



ABSTRACT

Disaster Management Act, 2005 – Resumption of training activities of sportspersons preparing for National and International events – Approval of Standard Operating Procedure – Orders – Issued.

Revenue and Disaster Management (D.M.II) Department

G.O. (Ms) No. 386

Dated: 24.07.2020

சார்வரி-ஆடி 9,
திருவள்ளூர் ஆண்டு, 2051

Read:

1. G.O.(Ms).No.172, Revenue and Disaster management Department dated 25.03.2020
2. G.O.(Ms).No.217, Revenue and Disaster management Department dated 03.05.2020
3. G.O.(Ms).No.245, Revenue and Disaster management Department dated 18.05.2020
4. G.O.(Ms).No.246, Revenue and Disaster management Department dated 20.05.2020
5. G.O.(Ms).No.262, Revenue and Disaster management Department dated 31.05.2020
6. G.O.(Ms).No.324, Revenue and Disaster management Department dated 30.06.2020
7. From the Principal Secretary / Member Secretary, Sports Development Authority of Tamil Nadu letter.Rc.No.3841/SI-1/2020, dated 27.05.2020.

ORDER:

In the Government orders 1st to 6th read above, the Government have issued orders with regard to the guidelines to be followed during lock down period in adherence to the notifications issued by Ministry of Home Affairs, Government of India from time to time.

2. In the reference 7th read above, the Principal Secretary / Member Secretary, Sports Development Authority of Tamil Nadu has stated that Government of Tamil Nadu (vide G.O.MS.No.245, Revenue and Disaster Management (DM-II) Department, Dated:

18.5.2020) have given permission to conduct sports activities in sports complexes and stadia in Sport Development Authority of Tamil Nadu for the purpose of training of sportspersons preparing for National and International events. Hence, he has sought approval for the Standard Operating Procedure for resumption of training activities of sportspersons preparing for National and International events except those above 50 years and below 15 years of age.

3. The Government hereby issue orders:

For resumption of training activities of sportspersons preparing for National and International events except those above 50 years and below 15 years of age and approve the Standard Operating Procedure for the same as prescribed in the Annexure to this order.

(By Order of the Governor)

K.SHANMUGAM
CHIEF SECRETARY TO GOVERNMENT.

To

The Principal Secretary and Commissioner of Revenue
Administration, Chepauk, Chennai-5.

All Additional Chief Secretaries, Principal Secretaries and Secretaries
to Government, Secretariat, Chennai-9.

All the District Collectors,

The Commissioner, Greater Chennai Corporation, Chennai.

Copy to

The Chief Minister's Office, Chennai-9.

The Special Personal Assistant to Deputy Chief Minister, Chennai-9.

The Special Personal Assistant to Minister for Revenue & Disaster
Management and Information Technology, Chennai -9.

The Special Personal Assistant to Minister (School Education,
Youth Welfare and Sports Development) Chennai -9.

The Private Secretary to Chief Secretary to Government, Chennai-9

The Private Secretary to Principal Secretary to Government
(FAC), Youth Welfare and Sports Development Department, Ch-9

The Principal Secretary / Member Secretary, Sports
Development Authority of Tamil Nadu, Chennai-84.

SF/SCs.

/Forwarded By Order/

S. Shanmugam
12/4/2020
SECTION OFFICER

ANNEXURE

STANDARD OPERATING PROCEDURES (SOP)

FOR RESUMPTION OF TRAINING ACTIVITIES OF SPORTSPERSONS PREPARING FOR NATIONAL AND INTERNATIONAL EVENTS

While the national lockdown has mandated closure of Sports activities in the country from 25th March 2020 in response to the covid-19 pandemic Sports Development Authority of Tamil Nadu (SDAT) had stopped training activities at its centres. However, now Government of Tamil Nadu vide G.O.MS.No.245, DM-II Department, Dated:18.5.2020 have given permission to conduct sports activities in sports complexes and stadia in SDAT for the purpose of training of sportspersons preparing for national and international events. This Standard Operating Procedure is given for sportspersons preparing for national and international events except those above 50 years and below 15 years of age.

