

Guidance on return to sport: COVID-19 secure checklist

The Isle of Wight Councils Business Regulation and Public Protection team have produced ‘**Guidance on return to sport: Covid-19 secure checklist**’ to help assist your club and its supporters to be as covid-secure as possible as our Island community returns to the sports they love.

We know that sport plays such an important role in the health and wellbeing of us all and the return to these activities is most welcomed.

It is recognised that risk of COVID-19 in sport cannot be completely eradicated, but with caution and care, risk can be reduced, and the benefits of team sport enjoyed fully again.

However, For the foreseeable future all matches, competition, events and training will be different to previous years and therefore you must take note of the government guidance and ensure that there are measures in place to be covid-secure. Please use the checklist below as a guide to assist in your preparations. It is based on current government guidance which may be updated from time to time and you will need to ensure that your activities are aligned with the most updated version of the following guidance:

1. [Working safely guidance for providers of grassroots sport and gym/leisure facilities](#)
2. [Working safely guidance for providers of outdoor facilities on the phased return of sport and recreation in England](#)
3. [Guidance on the return to recreational team sport framework](#) (this will have general measures and mitigation and links to specific guides for your sport).
4. [Guidance on social mixing](#)

This checklist is a starting point and is not exhaustive. Your facilities and sport are unique and will present specific risks:

Prior to activity	Action	Comment	Date
Can the sport return?	<p>Can my specific sport restart? This is only the case when each sport's national governing body has published a government-approved action plan and related guidance on playing safely.</p> <p>Please note that there may be some differences for indoor and outside activities.</p>		
Club Preparation	<p>Operate in a covid-secure way, develop a written COVID-19 risk assessment and a plan which includes mitigation measures that will be put in place prior to activity resuming. The risk assessment must identify the different groups and individuals that could be at risk of transmission of COVID-19</p> <p>Please check the most updated government guidance links above to help inform your risk assessment.</p> <p>All clubs running activities for children should also consult the DfE guidance on</p>		

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	<p>Protective measures for out-of-school settings, which sets out further practical steps providers of community activities, holiday clubs, after-school clubs, tuition and other out-of-school provision for children should follow to minimise the risk of transmission for children attending their settings.</p> <p>Ensure clear communications with all participants (including those playing a sport, spectators, etc.) about your COVID-19 safe measures and any code of conduct developed for your club. More information on communicating clearly is found in the following guidance.</p> <p>Ensure staff and players are briefed on covid-secure measures</p> <p>Ensure that social distancing is maintained whilst people are queuing on entry and at external tea hut facilities</p> <p>Ensure that suitable social distancing measures are in place for seating arrangements in spectator stands</p>		
Facilities	<ul style="list-style-type: none"> <input type="checkbox"/> Changing room and showers – players should arrive changed and shower at home. <p>If you use any facilities then these must follow government advice on the use of indoor facilities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Using signs and posters to build awareness of good handwashing technique (with soap and water for 20 seconds), the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely followed by handwashing, or into your arm if a tissue is not available <input type="checkbox"/> Toilets will need to be opened. And steps will need to be clear for the use and cleaning guidance for toilets, with increased frequency of 		

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	<p>cleaning in line with usage. Further information is available on the 'toilets' section of the following guidance.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available <input type="checkbox"/> To enable good hand hygiene consider making hand sanitiser available on entry to toilets where safe and practical, and other key points on the site. <input type="checkbox"/> An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. <input type="checkbox"/> Consider providing more waste facilities and more frequent rubbish collection. <input type="checkbox"/> Social distancing guidelines should be followed between people from different households wherever possible. This means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible. Consider the use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks). <input type="checkbox"/> Movement on site should also be monitored and socially distanced as per the 'movement on site' section of the government guidance. 		
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Travel and Arrival	<p>Participants are encouraged to follow guidance for safe travel including minimising use of public transport and limiting car sharing. Walk or cycle if you can. People from a household or support bubble can travel together in a vehicle.</p> <p>Clubs should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this</p>		
Test and Trace	<p>The opening up of the economy following the COVID-19 pandemic is being supported by NHS Test and Trace.</p> <p>You should assist this service by keeping a temporary record of your participants for 21 days. The framework we outline below is designed to minimise the COVID-19 transmission risk whilst taking part in recreational team sport and enable participants to make an informed decision about their own risk. Further information is available here: https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace</p>		
Pre-Attendance Official Symptom Check	<p>All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms.</p> <p>No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following:</p> <ul style="list-style-type: none"> • A high temperature • A new, continuous cough • A loss of, or change to, their sense of smell or taste <p>Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation</p>		
Implementation of Measures	<p>A number of these mitigation measures will be reliant on the behaviour of others therefore education and clear and consistent communication with all others involved in the running of the club and the participants, supporters and spectators is critical.</p>		

