PROTOCOL OF HEALTH PROTECTION AND PREVENTION AGAINST COVID-19. ORIHUELA COUNCIL OF SPORTS

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A. INTRODUCTION

A. INTRODUCTION

Due to the strange situation we're experiencing, the Department of Sports of the Orihuela City Council has made some measures, recommendations and obligations for the use of the Municipal Sports Facilities (MSF) and the organization of activities and events held at the sports facilities during 2020/21 season.

The measures adopted in this document don't mean that those proposed by the corresponding authorities can be breached, in any case. This protocol will imply that the conduct of all the people involved must adapt to the new conditions of the pandemic. We cannot continue acting as before the appearance of COVID-19. In this document we will see the principles of **prudence**, **responsibility** and **civic commitment**, because it's closely related to the mandatory measures established by public authorities (municipal, regional and state) and sports federations.

One important thing to keep in mind is that it's impossible to guarantee an absolutely risk-free environment, so our goal is to reduce those risks wherever possible. For this, the medical recommendations and other knowledge recommended in the application of good practices for social and personal use, will be applied (these are common health and government councils). In any case, the highest good is to preserve the health security of sports and athletes, but also of society in general, specifically of people who live with athletes and people at high risk of contagion.

This protocol isn't rigid; in other words, it will be adapted according to the new measures decreed by the Ministry of Health and the rest of the pertinent authorities. The measures will be subject to the guidelines and new data that are provided from the scientific community, therefore, they're subject to changes and modifications.

B. GENERAL MEASURES

B. MEDIDAS GENERALES

1 | SOCIAL SAFETY DISTANCE (1.5 METERS)

In all spaces of the sports facility, a mínimum distance of 1.5 meters must be maintained. The places where this distance cannot be assured will not be enabled. It's recommended not to stop to talk to other people. We have to respect the passageways and leave the common areas free.

2 | HAND AND FOOTWEAR HYGIENE

- Hygiene and hand disinfection points with hydroalcohoilc gel will be set up in all sports facilities.
- There will be disinfectant mats in sports facilities where they can be installed.
- It's recommended to wear only the specific footwear for each sporting activity.

3 | MANDATORY USE OF A RESPIRATORY MASK

The use of respiratory mask by monitors, coaches, students and users will be mandatory (except at the time of sports practice), provided that they remain in the sports facility. Access to MSF isn't allowed to anyone who doesn't wear individual protection.

4 | SYMPTOMS RELATED TO COVID-19

IN NO CASE will a user with symptoms of COVID-19 (fever, cough, headache, taste and smells changes…) be allowed to enter the sports facility. Nor will access to the sports facility be allowed to users who have been in contact with a person who has tested positive for COVID-19.
You will not be able to access the sports facility if you're positive for COVID-19, even if you have no symptoms (asymptomatic). Only users who present the medical discharge will be able to access.

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5 | ACCESS TO SPORTS FACILITIES AND GRADES

Access to sports facilities will be restricted exclusively to users who are going to do sports.

There will be control points at the Access, the grades remaining closed. Access to cafeterias will be available.

6 | CHANGING ROOMS

The changing romos will remain closed to the public. Toilets will be open with restricted capacity.

Water activities are a special case, therefore, the changing romos of Water Palace for the pool and the SPA will be open, but with restricted capacity.

7 | CIRCULATIONS AND ITINERARIES

Se utilizarán zonas de entrada y salida diferenciadas. Los usuarios deberán transitar por la instalación según los itinerarios habilitados a tal fin; no pudiendo detenerse en zonas comunes.

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C. MUNICIPAL SPORTS SCHOOLS MEASURES

In addition to the general measures, the following measures will be taken for the MSS:

1 | ACCESS TO CLEAN AREAS

Access to the clean area of the installation will be exclusively for students from MSS.

2 | MEETING AREAS

Access to the clean area of the facility will be restricted to students of the MSS and users during the training hours of the MSS, where all preventive cleaning and disinfection measures will be strictly applied.