I. GUIDELINES

- It is critical to put in place adequate measures to provide safe environment to our athletes before allowing them to resume their sports activities including training program.
- The guidelines are applicable to all athletes/staffs at all SDAT/ non-SDAT training centres. Centre in charge shall ensure adherence to these guidelines.
- The officer in charge of respective facilities, while implementing this SOP, should take into account the local conditions and their preparedness. All activities should be consistent with the guidelines issued by the Government from time to time.
- **Gym/Fitness Centre and Swimming pool will not be opened until further government orders**
- Monitoring and Management committee (MMC) shall be constituted comprising of coaching staffs at various SDAT Sports stadia under the chairmanship of officers concerned at SDAT sports complex to guide and monitor all trainees and staff within the complexes.

Their responsibilities would be including but not limited to –

- a. Communicate clearly and regularly with athletes and other stakeholders explaining measures being taken to manage risk, and the advice being given to individuals to follow the same.
- b. Ensure disinfection of all common areas and surfaces at regular intervals.
- c. Supervision of security arrangements at the entry points.

- d. Monitoring of entry into the campus/playing areas.
 - e. Monitoring of drop point for daily supplies.
 - f. Monitoring of movements of all athletes/ residential staff/outsourced staff through a movement register.
 - g. Placement of notices/advisories on time.
 - h. Update of action plan to administration on daily basis.
 - i. Update of COVID19 cases to relevant higher management.
 - j. Provision of information of COVID-19 helpline centres.
 - k. Follow-up of foreign coaches and their health & travel advise.
 - l. Training of facility management staff to follow the protocols.
- MMC shall work closely with the coaches and support staff to define guidelines and protocols addressing the following issues –
 - a. Training which can be effectively performed other than on field of play and other common training facilities.
 - b. Staggered training to minimise numbers and reduce contact.
 - c. Manage numbers at training to maintain social distancing as per norms.
 - d. Modify training times to ensure there are fewer people present at the same time.
 - MMC shall ensure each athlete provides a signed consent form declaring their consent and knowledge of all the limitations and risks associated with training under current scenario (A sample consent form has been included in **Annexure 1**).
 - Travel of trainees and coaches shall be closely regulated and monitored by MMC.
 - The use of **Aarogya Setu** app shall be made mandatory for all athletes and staff at the centre.

II. DISINFECTION OF PREMISES

- The areas to be disinfected are including but not limited to –
 1. Entrances (doorknobs, handles etc.) to premise, buildings, rooms.
 2. All common areas which are used by trainees, staff and visitors.

3. Playing surfaces, various equipment at the field of play, operational areas for field of play which includes control panels for irrigation system, floodlights and adjacent areas.
4. Washrooms and toilets.
5. **All buildings and working area surface frequently touched by hands should be cleaned frequently with 2.5% Lysol, (1 litre of Lysol in 19 litres of water)**

Note: Alternatively, 1% Hypochlorite Solution can be used.

The Floors should be cleaned with 1% Hypochlorite solution (1Kg Bleaching powder in 30 litres of water or 3 Kg Bleaching powder in 100 litres of water) Knap sack sprayers can be used for disinfecting inside the buildings and Power sprayers can be used for disinfecting outside buildings areas and water wash pumps can be used for spraying, and cleaning should be done by wet mopping. Dust generating dry cleaning process should be avoided

- The disinfection shall be performed by professional staff/agency and procedures will be set in place to ensure the same is performed at regular interval (minimum twice every week).
- The schedule of disinfection activity must be intimated to all trainee and staff well in advance so that necessary training schedule is prepared based on the disinfection activity and the same should be appropriately displayed to bring to notice of visitors.

III. GUIDING PRINCIPLES FOR RESUMPTION OF TRAINING

A. Implementation of necessary precautionary measures at the centres

- Centre-in-charge shall maintain a daily checklist for each athlete indicating time spent at training facility, physiotherapy room, medical centre etc.
- The training facilities used by Olympic athletes/ International Medalist/ National Medalist and probable shall be earmarked exclusively for their use and shall not be accessible to other athletes.
- All personal training equipment belonging to an athlete shall be disinfected while the athlete is inducted into the training centre.
- Athletes and staff shall be screened before being allowed access to common field-of-play/training facilities.
- A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send

home those athletes reporting illness or experiencing symptoms. Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms.

- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- On-field training shall be conducted in small groups ensuring distance of minimum 2 metres is maintained at all times by trainees and staff
- Any training equipment used shall be disinfected before next usage by a different individual. Athletes shall only be allowed to use personal equipment including utilities like towels, water bottles etc.
- Hand-hygiene facilities shall be made available adjacent to field-of-play for use as and when necessary.
- Physical contact of any form shall be avoided as part of training routine, for example handshakes, high-fives, tackling, sparring etc.
- All trainers and support staff shall also adhere to the precautionary measures mentioned in this SOP at all times without exception.
- Special precautions shall be taken for training engagement of para-athletes as per guidelines and instructions of qualified medical personnel. Para-athletes shall train in a designated centre.
- No spectators shall be allowed within centre at any time. Only athletes and training staff shall be present at the venue.
- Primary focus shall be on creating a healthy environment with quality experience, progressive training and safety of all athletes and staff.
- Coaches may use downtime to ensure all safety skills are up-to-date, including complete sport safety, concussion training etc.
- Cases requiring urgent First-Aid intervention shall be handled by authorised medical personnel ensuring adherence to necessary precautionary measures for physical contact.

B. Security procedures at entry gate

- ONLY ONE access point will be open for entry and exit to and from the centre respectively. The utilisation of facilities by athletes other than permitted as per guidelines shall be prohibited.
- Compulsory thermal testing will be performed for all persons visiting the centres. MCC shall appoint staff for manning the entry gate for each shift who shall be trained to perform the thermal tests for all visitors.
- Provision of wash basin with soap solution **OR** alcohol-based hand sanitiser shall be made available at the entry point and all visitors shall wash their hands with soap before entering the premise.

- **Supervising personnel should ensure physical distancing of at least 1 meter at all times. There should be adequate gaps between shifts and lunch breaks should be staggered.**
- Any person exhibiting any symptom attributed to COVID-19 will be immediately prevented from entering the SDAT Sports Complex.
- **The information should be intimated to Office of the Deputy Director of Health Services of the district concerned or 24 hours help line number immediately**
- **If an employee tests positive, contact tracing using the Arogya Setu App on the employee's phone should be done and the following steps should be taken (<https://www.mygov.in/aarogya-setu-app>)**
- **Those who have had close contact should be asked to self-isolate at home for 14 days from the last time they had contact with the confirmed case. They will be actively followed up by the designated public health services**
- **Staff who have not been in close contact with the original confirmed case do not need to take any precautions other than monitoring their health for symptoms and can continue to attend work.**
- **The affected zone should be cleaned and disinfected immediately and work in that area resume only on the following day**
- All visitors or vehicles must have valid authorization issued by competent authority to enter the premise.
- **Ensuring physical distancing during transportation is required.**
- **The vehicle should be fully disinfected with 2.5% Lysol after every trip.**
- **The driver and the companion, if any, should also wear a mask during the travel.**
- Any parcel/courier shall be collected from building entry gate by the addressee.
- Any person entering the premise must be wearing a mask covering their nose and mouth (**Annexure-2**).
- **Reusable face covers to be worn by all staff and athletes at all times. Adequate stock should be maintained by the organization at all times.**

C. Sanitization at SDAT Sports Complex/Stadia

- Hand sanitizers shall be made available at the entrance and a notice shall be displayed with guidelines on proper sanitization process.

- Sanitizers shall be placed at entry points of rooms of officials, FOP, gymnasium, and other strategic points throughout the complex.
- Every person within the centre shall sanitize their hands regularly as per guidelines displayed on illustrative notices throughout the centre.
- Wherever possible, windows shall be kept open and **operation of Air Conditioners avoided.**
- Handshakes and other forms of greetings which need physical contact shall be avoided.
- Meetings with trainee groups shall be avoided as far as possible.
- For all discussions, which demand physical presence, trainees and staff shall strictly adhere to the social distancing norm of minimum 2 metres between each individual.
- Waste disposal staff shall ensure they are wearing face masks and disposable gloves at all times while handling trash bags or bins. Clothes worn during waste disposal shall be changed and cleaned after handling waste. Staff shall avoid direct contact with drivers and collectors and shall perform hand-hygiene after handling waste. In addition, all other Government guidelines pertaining to waste disposal shall be strictly adhered to.
- Special attention shall be given to surfaces in wash rooms/toilets/showers by periodical cleaning, swabbing and disinfecting. Guidelines for cleaning toilets, social distancing norms and hygiene practices shall be displayed clearly inside every toilet.