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	Its good practice that a code of behaviour should be developed, shared and agreed.		
During the Activity	Action	Comment	
Participants	<p>Key Principles that should be covered in the risk assessment and mitigation measures:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Social distancing during warm up <input type="checkbox"/> Specific sport action plan must address the issue of how the sport can mitigate the risk of social distancing in competitive matches and training. <input type="checkbox"/> Avoid unnecessary breaking of social distancing such as handshakes, huddles, face to face confrontation with opponents and officials and scoring celebrations. <input type="checkbox"/> Retain social distancing during breaks. <input type="checkbox"/> Coaches and substitutes should retrain social distancing <input type="checkbox"/> Sharing of equipment to be avoided where possible, especially that used around the head and face. Where equipment is shared, equipment must be cleaned before use by another person. <input type="checkbox"/> Water bottles and other refreshment containers, should in no circumstances be shared <input type="checkbox"/> Consider injury treatment as this must still happen, and the best way to protect yourself and others is through cleaning and personal hygiene. Face coverings are also advisable when undertaking treatment. <input type="checkbox"/> Participates should take their own kit home to be washed. 		

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	<ul style="list-style-type: none"> <input type="checkbox"/> Participants should, where possible, avoid shouting or raising their voices when facing each other during, before and after the games. <input type="checkbox"/> Participants should be encouraged to refrain from spitting or rinsing out their mouths on or around the playing areas. 		
<p>Supporters/ Spectators</p>	<p>Don't forget your supporters, parents, and other spectators that need to remain socially distanced whilst attending events.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Compliance with current guidance on social mixing must be maintained at all times when not on the field of play <input type="checkbox"/> Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance. <input type="checkbox"/> Where it is anticipated that an activity will attract spectators, there should be a named person or persons with responsibility for ensuring adherence with these guidelines and ensuring the facility is COVID-19 Secure. The person should carry out and publish a risk assessment for the activity which limits the number of spectators and focuses on the need to maintain social distancing on arrival, for the duration of the activity, and on departure. <input type="checkbox"/> Arrangements should also be put in place to support test and trace efforts by collecting information from spectators which is detailed enough to allow NHS Test and Trace to contact them if necessary. See the maintaining records guidance for further information. 		

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Clubhouses and Hospitality	Venues will use clubhouses and hospitality facilities in line with government guidance on hospitality settings .		
Post the Activity	Action	Comment	
Waste	Consider providing more waste facilities and more frequent rubbish collection.		
Review	Review the activity and risk assessment. Were all mitigation measures implemented and effective. Are any changes to the risk assessment required? If so, ensure these are communication all that need to be aware.		
Action if a positive case	<p>A review process should be built in to refine any mitigations and to react in the event of any positive COVID-19 infections and potential changes in government advice, following guidance on cleaning in non-healthcare settings</p> <p>What you should do to manage a case of COVID-19 or 2 or more cases of COVID-19 (i.e. an outbreak):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify – you may be informed of a confirmed case of COVID-19 by NHS Test & Trace, a participant, supporter or member of the club or your local Public Health England Health Protection Team (PHE-HPT) <input type="checkbox"/> Report - contact your local Public Health England Health Protection Team (PHE HPT) for help and advice on 0344 225 3861, option 2. Early engagement is key to minimise any possible wider outbreak in the community. <input type="checkbox"/> Respond - your local PHE -HPT will work with you to assess the risk and advise you of the actions to take. <p>The Isle of Wight Council Environmental Health and Communications team are here to support you in handling any enquiries</p>		

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	(see key contacts below). If a COVID-19 case or outbreak should occur there, please follow the above steps and refrain from posting on social media yourselves.		
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COVID-19 hasn't gone away and prevention is currently our best defence. Working together as a community is key to our success and we must all play a part.

The [framework](#) the Government have outlined is designed to minimise the COVID-19 transmission risk whilst taking part in recreational team sport and enable participants to make an informed decision about their own risk.

Key Contacts

PHE Hampshire and Isle of Wight Health Protection Team

T: 0344 225 3861 and you **must select option 2**

Business Regulations and Public Protection

T: 01983 823000

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Licensing Section

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Isle of Wight Council Communications Team

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