

Government of Meghalaya
Sports & Youth Affairs Department

No: SYA.91/2020/2

Dated: Shillong the 2nd of September 2020

SOP for Resumption of Football 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, specially football, and therefore understands that it is crucial to draw up a detailed Standard Operating Procedure (SOP) for resumption of football activities through the various Sports Clubs and Associations in the State that reassures all stakeholders involved;

Now, therefore, to ensure that all the key stakeholders of the football 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:

I. Introduction

- a. This SOP for Resumption of football activities through the various Sports clubs and Associations in the State shall be in accordance to the Order of the Home(Political) Department, Government of Meghalaya dated 10th September 2020 vide Order no. POL.75/2020/Ptl1/66 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. Sports Clubs and Associations that wish to resume football training and training related activities 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.
- c. This SOP is intended solely for Sports Clubs and Associations for the conduct of football training and training related activities only and not for the organisation of competitive football or mass congregations
- d. At all times the Sports Clubs and Associations must respond to the directives of the Health Department and other authorities.
- e. 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 quarantine of the individuals as per the protocols of the Health and Family Welfare Department.

II. Stakeholder Responsibilities

a. Football Clubs and Associations

Before Training

- a. Sanitising sports and exercise equipment regularly.
- b. 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 the sports clubs and associations of the training sessions of the set out protocols before and after each training session.
- c. Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches) but only if they can be appropriately socially distanced from each other.

During Training

- a. avoid sharing of sports equipment, yoga mats, towels, water bottles etc.

- b. Equipment should be handled as little as possible by as few people as possible, avoid touching equipment cones and footballs as much as possible. The focus should be kicking the ball and limiting touching the ball with the hands or head as much as possible.
- c. Training Bibs Must not be used unless they can be washed between every session. They should not be shared at any point during a session.
- d. In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines
- e. Training drills and routines which involve close contact and proximity such as defensive drills, man marking drills etc. should be avoided as much as possible.
- f. No spectators shall be permitted for the training sessions, except members of the Sports Club/Association. limited to not more than 10 personnel.
- g. Pre-match handshake of practice matches should not occur. Instead players/trainees will be asked to hand-sanitise before kick-off.
- h. Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors.
- i. When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected.
- j. There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, trainees/coaches should therefore avoid shouting or raising their voices when facing each other during, before and after the training sessions.

After Training

- a. Post completion of the training sessions the players should be encouraged to leave the venue rather than congregate.
- 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.
- c. Warm-ups/cool-downs should always observe social distancing.
- d. Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that trainees use.

b. Venue Owners/Management

Before Training

- a. limit contact/interactions, e.g. one-way systems in buildings and keeping doors open.
- b. To operate safely, changing rooms, club rooms and shower facilities shall be closed. Only access to the toilets shall be made permissible.
- c. Deployment of sufficient housekeeping staff with the adequate sanitation and disinfectants in common areas and toilets.
- d. 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.
- e. 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 should not be permitted to participate in the training sessions and should be reported immediately to the Covid-19 Officer for further investigation.

During Training

- a. consistent sanitisation and disinfection of common utilities and fixtures i.e. doorknobs/handles washrooms toilets etc.

After Training

- a. Sanitisation of change rooms, washrooms toilet facilities and fixtures.
- b. Sanitisation of goal posts, sports equipment and material belonging to the venue management.

c. Players/Trainees

Before Training

- a. Practice personal hygiene: handwashing, use of sanitizers.
- b. Ensuring adequate sleep, proper nutrition of Players/Trainees.
- c. Carrying of own water bottles with name tags or labels, towels and hand sanitisers, strictly no sharing of any personal effects.
- d. Players/Trainees should arrive at the venue changed and ready to train limiting the time spent in common team change rooms.
- e. Covid-19 self-assessment using Arogya Setu App and self-monitoring for symptoms.
- f. 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.

During Training

- a. Covering of mouth and nose when coughing or sneezing.
- b. Maintaining social distancing throughout the training sessions.
- c. Avoiding handshakes, high fives, group celebrations and limit goal celebrations to elbow bumps.
- d. Players/Trainees should refrain from spitting.
- e. Interactions with referees and match assistants should only happen with players observing social distancing.
- f. 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.
- g. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.
- h. It is recommended that Players/Trainees wear dispensable sanitary gloves during the training sessions.

After Training

- a. After the conclusion of the training session, all Players/Trainees should immediately wash their hands with liquid soap as per the Health Department Protocols.
- b. The training clothes worn by the Players/Trainees should be immediately changed with fresh clothing before departing from the venue and the sanitary gloves should be disposed of at a designated dustbin.
- c. 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 players/trainees which should be immediately washed with disinfectants and adequate quantities of detergent.
- d. Proceed to leave the venue immediately after cool-down exercises and technical briefings.

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

Memo No: SYA.91/2020/2(A)

Dated: Shillong the 2nd 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**