

RETURN TO PARA ATHLETICS GUIDELINES: PARTICIPANTS



Para Athletics (Singapore), PAS, has developed the following guidelines to assist the safe return to para-athletics activity during the COVID-19 pandemic.

These guidelines are aimed at limiting the spread of COVID-19 and ensuring participant and community safety as we return to para-athletics. These guidelines must be read in conjunction with the current directives and guidelines of the Sport Singapore (SportSG) and those relevant sector specific advisories.

In returning to para-athletics activity, PAS's priority is the preservation of public health and minimising the risk of community transmission to enable a safe and gradual return to sport for all.

From participants to volunteers, to coaches, parent, caregivers, spectators and staff, the entire para-athletics community has an important role to play in helping to slow the spread of COVID-19.

We strongly encourage everyone to download the Singapore's COVID-19 contact tracing app **TraceTogether**.

The app is available for download from App Store and Google Play. Or you may use the QR code provided.

This guideline is current as of 15 June 2020.



To help minimise the risk of contracting or transmitting COVID-19 as we return to para-athletics activity, participants must adhere to the following:

Do not attend training if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue, or shortness of breath.

Do not attend training if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19. This include any household members who have been issued with Stay Home or Quarantine Notice.

Any participant who is unwell should see a doctor in accordance with Ministry of Health (MOH) guidelines.

Participants should gradually return to training and competition to reduce the risk of injury, particularly if participants have had a period of inactivity.

Examine vulnerable participants as they may be at increased risk.

Avoid sharing items with others. Bring your own drink bottles, towels, and equipment (where possible) to training.

Shower at home with soap before and after all activity (where possible).

Do not drink from the drinking fountain or water-cooler machine.

Do not use shower facilities or changing room at the training ground. Minimise the need to use the public toilet.

Participants should arrive ready to train. Warm-up and cool down routines should be undertaken alone within safe distancing of at least two (2) metres apart from other athletes.

Avoid unnecessary body contact, for example no hand shaking or high fives.

Plan for a quick departure and avoid gathering with others for prolonged periods before or after activity.

Adhere to the maximum of 3 athletes in a training group and the activity restrictions of zero physical contacts and safe distancing.

Wipe down equipment, starting blocks, rubber mats or any other shared surfaces before and after use.

Practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing or sneezing into your towel.

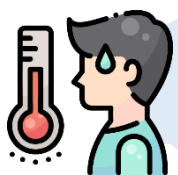
Before and After Activity



Plan a gradual return to training to minimise risk of injury



Do not attend training if you are unwell



You will be asked to leave if your body temperature is above 37.5°



To put on mask before and after your exercises



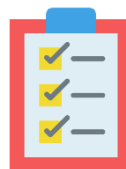
You should arrive ready to train and leave without the need to change attire



Shower at home with soap.



Wash and sanitise your hands

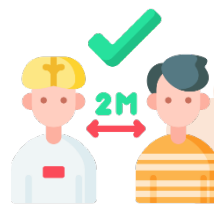


Prepare for a quick in and out of training. No time wasting

During Activity



Adhere to maximum number of athletes in a group and zero physical contact



At least 2 metres or 2 arms-length during stationary. At least 10 metres when running or moving at 14km/h.



Bring your own items. e.g. drink bottles, towels, nutrition, and equipment (if possible).



Wipe down equipment or other shared surfaces before and after use



Practice good personal hygiene. E.g. wash with soap or sanitise your hands regularly, wipe your perspiration with your towel, avoid touching your face with your hands and if you must sneeze, do so into your towel

GENERAL HYGIENE PROTOCOLS

Always take the following steps to ensure you, your colleagues, training partners and friends remain healthy.



Wash your hands often with soap and water for at least 20 seconds.



Wash or sanitise your hands before eating



If soap and water are not available, use an alcohol-based hand sanitiser



Avoid touching your eyes, nose, or mouth



Cover your mouth to cough or sneeze



Stay home and seek medical treatment when you are sick



Avoid close contact with people who are sick



DO NOT ATTEND
group training, competitions,
or events if you exhibit any of
these symptoms:

FEVER

FATIGUE

**SORE
THROAT**

COUGH

**SHORTNESS OF
BREATH**

**PLEASE SEEK APPROPRIATE
MEDICAL TREATMENT.**

SAFE MANAGEMENT PRACTICES

Guide for all Head Coaches, Assistant Coaches, Team Managers and Officials



To arrive one (1) hour before training commence to facilitate **Safe Entry** procedures which include temperature check and **QR code scanning** at entrance.



Ensure that there is sufficient supply of, but not limited to, hand sanitisers, disinfectant sprays, clean cloth for wipes and a working thermometer readily available before facilitating the **Safe Entry** procedures.



Do note that before **thermometer reading** to be taken, either visual observation or direct inquiry may be required to identify athletes' condition e.g. whether they have come from a hot environment. Instruction given to athletes to cool down before entry may be necessary. This is to ensure more accurate reading.



Anyone displaying symptoms of Covid-19 should not be allowed to enter. Those having these symptoms should be strongly advised to report to the nearest medical centres or GP. Their next-of-kin or parents should be contacted for notification and follow up action.



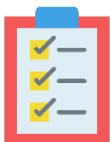
Strictly enforce the rule of **putting on mask** before and after activities. Ensure that all athletes are to report to training venue with their masks on and these shall be the same when they check-out from the venue.



Inform and remind athletes beforehand that they should report to the training venue with properly attired and ready to train. This is to **eliminate time wasting** and the need to use changing rooms where there would be a possibility of gathering. It is strongly advised not to use changing rooms whenever possible.



No touching on public exposed and unattended properties such benches, lamp posts, fences, gates, notice boards etc. **All forms of physical contact should be avoided.** E.g. high fives, fist bumps, pat on the back.



Coaches to observe safe distancing during training activities as specified in these guidelines. To plan for quick in and out of training to eliminate extra time spent at the training venue. All person-in-charge of respective training groups should adhere to all guidance describe in these guidelines. **Should any coaches, managers and officials require further clarification or assistance, please contact any representatives from PAS.**