



## INSTRUCTIONS FOR SELECTED PUBLIC ACTIVITIES/WORK SETTINGS FOR THE PREVENTION AND CONTROL OF COVID- 19

The instruction notes are given for a range of public activities and work settings. Some sectors such as tourism, large shopping malls, event management, etc. would require reference to several instruction notes.

The Instructions are subject to overall permission given by the Ministry of Health to resume functions (totally/selected)

Each instruction note is issued by the Director General of Health Services, Ministry of Health and Indigenous Medical Services and are for the establishment /owner /responsible authority to follow in prevention of transmission of COVID-19.

Further guidance on occupational (work) settings if needed - please refer to

[http://eohfs.health.gov.lk/occupational/index.php?option=com\\_content&view=article&id=61&Itemid=208&lang=en](http://eohfs.health.gov.lk/occupational/index.php?option=com_content&view=article&id=61&Itemid=208&lang=en)



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TOWARDS A NEW NORMAL



MINISTRY OF HEALTH  
AND INDIGENOUS  
MEDICAL SERVICES



GOVERNMENT MEDICAL  
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA  
KOTTE MUNICIPAL  
COUNCIL



## 51. Outdoor sports

Outdoor sports are performed in open air spaces and includes sports such as athletics, racket games, cricket and ball games such as volleyball, basketball, netball etc. The main risks associated with these sports are in the attraction of crowds as spectators, assuming that participants at the games strictly do not participate if they feel unwell.

### Specific message/Instructions

#### For the management/organisers

- All employees and players 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)
- It is not advised to wear face masks when exercising or playing sports. It is not also possible to always maintain the 1 meter distancing during all sports/games. Players must ensure their protection and that of others by strictly not participating when they feel unwell (have fever and/or respiratory symptoms such as cough or sore throat), and adhering to other measures such as hand hygiene (washing hands with soap and water for at least 20 seconds or use of hand sanitiser before and after a game, avoid touching the face), not using spit on balls, respiratory etiquette and avoiding unnecessary contact with frequently touched surfaces and objects
- Establish an employee health monitoring system, record the employees' health status every day. Employees should not attend at work if they feel unwell
- Players should be verbally screened for fever and/or respiratory symptoms (eg. cough, sore throat) at the entrance. Thermometers may be used to check for fever but are not essential. 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
- Ensure adequate signs/messages are available on site to remind players on the precautions to be taken
- Provide hand washing facilities with soap and alcohol-based hand sanitizer for players and employees
- 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
- Clean and disinfect frequently touched surfaces (door handles, water dispenser taps, etc), equipment and facilities



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- 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
- Provide disposable cups at the water dispenser or ask employees/players to bring their own water bottles
- The management is responsible to not to have any spectators for outdoor sports. The exception is that one parent may accompany a child under the age of 12 years. This should be strictly followed until notified otherwise by the Director General of Health Services. Any permitted spectator such as a parent should strictly follow physical distancing and wearing of masks
- The owner/manager should fill the provided Assurance form at commencement of work, 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. The owner/manager of the premises is responsible to ensure that the above guidelines are strictly adhered to.

**For the sportsmen and women**

- 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 sanitiser before and after a game/practice
- Do not use spit on balls
- 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
- Reserve the ground/area in advance and strictly stick to your time slot
- 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
- Do not share equipment such as bats or rackets. If sharing cannot be avoided, the equipment must be disinfected between players
- It is not always possible to maintain physical distancing during sports/games. Wherever possible, (eg - during warm up, skill building activities) maintain a distance of 1 meter from other players
- Avoid unnecessary physical contact with others such as shaking hands, high fives, fist bumps, or hugs

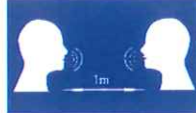


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**Method of instructions**

- Mass media, social media
- Signs on site



  
Director General of Health Services

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