

---

## Sports and sporting events

---

Different types of sports and games are played in the country which are conducted through various organizations including schools and sporting associations. The different types of sports/games are classified in to 4 categories based on the risk for the participants.

- **Category I - Low risk**
  - Individual sports or sports where the number of participants is low
  - Or
  - Sports where physical distancing can clearly be maintained
- **Category II - Low Medium risk**
  - Group sports where physical distancing can be maintained at most times. However, handling of a ball may be involved.
- **Category III - High Medium risk**
  - Group sports where maintaining physical distancing is difficult. However, there is no direct intentional physical contact.
  - Involves a ball which will comes into contact will all participants
- **Category IV - High risk**
  - Direct intentional physical contact is present

The risk stratification of each sport/game according to the above classification is given in Annex I.

Considering the pandemic situation and current epidemiological situation in the country, only category I, II and III will be allowed. Any change in the disease situation in the country that requires any changes for further relaxation or restriction will be informed by Ministry of Health

### Specific message/Instructions

#### For the management/organizers/school principal

- All staff, coaches and sportsmen/women should be trained/oriented on the relevant personal protection and precautions to be taken; hand hygiene, respiratory etiquette (cover mouth and nose with a tissue or elbow when sneezing/coughing and dispose of tissue in a closed bin), and how to maintain distancing and correct way of wearing masks (when required)
- Appoint a responsible officer to act as a focal point for COVID-19 prevention activities: training, ensuring compliance, supervision and monitoring adherence to guidelines and as a contact person
- Establish an employee health monitoring system, record the employees' health status every day. Employees should not attend at work if they feel unwell
- All players, staff and spectators should be verbally screened for fever and/or respiratory symptoms (eg. cough, sore throat) at the entrance. If temperature is to be checked at the entrance, non-contact infra-red devices are preferred, and staff must be trained on their proper use
- Provide hand washing facilities with soap and alcohol-based hand sanitizer for players and employees.
- Entry and exit gates should be separate and clearly marked, allowing for controlled and uni directional flow of people to prevent crowding. Waiting lines should be marked, keeping adequate distance between people.

- Ensure adequate signs/messages are available on site to remind staff, players and spectators on the precautions to be taken
- Maintain a register of all players/coaches entering premises (names and contact details)
- Control people flow and make sure that the ground/area is reserved in advance by only one group for games/practices to prevent overcrowding
- Keep time between practices and games to allow for one group to leave before another group enters the premises and for cleaning and disinfecting facilities such as changing rooms/bathrooms
- Any decision taken to organize sports events that encourage significant mixing up of persons cross districts and in large numbers should be considered based on the country situation.
- The school principal/organiser of any event is responsible to ensure that all participants (including coaching staff, support staff and sportsmen/women) adhere to the guidelines

#### **Changing rooms**

- Changing rooms and washrooms should be well ventilated. They must be cleaned and disinfected frequently and a cleaning chart maintained.
- If possible, changing rooms and washrooms for employees should be separate from the one for players.
- Ensure that there is adequate space to store clothes and belongings separately (well-spaced hooks on the wall or lockers) and disinfect these regularly

#### **Hygiene and cleaning of equipment, facilities and premises**

- Clean and disinfect frequently touched surfaces (door handles, water dispenser taps, etc), equipment and facilities.
- All common equipment should be disinfected between players/participants (such as shot for shotput; discus for discus throw; javelin for javelin throw)
- Minimise the use of common equipment (such as racquets and balls) by encouraging players to bring their own where possible.
- Provide disposable cups at the water dispenser or ask employees/players to bring their own water bottles and should not share this with others

#### **Spectators and entertainment**

- Limited numbers of spectators may be allowed to attend the event. The number of spectators allowed must be limited to numbers which allow maintenance of 1 meter physical distancing between people. In the case of premises with seating facilities, the maximum number of spectators that can be accommodated is 50% of the total capacity.
- If spectators are to be allowed, adequate hand washing/sanitizing facilities should be available at the entrance
- All spectators should wear face masks in the proper manner and dancing/unruly behaviour should not be permitted
- A register of all spectators (name, contact address and phone number and NIC number) should be maintained at the entrance.
- In ticketed events, tickets should be pre-sold online as far as possible/feasible
- Any live bands should be separated from spectators and should not encourage spectators to group together or dance together. Physical distancing must always be maintained

- Food sales: all staff manning food outlets must be trained on COVID-19 preventive measures; stalls must ensure 1 meter distance is maintained with and between customers; there should not be crowding around the food outlet, instead orders may be delivered to the seats where feasible
- Sale and/or consumption of alcohol is prohibited on the premises
- A responsible officer (School Principal, National Sports Association, School Sports Association/authorised organisation) should fill the provided Assurance form prior to the event, indicating compliance with the instructions given. The original of the Assurance form should be submitted to the area Medical Officer of Health. A copy of the same should be sent to the local government authority (municipal council/ urban council/ pradeshiya sabha) and another copy should be kept with you. Where relevant a copy should be sent to the Zonal Education Director or District Sport Officer. This officer is responsible to ensure that the above guidelines are strictly adhered to.