D. Athlete Education

- Prior to resuming sports training activities at the centres, each athlete shall be educated on COVID precautionary measures, which are to be implemented at the facility and during activities. **Prior to commencement of activities, coaching staff shall reemphasise proper hygiene and health safety practices to all athletes as part of daily briefing.**
- Provision shall be made for education material for athletes and other personnel to promote required behaviours (e.g. regular and thorough hand-washing, covering mouth and nose with a tissue or sleeve during coughing/sneezing) **If any one have fever, cough and cold are not being allowed to enter inside the office.** Some topics on which resources (preferably published by WHO) shall be made available are –
 - a. Good hygiene for coronavirus (COVID-19)
 - b. Hand washing guidance (**Annexure 3**)

- c. Covering of coughs and sneezes (use and disposal of tissues)
 - d. Self-isolation (self-quarantine) for coronavirus (COVID-19)
 - e. Advice for people at risk of coronavirus (COVID-19)
- **Approved signage should be displayed across the workplace mandating physical distancing as well as Dos and Don'ts for the employees. Include information on negating stigma and discrimination, so staff is encouraged for early health seeking. Do not label any area/persons/community for spreading COVID-19.**
 - **A confirmed case of COVID-19 in the workplace will cause anxiety among co-workers and some may become stressed.**
 - **Clear communication is important, directing workers to reliable sources of information about COVID-19.**
 - **Managers should be supportive and understanding and as far as possible flexible on work arrangements.**
 - Some mandatory precautionary practices include -
 - a. No sharing of drink bottles and towels.
 - b. No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions.
 - c. No physical contact in the form of handshakes, hugs, high-fives etc.
 - d. No splitting on the field of play (FOP) and other facilities in the premises.
 - Use of **Aarogya Setu** app shall be made mandatory and the athletes shall be trained on effective usage of the app.

IV. Categorization of sports and precautions for each category

A general categorization of sports depending on the nature of training and competition requirements has been made and baseline precautions have been assigned to each category. The individuals in charge of respective facilities, while resuming activities under any category, should take into account the local conditions and their preparedness. These precautions shall be adhered to at all times without exception. The following table enlists general precautions to be followed for all groups of athletes.

CATEGORY A	Description	Examples
Non-contact sports	Individual sports with no requirement for physical contact during training or competition and minimal requirement for sharing of equipment	Archery, Shooting, Cycling, Fencing, Athletics, etc.

Precautions for training activity

- ▶ Full array of training activities may be performed as individual or pair maintaining –
 - i. distancing norms of minimum 2 metres between athletes and staff
 - ii. exiting facility as soon as training is concluded
- ▶ Personal equipment such as bow, gun, sword, javelin, discuss, rackets etc. shall be used without sharing. Even the coach should not use the same personal equipment for demonstration/coaching.
- ▶ In the dire need of sharing any of such personally used equipment; equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks, gloves and personal precautionary equipment etc.
- ▶ Sports specific safety equipment such as a helmet, eye protectors, face protectors etc. shall not be shared.
- ▶ Shared Training equipment such as arrows, targets, Olympic bar/ weights etc. must be disinfected after every single use.
- ▶ Additional staff shall be used for proper disinfection of the equipment prior to continuous usage.
- ▶ Equipment which is bound to be shared and utilised continuously during training such as balls, shuttlecocks must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- ▶ Consistent hand sanitization is a must before, during and after every training session.

CATEGORY B	Description	Examples
Minimal/Medium contact sports	Mostly team sports which require some level of physical contact during training or competition and where equipment is usually shared	Football, Hockey, Volleyball, Basketball, Handball etc.
		Indirect contact – Weightlifting, Lawn Tennis, Badminton, Table Tennis etc

Precautions for training activity

- ▶ Training activities may be performed in small groups (maximum 8-10) maintaining distancing norms of minimum 2 metres between athletes and staff and ensuring aspects of training which require physical contact are avoided like tackling, body-blocking etc.
- ▶ The pitch shall be divided into three/ four areas, with two players in each space who will only play/train and stick to their partnerships by using their own equipments/ balls.
- ▶ Training shall be in small groups, players maintaining social distancing from each other during exercises and training sessions. However, "severe measures" shall be taken to avoid contact with **no competitive games being played.**
- ▶ Athletes shall exit facility immediately after training

- ▶ Personal equipment such as hockey stick, gloves, face masks, mouth guard, helmet, shin guards, wrist band, head band, shoes etc. shall be used without sharing.
- ▶ All such equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks, gloves and personal precautionary equipment etc.
- ▶ Additional staff shall be used for proper disinfection of the equipment prior to continuous usage.
- ▶ Equipment which is bound to be shared and utilised continuously during training such as balls must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- ▶ Consistent hand sanitization is a must before, during and after every training session.

