

# WORLD SKATE COVID-19 PROTOCOL

*Updated on April 1<sup>st</sup> 2021*

## Introduction

This document provides a list of risk mitigating provisions to be implemented in sport activities during the COVID 19 pandemic by World Skate and its stakeholders. Special attention in applying both: the compulsory and optional provisions, should be paid to regions and areas with a relevant virus circulation.

This document will be adapted according to the needs of each discipline (individual or team sports), local government regulations from the city where the event is held and number of participants and staff registered for the event.

## INTERNATIONAL COMPETITIONS AND TRAINING

The return to sport practices depends on number of factors:

- the clinical situation of athletes and participating support and training staff,
- the degree of physical contact specific for each particular type of sport,
- the location and means related to sport activities,
- training conditions and possibility to comply with all preventive measures.

For this reason, several goals shall be achieved: health and safety protection of:

- athletes and their family members,
- the athletes' teams and National Federation's staff,
- event staff, contractors and other involved personnel who are in direct contact with the above listed categories,
- the general public (if any)

Preserving the health and safety of the community is the utmost priority. For this reason, any activity should be conducted under strict medical supervision.

## The Venue layout and logistics

### Information

Providing the right in-venue information service is crucial to conduct the sport activities in a safe environment. Following is a list of recommended procedures for sport organizers to follow:

- Provide sufficient information on COVID-19 to all athletes.
- in case of symptoms compatible with suspected COVID-19 infection occurrence, promote and encourage early consultation,
- Make sure guidelines for hand hygiene, use of facial masks and social distancing are visibly displayed and coherent,
- Make sure information and guidelines are communicated and distributed to all participants by the means of:
  - posters and brochures on site,
  - flyers and leaflets,
  - via emails or social media distribution
- Provide instructions for correct FOP operations and maintenance. Instructions should include:
  - service and maintenance work in and on facilities,
  - guidelines for facility and venue staff,
  - equipment maintenance with their specific cleaning and other hygiene procedures,
  - Transportation, accommodation and free-time activities.
- Display instructions on:
  - correct hand washing technique and other hygiene,
  - facial mask positioning and use,
  - social distancing at key locations in the venue

### Venue access check points and tracing system

Managing venue access following a strict policy is mandatory to prevent infection spreading among event participants and visitors. The following provisions must be followed:

- Access must be allowed only to registered participants wearing Personal Protection Equipment (PPE). Surgical grade facial masks are required as a minimum.
- Provide training sessions scheduled in advance only. No entry shall be allowed without prior registration. Use mobile applications to handle reservations, if possible.
- To identify and track any potential carriers of COVID-19, maintain a record with the contact details of all participants attending the event,
- For easier tracing and access of identical pending groups, facilitate recurring access regime
- Measure body temperature while avoiding direct physical contact by using an infrared thermometer. Everyone with a temperature level of 37.5 °C or higher shall NOT enter the venue!
- Access to the venue is not guaranteed for the essential National Federation Staff registered in World Skate Platform.

- Attendees with flu-like respiratory symptoms must not be admitted to the venue. Anyone else falling within the criteria described as “suspicious case” shall not be allowed to access the venue
- Provide several Entry and Exit points for emergency use only
- Provide one directional system of all venue Entry and Exits points.
- All indoor or closed areas must be ventilated. Ventilation should be natural. Use of air conditioning systems (AC) should be avoided.
- Close all areas for gathering of individuals. The use of changing rooms should be prohibited or strictly regulated, if needed essentially.
- If local regulations allow spectators at the event, the organizer must guarantee that no direct contact between spectators and attending athletes with their team staff is possible.
- Develop and apply -when possible- venue Entry-Exit system strategy with easy-to-see and follow signs and marking social distancing zones each 6 feet (2 meters) on the ground or walls.

It is a social and personal responsibility to report any symptoms compatible with the definition of suspected case, and to the same extent comply with the isolation measures in case of close contact

**Close contact** is considered to be any person who spent at least 15 minutes within a distance of less than 2 meters from a suspected or confirmed case of COVID-19. It is recommended that any person having had contacts with a suspected or confirmed case of COVID-19 be kept in strict isolation for 14 days as from the last contact or until the disease in the source case is ruled out.

An isolation space should be arranged within the training area to allow any athletes showing symptoms during the day to be in isolation in that space (and wearing a surgical mask) until an assessment is made by the medical team and a decision is made about whether such case is a possible “suspected case”. If signs of new outbreaks are identified, the activity must be immediately suspended. All the participants (coaches, collaborators and athletes) should submit an affidavit certifying that they do not have chronic and / or respiratory disease entailing an associated risk.

Institutions shall be responsible for the coordination and execution of the actions provided for in this Protocol, and report on the implementation. Therefore, they should establish an ad hoc committee with a person in charge of monitoring the situation and the compliance with the protocol.

