

Sports Authority of India
(TOPS Division)

JN Stadium Complex
East Gate, Lodhi Road
New Delhi-110003

SAI/HPD-NCC/Covid/2020-21

Date: 28/04/2021.

CIRCULAR

Sub: Precautions to be taken with respect of Olympic bound athlete in view of raising Covid cases.

Reference: Circular no :SAI/HPD-NCC/Covid/2020-21 dated 26/4/2021: Advisory with regard to the safety of athletes training in the National Coaching camp.

In view of raising Covid cases, ensuring safety and well being of Olympic bound athletes who will be representing the Country in the upcoming Tokyo 2020 Olympics is of utmost importance. In order to ensure the same, the following SOP would come into force with immediate effect for all SAI Centres where Olympic bound athletes are undergoing training.

1. On arrival at training centre:

- a) An athlete reporting for the camp will be kept in quarantine/isolation for one week. The quarantine norms will remain the same for athletes moving out of Green Zone like returning from Competitions, visiting Banks, Hospitals (including regular checks/tests), Proceeding on leave etc.
- b) Athlete will report with RT-PCR negative report done within 48 hours before arrival for athletes returning from Competitions or leave.
- c) Athlete will undergo thermal checking on arrival.
- d) Athlete will submit a self-declaration form of place of origin, recent travel history/ history of contacts with COVID positive case.
- e) Consent form for participation in sports and to maintain all COVID 19 safety protocols

2. Quarantine:

- a) **Quarantine Area/Block/Hostel.** All Centres are advised to earmark and prepare Quarantine Centre if feasible so as to prevent mingling of COVID positive cases with athletes in the Bio-Bubble. The facilities should be befitting and comfortable for the national campers.

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b) Campers arriving from outside:

- (i) Quarantine of seven days in isolation.
- (ii) RTPCR test on 6th day of quarantine
- (iii) During the quarantine period, restricted general fitness and monitored training in earmarked areas on a staggered schedule would be allowed, so as to prevent any contact with athletes already training in the bio-bubble. The coach/support staff/sparring partner/pacers involved in training for such an athlete would **form part of the individual athlete's group and strictly follow the same regime as the athlete**, and would not be allowed to interact with other athletes/support staff in the bio-bubble until the test results (RT-PCR) of the whole group comes out **Negative at the end of the initial quarantine period of 7 days**.
- (iv) Strength & Conditioning support to be provided through virtual mode by the Strength & Conditioning expert depending on athlete's physical status under strict medical advice. Regional Centers to provide portable S&C equipment to individual athlete
- (v) However, if any member of the athlete's group **returns a positive result** at the end of the quarantine, the whole group will continue to remain in quarantine for a further period of 07 days. The whole group would be allowed to join the regular training group in the bio-bubble, once every member returns a **Negative result** in subsequent testing undertaken on the 13th day of their quarantine.

c) Campers in the Ongoing Camp within the Bio-Bubble:

- (i) Considering that the athletes train in groups, if any athlete/coach/support staff within a group, which is undergoing training in the centre is found positive, the entire group would be isolated and **quarantined for minimum 14 days**. The NSFs should where feasible create training groups including the support staff so as to contain any wide spread transmission of COVID
- (ii) The RT-PCR test of the entire group is to be undertaken. The testing needs to be done on weekly basis as per order no SAI/HPD-NCC/Covid/2020-21 dated: 6/4/2021.
- (iii) The training for the entire group to which infected athlete/coach/support staff belongs would be suspended for until **the whole group is found negative** in subsequent testing as per laid down protocols. In view of Olympics, athletes post quarantine of 7 days, and if

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general conditions is good, strength and conditioning training in isolation for next seven days would be allowed under strict medical advise.

(iv) If Covid **positive** after RTPCR on 6 th day -repeat RTPCR on 14 day and again after 48 hrs. Then 2 -3 days for cardiopulmonary assessment and gradual return to play as per protocol. Gradual return to play is to be monitored by the Medical and Coaching staff.

(v) **Strength & Conditioning support** to be provided through virtual mode by the Strength & Conditioning expert depending on athlete's physical status under strict medical advice. Regional Centers to provide portable S&C equipment to individual athlete.

(vi) In addition, all national campers (Athletes/Coaches/Support Staff) are to be advised to avoid ordering on Amazon. Further, no campers/staff are to be allowed to order online food delivery forthwith.

