

# COMPETITIVE SPORTS BIOSAFETY PROTOCOLS

The health crisis that we are still experiencing has caused many alterations in the habits of students, with athletes being one of the groups that have been affected the most. This is because it is very likely that, by not being able to practice sports regularly, physical, technical and psychological factors are altered. The anxiety and stress generated during this period directly influence the concentration and performance of athletes in all areas.

This is a good time to return to sports training, gradually and in an orderly way; where it becomes of utmost importance to plan and execute the phases of the return and even more important for coaches, athletes and parents to know this information.

The primary objective of returning to sports practices will be to strengthen social-emotional, mental and psychological health, as well as to reduce the stress of student-athletes generated by the physical inactivity during confinement. Before thinking about competing, we need to restart training to guarantee everyone's health, not only against COVID-19 infections but also to avoid injuries.

## RETURN PHASES

Two phases will be established in the return to sports practices which will guarantee the safety of our students:

### PHASE 1

- Zero physical contact between players and the coach.
  - Focused on individual exercises on the court, there will be NO group exercises.
  - Groups will not exceed 20 players.
  - Play equipment (ball, cones, etc.) cannot be shared.
- Hydration: each player is responsible for their water bottle.
  - Players will remain at least 2 meters apart during practice, as well as in the stands.
  - 1 hour and 15-minute sports practice.
  - Parents are not allowed during practice.

### PHASE 2

- Exercises in small groups of maximum 4 vs 4 per exercise.
- Minimum physical contact allowed.
- Groups will not exceed 20 players.
- Hydration: each player is responsible for their water bottle.
  - Water cannot be shared.
- 1 hour and 30-minute sports practice.
- Parents are not allowed in the bleachers.

## PHASE I AND II

For a gradual and controlled return to the field, it is important to recognize and understand that we will all play a **ROLE** by following safe and controlled protocols. Phase II will begin a month and a half after Phase I begins. The roles and responsibilities are as follows:

### **ROLES**

#### EA (WATCH OVER)

- Children with flu-like symptoms or that have someone from their family circle with flu-like symptoms, please refrain from coming to sports practice.
- Parents will have to pick up their children right after the sports practice ends.
- All athletes must wear a mask to be used before, during and after sports practice.
- Departure time must be immediately after the end of sports practice.
- Student's temperature will be taken when entering the sports facilities, if it is more than 37°C, they will not be able to enter.
- Before and after sports practice, athletes will remain seated 2 meters apart.
- A ball will be assigned to each athlete for the development of sports practice.
- Each athlete is responsible for bringing their own water bottle for hydration and it cannot be shared.

#### COACHES

- Keep strict control of daily attendance to sports practice.
- Check that everyone has their ball, water bottle and any other material for personal use.
- The coach is the only person who can touch cones, plates, fences or any type of work equipment.
- Make sure that all exercises are 2 meters apart (between students, but also between student and the coach).
- Vests cannot be used.
- Sanitize balls, cones, fences etc. after every workout.

#### PARENTS

- Check your children's temperature prior to sports practice.
- Make sure sports clothes are washed after sports practice.
- Send enough hydration for every workout.
- Pick up your children immediately after each workout (no parents during sports practice).

## **ATHLETES**

- Read and be aware of the biosafety protocols.
- Wash your hands before and after each workout, bring your own hand sanitizer to be used during workouts.
- Wear a mask before, during and after each workout.
- Do not share balls, water bottles or any other material for personal use.
- Respect and check physical distancing before, during and after sports practice.
- No handshakes, hugs, or group celebrations.
- They will not be able to be on the sports campus if they do not have sports practice (Are not allowed to stay as viewers of siblings and friends sports practices).
- Don't mix groups and teams.
- Athletes can only practice one sport indefinitely.