## In-Venue operations and hygiene standards

The entire venue area must be subjected to deep cleaning and thorough disinfection on a daily basis. Standard cleaning routines shall be conducted in between each practice or competition session/heat. The procedure for cleaning and disinfecting surfaces and common areas will be conducted in accordance with the usual cleaning and disinfection policy adopted by the facility. Given the persistence of viral particles on latex / nitrile materials, the use of gloves is discouraged except for specific tasks such as cleaning and direct contact with secretions. Coronaviruses are inactivated in contact with diluted bleach having a chlorine concentration equivalent to 500 to 1000 ppm (10 ml of bleach with a concentration of 50 gr / l of sodium hypochlorite per litre of water) or 70% alcohol. It should be noted that diluted bleach must be used within 24 hours, after which it loses its efficacy and must be replaced.

To maximize venue safety against infection spreading, the following additional provisions must be followed:

- Ensure that all STAFF are equipped and supplied sufficient volume of PPE (personal protective equipment). The cleaning staff shall have all the necessary PPE to carry out their daily routines and minimize their exposure to potentially contaminated surfaces (eye protection, mask, gloves and apron, and appropriate footwear).
- When handling paper or other types of documents, the use of gloves is not required but frequent handwashing and hygiene is recommended.
- Provide accessible and easy-to-find disinfectant / sanitizer stations at all of the Entry and Exit points
- All workers shall be correctly and visibly identified during their entire stay at the facilities.
- The sale of food and beverages within the premises is not recommended
- All rental services of protective gear or sporting equipment are prohibited
- To solve unexpected risk situations inside or outside the venue efficiently, an emergency strategy plan must be defined and displayed visibly

## Training, Practice or Competition sessions and In-Venue meetings

Coordinated practice and training sessions are crucial to lower infection risks. Following provisions must be arranged and strictly followed:

- Limit the maximum number of participants allowed in a single training session. Such maximum number shall be calculated from the size of the designated FOP area and must allow participants to maintain a social distancing space of 6 feet or 2 meters from each other at all times.
- To limit social gatherings, schedule the practice sessions with recurring cleaning breaks included after each session is completed.
- Athletes' meetings and other competition related meetings (either of technical or informational character) should not be held in the venue but organized digitally via video conference calls.

- Practice Sessions for Park discipline shall be conducted in the organized jam format. Athletes in Park practice will skate in their Heat's start list order and one-at-a-time only. Each athlete will have a maximum time limit per a practice jam round. This maximum time limit is calculated from the time of a single competition run assigned for the particular competition round. If the athlete falls before the run time expires, the next-in-line athlete from the Heat start list continues. No athlete group gatherings on FOP platforms are allowed. Practice will be conducted by the Course Manager.
- Practice Sessions for Street discipline. Given the larger size, design and layout of the FOP for Street discipline, athletes will practice in the usual practice format. However, social distancing and following all applied Covid19 health countermeasures is required for all practicing athletes. No athlete group gatherings on FOP platforms are allowed. Practice will be conducted by the Course Manager.

## Transportation, Accommodation and Free-time activities:

Transportation, Accommodation and transfers between hotels and venues must be planned carefully and supervised accordingly for each event, respecting the security measures implemented by local governments.

All athletes and staff attending the events should be lodged in official accommodation locations with dedicated floors and prearranged provision. These provisions should follow the event Covid policy agreed with the organizers and limit the potential contact with the general public (when allowed).

- The event organizer should encourage all attendants to stay only within the premises of official accommodation locations and in their dedicated floors only.
- Sharing rooms should be avoided.
- Group gatherings at check-ins and check-outs must be avoided.
- Scheduled dining service in hotel restaurant or accommodation should be applied
- Buffet service should be avoided at all times
- When selecting official event accommodation, the organizers should prioritize locations within a walking distance from the venue
- If event accommodation isn't within a walking distance, use of private transportation is advised. Public transportation should be avoided.
- All vehicles for private transportation should be ventilated and not shared with other passengers. Disinfection and other hygiene must be applied.
- Use of facial masks and maximum distance within transportation vehicles is required.
- Event organizers can provide special transfer services conducted by a dedicated transportation company. Services should be scheduled and defined in detail with all health measures applied.
- In case of using public transportation, following these regulations is advised:
  - Use of three-layer (surgical) facial masks at all times!
  - Thorough hand hygiene prior, during and after the transfers should be carried out.
  - Always carry a personal hygiene kit with you (soap, alcohol gel, disposable tissues, towels to dry your hands, etc.)

- Maintain social distancing by keeping 6 feet or 2 meters space between other passengers
- Avoid crowds and group gatherings at the stations or other passenger collecting areas
- Cover the nose and mouth when coughing or sneezing with a disposable tissue. After its use, tissues shall be immediately disposed of in designated areas.
- All free time activities involving group or crowd gatherings are not recommended and should be avoided at all times.

Any activity that increases mobility, displacement and greater interaction of people will produce an increase in the number of cases, which is why strict compliance with the recommendations must be sought and ensured.