CATEGORY C	Description	Examples
Full contact sports	Individual sports (all combat sports) which require mandatory physical contact during training or competition	Boxing, Judo, Wushu, Karate, Taekwondo, Wrestling etc.

Precautions for training activity

- ▶ Selective training activities may be performed by athletes individually without engaging in physical combat with other athletes and utilizing alternative practice equipment like punching/kicking bags, slam balls, choke dummies etc.
- ▶ Distancing norms of minimum 2 metres between athletes and staff shall be maintained.
- ▶ Athletes shall exit facility as soon as training is concluded
- ▶ Personal equipment such as gloves, face masks, mouth guard, helmet, wrist band, head band, training uniform, shoes etc. shall be used without sharing.
- ▶ All such equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks (**Annexure-2**), gloves and personal precautionary equipment etc.
- ▶ Additional staff shall be used for proper disinfection of the equipment prior to continuous usage.

- ▶ Equipment which is bound to be shared and utilised continuously by one player during training such as punching/ kicking bags, slam balls, skipping ropes etc. must be used carefully by proper disinfection of the equipment for continuous usage.
- ▶ Consistent hand sanitization is a must before, during and after every training session.

CATEGORY D	Description	Examples
Water sports	Individual or team sport which require presence in water body, albeit without swimming activity	Canoeing, Sailing, Rowing, etc. No swimming shall be permitted
<p>Precautions for training activity</p> <p style="text-align: center;">❖ Swimming pool will not be opened until further government orders.</p>		
<ul style="list-style-type: none"> ▶ Full array of training activities may be performed as individual or pair maintaining – <ol style="list-style-type: none"> i. distancing norms of minimum 2 metres between athletes and staff ii. exiting facility as soon as training is concluded. ▶ Water sports athletes shall utilize the facility in the stadia for Physical fitness training. ▶ All equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks, gloves and personal precautionary equipment etc. ▶ Additional staff shall be used for proper disinfection of the equipment prior to continuous usage. ▶ Equipment which is bound to be shared and utilised continuously during a training such as paddles, oars etc. must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc. ▶ Consistent hand sanitization is a must before, during and after every training session. 		

Details of Permitted Activities are at **Annexure 4**

V. Annexure 1**Athlete Consent Form for resumption of training****Training Consent Form**

Name - _____

D.o.B - _____ Gender - _____

Stadia/DSC - _____ Sport - _____

City - _____ State - _____

- I hereby acknowledge the risks associated with resuming training at the centre under the present COVID-19 pandemic situation.
- I hereby acknowledge that the risks involved, necessary precautions and protocols for resumption of training have been duly informed to me by
 _____(DS&YWO/Stadium officer concerned)
- I hereby acknowledge the SDAT cannot guarantee the complete elimination of risks posed by COVID-19 through the implementation of the precautions and protocols identified by the SDAT officials
- I hereby declare that I am willing to resume training at the centre on my own consent without the influence of any other party and I shall adhere to suggested safety precautions and protocols at the SDAT training centre

(Signature of athlete)_____
(Signature of Chief Coach)_____
(Name of athlete)_____
(Name of Chief Coach)

- *DSC-District Sports Complex

VI. Annexure 2

Guidelines for use of mask

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.