3 | ITEMS FOR INDIVIDUAL USE

Students will not be able to share drinks, food, creams or other products, including toilets or first aid, necessary for training. Each student must carry their hydroalcoholic gel, water bottle and food in her personal backpack.
Hand disinfection is mandatory and specific points have been set up for it. Although the individualized use of hydroalcoholic gel is recommended.

4 | INDIVIDUAL SPACES

Students must leave their personal belongings in the places provided for that purpose, always maintaining a safe distance (1.5 meters).

5 | STABLE GROUPS

Students will be part of stable groups and will move around the facility in a group, maintaining a safe distance and always accompanied by their monitor, along the marked itineraries, without being able to leave the group at any time.

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6 | RESPONSIBLE DECLARATION AND INFORMED CONSENT

The parents or legal guardians of the students must fil out the document and RESPONSIBLE DECLARATION AND INFORMED CONSENT FOR PARTICIPATION IN MSS.

ACCESS TO DOWNLOAD THE DOCUMENT

7 | RESTRICTION OF ENTRY OF STUDENTS TO MSS

The entrance to the clean areas is restricted to the students of the MSS during the training hours 18:00 to 21:00. Users outside the MSS who carry out other permitted activities must go through the point of control and disinfection mandatory to comply with the hygiene measures.

8 | CANCELLATION OF BUS SERVICE

For safety the bus service for trainings and competitions is canceled.

9 | AREA TO DROP OFF AND PICK UP STUDENTS

Areas of dropping and pick up of students will be enabled. These spaces will be well signaled in the sports facilities for parents or guardians who accompany their children in vehicles.

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D. SPORTS CLUBS, ENTITIES AND ASSOCIATIONS MEASURES

1 | STRICT COMPLIANCE WITH THE PROTOCOL, MEANS AND MECHANISM OF PROTECTION

All the rules dicted in this protocol and those established by the sports federations shall be strictly complied.

2 | RESPONSIBLE DECLARATION, CLUBS, SPORTS ENTITIES AND ASSOCIATIONS

The technical coordinator of each club or entity must fill out and register in the electronic headquarters the declaration responsable for group incidents (up to 25 athletes). This document will not be valid without the contribution of the EPIDEMIOLOGICAL CONTROL document from point 3.

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3 |EPIDEMIOLOGICAL CONTROL DOCUMENT

This document must be completed and registered at the electronic office. Here should appear the data of the athletes and members of technical staff (name, DNI, and telephone). **No person who doesn't appear in this document will be able to access the installation**. This will not be valid without the presentation of the clubs and entities responsible statement of point 2.

ACCESS TO THE DOWNLOAD OF EPIDEMIOLOGICAL CONTROL DOCUMENT

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4 | COMPETITION. MATCHES. FRIENDLY TOURNAMENTS

Each club will be responsible for providing the visiting club with the epidemiological control document that **they will not to be able to access the facility without delivering that document** to the concierge. Only technical staff and players will appear in the document. They must also entrust themselves to explain to the visiting club the safety and hygiene measures that appears in this protocol due to their mandatory compliance.

For the use of changing rooms, the security measures and the maximum allowed capacity must be respected. It's recommended that changing rooms are used in shifts.

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E. WATER PALACE MEASURES

1 | MEANS AND MECHANISMS OF PROTECTION

It's mandatory to use the means and mechanisms of protection established in the general measuresof this protocol. We must also pay attention to the specific measures of each installation. This may be seen on the posters and signs that will be posted in every MSF.

2 | RESPONSIBLE DECLARATION DOCUMENT

Each user will fill out, during their registration in the MSS or in the courses, the document of responsable declaration for the practice of sports related to COVID-19.

In case of minor students, their parents or legal guardians will be who must complete the document.

ACCESS TO DOWNLOAD THE RESPONSIBLE DECLARATION DOCUMENT

3 | USE OF CHANGING ROOMS

The use of changing rooms is permitted, but always respecting the limited capacity.

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FINAL NOTE

THE MEASURES THAT APPEAR IN THIS DOCUMENT MAY VARY DEPENDING ON THE EVOLUTION OF THE COVID-19 PANDEMIC.

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