3. Training areas (FOPs)

- a) Specific FOPs to be designated for people in bio bubble.
- b) Sanitization of equipment used after every training session is mandatory
- c) Athletes should be encouraged to avoid spitting in training areas.
- d) Shoes to be regularly cleaned.
- e) Social distancing between athletes to be ensured.
- f) Mask to be used except during training.
- g) Hand sanitization compulsory.

4. Competitions

It is recommended that invitational tournaments and NON- Olympic qualifying events for major competitions to be avoided.

5. **Testing**: Regular RT-PCR test for the Campers, primary contacts of the campers and administrative staff of the Regional Centres to be followed as per SAI order no: SAI/HPD-NCC/Covid/2020-21 dated: 6/4/2021. In case of exigencies Regional Directors to take decision about conducting additional RT-PCR/Covid Antigen tests on medical advice. With effect from 01 Jun 21 the RT-PCR tests is to be undertaken for all Olympic bound athletes/Coaches and Support Staff twice a week.

6. **Leave during camp**: Frequent travel can make the bio-bubble susceptible to COVID, and therefore, leave should not be granted for Olympic bound athletes unless in case of emergency. The leave to national campers in such emergencies

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are to be given only after express approval of respective NSFs and SAI HO. Athlete returning from leave would have to undergo quarantine as mentioned in Paragraph 2.

7. **Dining facilities:** Food will be provided in the rooms for the athletes under quarantine. For athletes in bio-bubble, the meals will be arranged in the Dining Hall. Centres to ensure highest standard of hygiene in the dining hall as well as serving in a manner, which obviates any contact between the Mess staff and the athletes.

8. **External Medical Consultation.** Athletes in the National camp are to be advised to restrict their visits to medical consultants outside without consent of doctor at the Centre/of the team. Any athlete proceeding for medical consultancy outside the premises of SAI Centres would mandatorily be required to undergo the quarantine process as enumerated at Para 2 above on return. Frequent hospital visits increase the chances of Covid 19 in bio-bubble. Dental consultation should not be allowed unless in an emergency case, which hinders the training schedule.

9. **Facility management:**

- a) Separate staff should be delegated for quarantine zone and use of PPE kit is recommended.
- b) Bio waste medical management system to be put in place for garbage disposal.
- c) Sanitization of the FOPs, Gyms, Dining area, rehabilitating centres, Sports Science centres regularly twice a day-pre/post training sessions.
- d) Linen used should be cleaned as per guidelines of MoHFW.

10. **Hygiene Officer**

- a) One Hygiene Officer to be nominated by the federation to supervise the implementation of COVID 19 protocols by athletes. He would be responsible for preventing any violation of COVID protocols as well as the integrity of the Bio-bubble.
- b) Hygiene Officer is to ensure that if any athlete/coach/support staff shows symptoms of COVID, they should be isolated with immediate effect along with the primary contacts and bring such cases to the notice of the COVID task force of the Centre.

11. **Accommodating Primary Contacts:**

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Regional Directors to identify and prepare a list of all primary contacts with athletes/coaches/support staff training for Olympics. All primary contacts to be mandatorily housed within the campus in the bio-bubble till the departure of the athletes for the Tokyo Olympics. In case the same is not feasible due to administrative and logistical reasons, RCs may formulate roster system for these staff to cater for all the allied functions. The roster be formulated in a manner wherein the personnel taking over duties from the previous staff should be quarantined within the centre for 7 days with RT-PCR negative report (on the 7th day) before joining duties. During the duration of their roster all primary contacts are to be tested once a week.

12. **Imparting of Training by Coaches and Support Staff living outside Campus:** Coaches/ Support Staff of the Olympic bound athletes should be housed within the Campus in a bio-bubble. Conduct of training by individuals staying outside the Campus is not allowed forthwith.

Note: The quarantine norms will remain the same for athletes moving out of Green Zone like returning from Competitions, visiting Banks, Hospitals (including regular checks/tests), Proceeding on leave etc. with regard to Testing/ Quarantine and training related aspects.

These orders are issued with the approval of Competent Authority

Cdr Rajesh Rajagopalan
CEO (TOPS)

To:

Principal, SAI LNCPE, Trivandrum
ED (TEAMS/KITD), SAI HO.
Heads, SAI Regional Centres/Stadiums.
Regional Director(Ops), SAI HO
AD to DG SAI.

Copy to:

President/ Secretary General, IOA

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President/ Secretary General of concerned NSFs