by the same measures;
- To be not under quarantine or not being tested positive for Covid-19;
- In the last 14 days, I didn't have any contact with people who tested positive for Covid-19;
- (iii) not to have symptoms of respiratory infection and fever (greater than 37.5 degrees C);
- You have seen the contents of your Operating Manual in terms of combating SARS CoV-2 virus infection;
- Other declarations: _____

Date, ____/____/____

Declarant's sign _____

Annex 2:**HYGIENE-SANITARY RULES AND GOOD PRACTICES)**

We present below some simple but essential health and hygiene standards, addressed to sports clubs and managers of sports facilities, that should be followed in the locker rooms, common spaces and hygienic services of the facilities in order to prevent the spread of the COVID-19 infection during competitions and training sessions. These recommendations should be clearly visible to all and should be respected by athletes, chaperones, referees, trainers, managers, massage therapists, audience and authorized personnel.

1. Do not drink from the same bottle/thermos/glass neither in competition nor in training, always use disposable glasses or a personal/personalized bottle. Do not exchange objects (towels, bathrobes, etc.) with other people.
2. Avoid eating inside the locker rooms.
3. Always store personal clothes and objects in your bags, without leaving them exposed in the locker rooms or in common containers.
4. Immediately dispose of paper tissues or other used materials, such as plasters or bandages, in the specific containers.
5. Wash hands accurately as often as possible: washing and sanitizing hands is essential to prevent the infection. Hands should be washed with water and soap for at least 20 seconds and, after a proper rinse, dried with a disposable hand towel. When water and soap is unavailable, it is possible to use a 60% alcohol based hand sanitizer.
6. When using common hygienic services, avoid touching the water tap before and after washing hands, using a disposable hand towel to open and close it.
7. Promote the use of automatic dispensers with sanitizing solutions in the locker rooms and hygienic services.
8. Avoid touching your eyes, nose or mouth with unwashed hands.
9. When coughing or sneezing, cover your mouth and nose with a tissue, preferably disposable, or with your arm, never with hands.
10. Ventilate the rooms as often as possible.
11. Periodically disinfect tables, benches, chairs, racks, floors, faucets, handles, showers and hygienic services, with sanitizing solutions of bleach or chlorine, solvents, 75% ethanol, per acetic acid and chloroform.
12. In case of physical activity in swimming pools a constant monitoring of chemical (chlorine or other sanitizing solutions) and physical (for example, pH and temperature, which also influences the level of chlorination) parameters should be required.
13. Athletes who show visible symptoms of an ongoing respiratory infection and/or fever must immediately move away from the rest of the team, possibly isolating themselves, and warn the Team Physician (for professional sports) or the Federation Chief Medical Officer during sports gatherings, who will call the emergency numbers, when it is indicated. Those athletes should not go to an Emergency Room.
14. It is recommended to get vaccinated against the influenza as soon as possible, if subjects are not vaccinated yet, in order to facilitate the diagnosis and the management of suspected cases. It is also necessary to monitor subjects with gastrointestinal symptoms (not necessarily typical).
15. Keep informed about the athletes or authorized personnel's possible contacts (also in the family contest) with people coming from risk or quarantined areas.
16. The sports medical examination is a fundamental screening tool. A careful anamnesis and objective examination are essential to identify subjects potentially at risk of infection or who show symptoms.
17. In case of national sports gatherings or international events, also abroad, it is always necessary to arrange for the presence of a Sports Medicine Physician who can evaluate in advance all the

- participants, indicating which subjects are at risk and consequently adopting the proper isolation measures, as specified by the appropriate management procedures.
18. For all Team Physicians and all the sports societies with athletes that participate to international events, it is necessary to carefully monitor all the countries of destination or departure.
 19. In the locker rooms the access should be limited to the same authorized personnel.
 20. On the field, the access should be limited to the personnel who is strictly necessary to the competition. Italian Federation of Sports Medicine www.fmsi.it
 21. During Antidoping testing, in addition to disposable paper rolls to cover the table, provide sanitizing solutions to wash hands only after the test. Before the testing, hands must be washed only with water in compliance to WADA's regulation.
 22. Health Supervisors/Team Physicians, especially for professional teams, must pay particular attention to the anamnesis, objective examination and temperature evaluation of both athletes and team personnel /technicians during training and pre-competition retreats, constantly updating the health profile of the athletes. Moreover, before the competition, Team Physicians of both teams must have a briefing to exchange information, while always respecting the professional secret.
 23. Health Supervisors/Team Physicians of professional teams must verify beforehand the hygienic conditions of all the locker rooms, including those of the host team, of the referees and ball persons, as well as the room for the Antidoping testing.
 24. Health Supervisors/Team Physicians of professional teams must actively participate to the organization of competitions abroad, verifying the logistics and foreseeing possible precautionary protection. Health Supervisors/Team Physicians must also guarantee their presence during the whole duration of the away game.
 25. Particular and conscientious attention must be paid to young athletes, in compliance to State Regulations and Federation rules. Federations' awareness to take on unequivocal and coordinated directions should be promoted.
 26. It is recommended that healthcare workers, paramedical staff, physicians and massage therapists, who are constantly in contact with the athletes, in particular in the case of professional teams, do not work contextually in other environments or have external activities that could be at risk of infection.
 27. Notwithstanding the limitation described in the point number 2 regarding the necessity to avoid eating food inside the locker rooms, for professional sports it is also recommended to identify a specific area for the post-competition nutritional reintegration.
 28. It is recommended to avoid the presence of television operators for shootings inside locker rooms before the competition, finding a shared solution in case of specific contractual obligation for professional sports.

Annex 3:

The following pages show some representative.

ILLUSTRATIVE POSTERS

- **Sport restarts safely**
Based on the Italian Presidency of the Council of Ministers/Office for Sport poster
- **Wash Your hands. With soap and water**
World Health Organization poster
- **Management of entry, stay and exit of athletes and other subjects**
Based on Italian Draughts Federation poster
- **Distancing and hygiene rules in the various phases of sporting activity**
Based on Italian Draughts Federation poster