VII. Annexure 3

Steps of Hand Hygiene

Hand-washing technique with soap and water

- 

Wet hands with water
- 

Apply enough soap to cover all hand surfaces
- 

Rub hands palm to palm
- 

Rub back of each hand with palm of other hand with fingers interlaced
- 

Rub palm to palm with fingers interlaced
- 

Rub with back of fingers to opposing palms with fingers interlocked
- 

Rub each thumb clasped in opposite hand using a rotational movement
- 

Rub tips of fingers in opposite palm in a circular motion
- 

Rub each wrist with opposite hand
- 

Rinse hands with water
- 

Use elbow to turn off tap
- 

Dry thoroughly with a single-use towel
- 

Hand washing should take 15-30 seconds

VIII. Annexure-4

Permitted activities for various sports

Sport	Permitted Activities
Athletics	<ul style="list-style-type: none"> ▪ All event training can resume. Use of high jump/long jump/triple jump/pole vault pit is not permitted unless available for personal use. Relay training must not include contact or baton exchange. ▪ Number of athletes per event area (shot put, discus, javelin, track) must be decided adhering to adequate social distancing norms. ▪ Sharing of javelin, discus, hurdles set, starting blocks, shot put etc. or any athlete equipment not permitted. ▪ Equipment must be sanitised pre and post every use.
Hockey / Basketball / Football/ Handball/ Volleyball/	<ul style="list-style-type: none"> ▪ Individual skill training permitted with number of players decided adhering to adequate social distancing norms. It is recommended that it not exceed 12 players on field for Hockey & Football (6 each in each Half court). 6 players on field for Basketball, Volleyball & Handball (3 each in each half court) at a time. ▪ Each player must have their designated area of training. ▪ Activities requiring player to kneel, sit or lie on turf is prohibited. ▪ Tackling is prohibited (to maintain social distance). ▪ Sharing of hockey sticks, Balls etc. is prohibited. Cones/common items used for drills must be handled with due precaution. ▪ Equipment must be sanitised pre and post every use.

Weightlifting	<ul style="list-style-type: none"> ▪ Training in alternate platforms permitted, with minimum 2m distance between platforms. ▪ Each lifter to have his/her designated training set. Sharing of equipment prohibited. ▪ Equipment and flooring must be sanitised pre and post every use
Archery	<ul style="list-style-type: none"> ▪ Practice with individual target set allowed with alternate lane gap. ▪ Archers must maintain individual bow and arrow sets. Sharing of equipment is prohibited and sanitised pre and post every use.
Badminton / Table Tennis	<ul style="list-style-type: none"> ▪ Outdoor training is recommended wherever feasible. Indoor court training for Badminton limited to singles only. ▪ During training (if necessary) both players must handle/serve using their own set of balls. ▪ Sharing of paddles/rackets/similar equipment prohibited and must be sanitized pre and post every use, including boards (TT) ▪ 2 players and 1 coach allowed with alternate court gap. ▪ Sharing of racquets/similar equipment prohibited and must be sanitized pre and post every use.
Boxing	<ul style="list-style-type: none"> ▪ Skill training using personal bags only (name tagged) adhering to minimum social distancing norms of 2m. ▪ Human sparring, use of boxing ring, etc. is prohibited. ▪ Sharing of gloves/wrist wraps etc. is prohibited; Bags/floor and all equipment must be sanitised pre and post every use.
Cycling/ Skating	<ul style="list-style-type: none"> ▪ Limited cyclists/ skaters allowed on track adhering to adequate social distancing norms. ▪ Sharing of cycles/equipment/rollers for skaters strictly prohibited. Sanitisation of flooring, cycle, equipment, rollers etc. mandatory pre and post each use.

Fencing	<ul style="list-style-type: none"> ▪ 1 fencer per piste allowed per alternate piste. Human sparring not permitted. Dummies (if used) must be personal (name tagged). ▪ Sharing of equipment prohibited. Mandatory sanitisation of equipment/dummies piste pre and post use.
Shooting	<ul style="list-style-type: none"> ▪ Dry and live fire training permitted with alternate lane gap. ▪ No equipment sharing is permitted including ammo. ▪ Adequate care must be taken when refilling of air. ▪ Shooting stations must be sanitised pre and post use.
Wrestling	<ul style="list-style-type: none"> ▪ Sparring with personal dummies (name tagged) with 1 wrestler per mat at a time. ▪ Mats/dummies to be sanitized pre and post every use. ▪ Human sparring of any form or contact is prohibited.

- ▶ For all other Games like Judo, Taekwondo, Kabaddi, Karate etc. only Physical fitness in outdoor is permitted following the Norms prescribed.

COACH

- ▶ Coach must wear mask while training and should maintain the social distancing and other hygiene procedures.
- ▶ Demonstration shall be done by a coach by using their own equipments only, not to be shared with players.
- ▶ Players/coaches while training must bring their own equipment (Balls/Shuttlecock/Paddles/Racquets etc.) and it has to be marked/coloured for the identity.

K.SHANMUGAM
CHIEF SECRETARY TO GOVERNMENT.

/True copy/

Shanmugam
24/1/2020
SECTION OFFICER

