

Facilities providing outdoor training activities

Government outdoor sports facilities may only serve professional athletes registered with sports federations and clubs



General rules

These guidelines apply **ONLY** to registered professional athletes



The club or federation must prepare a timetable for pre-booked training reservations



NO walk-ins will be allowed

Reservations should be booked with time periods in between athletes to allow for cleaning and disinfection of shared equipment



Before training, all athletes, administrators and coaches must fill-out a form provided by the club or federation, which addresses the following questions for the previous -14day period:

Name,
Contact number
and Address

Are you experiencing, or have you experienced, any of the following symptoms?

Fever | Cough | Fatigue |
Shortness of breath | Loss of
smell | Loss of taste | Sore
throat

Have you been in contact
with anyone exhibiting
symptoms of COVID-19 or
has been diagnosed with
COVID-19?

Do you live with
anyone who's under
home-quarantine
orders?

If the staff or athlete answers **YES** to any of these questions, the facility must deny the staff or athlete entry

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An infrared thermometer should be used to check the temperature of staff and athletes each day before using the facilities. Any staff member or athlete with a temperature of 37.5°C or higher must immediately leave the premise and call 444.



Any athlete or staff presenting symptoms of COVID-19 should be denied entry to the facility.



All athletes and staff are required to download the Be Aware app. Those who do not download it will be denied entry to the facility.



At least 70% alcohol-based hand sanitizers must be provided at the entrance and at several points in the facility.



Facilities must mark their floors to ensure that social distancing is maintained at all times. In addition, they must establish a one-way traffic flow.



All staff and athletes must wear a face mask when inside the facility, and are permitted to remove it when they are in open air. Those not abiding by this requirement will be asked to leave the premise.



Training sessions must not exceed five participants, including the trainer, and must abide by social distancing rules at all times.



Athletes are prohibited from engaging in activities that require touching or using shared equipment/machines that are not or cannot be disinfected between uses.



Athletes must bring their personal water-filled bottle, towels and other non-sharable equipment.



Athletes must sanitize their equipment before and after use.



Athletes can use the facilities' weights, barbells and other heavy equipment, as long as they are disinfected and left to air dry at least 15 minutes before the session. This equipment cannot be shared during the session.



Trainers must limit their contact with athletes. Hands-on adjustments are prohibited during group classes; verbal cues are encouraged to ensure correct posture.



Contact sports or training that involves participants directly touching, coming into close contact (less than 2m apart) or sharing equipment (i.e. football, basketball, wrestling, boxing, mixed martial arts, etc.) are prohibited.



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Common areas such as showers, saunas, steam rooms and changing rooms must be closed (in exception to restrooms), until further notice.



Increase the number of trash receptacles and frequency of trash collection.



Encourage the use of electronic payments.



The responsible government entity will conduct regular and random inspections to ensure compliance.



Any facility which cannot meet these regulations must remain closed.



Employees



Any employee with symptoms associated with COVID-19 must not be allowed to work.



Employees should regularly wash their hands with soap and water for at least 20 seconds and immediately if their hands become visibly soiled.



Facilities should emphasize to their staff that face coverings and other PPEs are not a substitute for physical distancing and adequate hand hygiene.



Where feasible, facilities should stagger staff shifts to ensure that only essential staff are on each shift.



Disinfecting



Facilities must allow at least 20 minutes between reservations to thoroughly clean and disinfect all communal equipment, including seats, before they are reused.



Do not use disinfecting wipes to wipe more than one surface; use one wipe per item or area and discard after each use or when visibly soiled.



Restrooms are to be thoroughly cleaned after each use.



Disinfect high-contact areas after each appointment or more immediately if these areas become visibly soiled.



Facilities must ensure adequate sanitary supplies (e.g., soap, toilet paper, at least 70% alcohol-based hand sanitizers) throughout the day.