#### **For the staff (including support staff) and coaching staff**

- Adhere to the relevant personal protection and precautions: hand hygiene, respiratory etiquette (cover mouth and nose with a tissue or elbow when sneezing/coughing and dispose of tissue in a closed bin), physical distancing of at least 1 meter where possible; and correctly wear the face mask (when required).
- Ensure that all players are informed of and practice the relevant precautionary measures
- Do not come to work if you have fever and/or respiratory symptoms such as cough and sore throat
- Wash hands with soap and water between clients, use hand sanitizer between touching equipment
- Do not share water glasses or cutlery
- Coaching staff are responsible to ensure that support staff and sportsmen/women are informed of the guidelines and adhere to them at all times during practice sessions and matches
- Keep up-to-date with the latest recommendations on COVID-19 preventive measures of international sporting bodies (such as the International Cricket Council) that are endorsed by the Ministry of Health, Sri Lanka

#### **For the sportsmen and women**

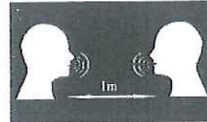
##### **General guideline to be adhered in all sports/games**


- Strictly do not come for practices/events if you feel unwell (if you have symptoms such as fever/cough/sore throat)
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer before and after a game/practice
- Avoid unnecessary contact with frequently touched surfaces and objects such as door handles
- Practice good respiratory etiquette (cover mouth and nose with a tissue or elbow when sneezing/coughing and dispose of tissue in a closed bin)
- Avoid touching your face frequently
- Bring your own water bottle, and if refilling make sure you do not touch the dispenser tap with your bottle mouth.
- Do not share water bottles, cups or utensils with other players
- Shower and change after the game/practice. Clothes should be washed daily
- Do not linger at the premises or create any form of other social gathering

- It is not always possible to maintain physical distancing during sports/games (category II and III) Wherever possible, (eg - during warm up, skill building activities) maintain a distance of 1 meter from other players
- Masks should be worn when playing board games (scrabble, chess, carom) and bridge
- In instances where equipment is shared among the players it should be properly sanitized after each use (shot put, discuss etc.)
- Do not share individual equipment such as bats or rackets
- Do not use spit (saliva) to polish/shine balls.
- In gymnastics ground exercises have a higher risk – Sanitizing floor after each performance is advised
- Avoid unnecessary physical contact with others such as shaking hands, high fives, fist bumps, or hugs
- Keep up-to-date with the latest recommendations on COVID-19 preventive measures of international sporting bodies (such as the International Cricket Council) that are endorsed by the Ministry of Health, Sri Lanka

#### Method of instructions

- Mass media, social media
- Through Ministry of Education through school teachers and coaches (for school sports), Ministry of Sports, and sporting associations
- Signs on site



  
 Director General of Health Services  
**Dr S. Sridharan**  
 Director General of Health Services (Covering Up)  
 Ministry of Health  
 "Suwasiripaya"  
 385, Rev. Baddegama Wimalawansa Thero Mawatha,  
 Colombo 10

Annex I – Risk categorization of sports/games

Risk categorization	Sport/Game	Comments	Reason for classification
Category I – Low risk	Table tennis		Individual sports or sports where the number of participants are low  Or Sports where physical distancing can clearly be maintained
	Tennis		
	Badminton		
	Ball badminton		
	Athletics	Issues may be present in marathon and other long distance racing where distancing cannot be easily maintained. Need to sanitize the equipment which will be shared in sports such as shot put, discuss etc.	
	Rowing and canoeing		
	Aquatic games – Swimming, diving, synchronized swimming, water polo		
	Open water swimming		
	Surfing		
	Sailing		
	Gymnastics	Ground exercises have a high risk – Sanitizing equipment and floor after each event is advised	
	Aerobics – individual		
	Rifle shooting		
	Weight lifting and power lifting		
	Wushu – Thawulu		
	Karate - kata		
	Taekwondo - Pumse		
	Fencing		
	Archery		
	Body building		
	Motor racing		
	Cycling		
	Mountaineering		
Roller skating			
Equestrian			
Golf			
Billiard and snooker			

	Board games (scrabble, chess, carrom) and bridge		
	Life saving (individual events without CPR/person to person contact)		
Category II - Low Medium risk	Cricket including softball cricket		Group sports where physical distancing can be maintained at most times. However, handling of a ball may be involved.
	Hockey		
	Elle		
	Squash		
	Beach volley ball		
Category III - High Medium risk	Volleyball		Group sports where maintaining physical distancing is difficult. However, there is no direct intentional physical contact. Involves a ball which will come into contact with all participants
	Throw ball		
	Hand ball		
	Baseball		
	Netball		
	Roll ball		
	Foot ball		
	Footsal		
Category IV- High risk	Rugby		Direct intentional physical contact is present
	Kabadi		
	Boxing		
	Wrestling		
	Wushu - Sandha		
	Karate- Kunithe		
	Judo		
	Taekwondo - Chon ji		
	Combat games such as Jujutsu, Sambo, Angam pora		
	Aerobics - Group		
	Tug of war		
	Life saving events with CPR/person to person contact	Considered as high risk as CPR is practiced	

#### School co-curricular activities

- Camping, outbound training – High risk
- Hiking, squad drills, individual tests – Low risk