## Athletes and staff compartment

Event access and attendance is regulated to athletes and **essential staff** only. All athletes and staff shall be familiar and able to recognize COVID 19 symptoms and report it immediately as they occur. Please follow the following guidelines on these matters:

- DO NOT attend competitions or training if you show symptoms compatible with COVID 19
- You should NOT attend competitions or training if you belong to any **risk group**\*
- DO NOT attend meetings or gatherings of groups and individuals. Avoid social contact if you decide to take a break from your training session
- Maintain social distance of 6 feet or 2 meters at all times when in the venue
- Maintain sports distance of 12 feet or 4 meters (during training intervals) and 18 feet or 6 meters (when hyperventilating: in activity)
- Athletes are exempted from mandatory use of the three-layer (surgical) facial masks during their sport activities but shall comply with sports distancing provisions at all times when possible.
- Access to the venue will be limited. Use the venue only if you are practicing sports. Leave immediately after finishing your practice or competition session
- At the end of each training or competition day, athletes should change their clothes and store them together with their used towels (when applicable) in a sealed plastic bag for later cleaning. After putting the clothes in the bag, hands should be immediately sanitized.
- Clothing and towels used during training or competition time should be washed upon returning home or to athletes' hotel and accommodation.
- To limit the use of dressing or changing rooms (if available), athletes are advised to wash and shower themselves at hotels and accommodation or upon returning to their homes
- Athletes should clean their equipment prior and post their practice and competition sessions. Athletes should prevent direct contact with other athletes' equipment at all times.
- During training, practice or competition sessions, all athletes should avoid any physical social contacts such as: hugs, high fives, avoid fist bumps, etc.
- DO NOT touch surfaces with your hands if unnecessarily (seats, railings, etc). Do not share any mobile devices, food or drinks with other athletes or attendees in the venue

- Maintain regular hand hygiene with 70% alcohol, gel alcohol or wash with soap and water. Especially after finishing training, practice or competition session and before leaving the venue
- If you need to sneeze or cough within the FOP, cover your nose and mouth, cough into your sleeve or elbow (as shown in Annex XI).
- Avoid touching your face after being in direct contact with any objects, obstacles or the surface of the FOP
- Encourage responsibility within the venue area
- Do not advise or encourage spectators to enter the FOP. Only dedicated staff is allowed to the FOP area.
- Only one legal guardian can accompany a minor (when necessary). All legal guardians, i.e., parents or other legally entitled personnel, must be registered prior entering the hosting location, following World Skate procedures (accesses to the venue, FOP may not be granted, according to the city restrictions/regulations that may apply).

**\*risk group includes** people with any of the following diagnose/characteristics:

- Diabetes
- Cardiovascular disease (heart failure, coronary heart disease, valve replacement, congenital heart disease)
- Chronic kidney disease on dialysis
- Chronic respiratory disease (chronic obstructive pulmonary disease, congenital emphysema, bronchopulmonary dysplasia, cystic fibrosis, moderate and severe asthma, bronchiectasis)
- Immunosuppression (congenital, HIV, people with immunosuppressive medication, asplenia)
- Cancer & transplant patients
- Obesity
- Elderly >65 years
- Unvaccinated
- Immunocompromised for any reason

## COVID RISK MITIGATION PROTOCOL FOR INTERNATIONAL EVENTS, INCLUDING SKATEBOARDING QUALIFYING EVENTS FOR TOKYO2020

The International event COVID19 risk mitigation policy integrates the provisions set for “general Sport Practice” and applies to all international events sanctioned by World Skate during the COVID19 Pandemic emergency.

### **Staff key roles**

Two roles are identified as critical to the successful application of the COVID19 Risk mitigation plan:

#### **Infectious Disease Officer (IDO)**

He or she is a trained medical expert specialized in infectious disease risk mitigation. The IDO is appointed by World Skate and is responsible for the application of the risk mitigation policy. Among the duties of the IDO:

- Works with World Skate and the Event host to guarantee the correct implementation of the policy
- Ensuring cleaning procedures occur and verify effectiveness
- Identifying and remedy any potential transmission situations
- Begin contact tracing in the event of a positive test result
- IDO will inspect and instruct sanitization of each venue and indoor event space
- IDOs will be equipped with Safe Companies ATP and Air Quality Readers
- IDO will always be in direct contact with security personnel
- IDO may instruct security personnel to remove any individual who fails to comply with event policies. If an individual is removed from an event space their credential will be voided and they will be denied access to event spaces for the remainder of the event.

#### **National Team Manager (NTM)**

As by World Skate competition rules, the NTM represent the NGB and National Team members in the relationships with the LOC and WS. The NTM is responsible for the compliance of National team athletes and staff to the policy.

## Pre-Event Activities

World Skate Sports Department, working in conjunction with the IDO, will elaborate and communicate to the registered attendants prior to the event, detailing policies and providing educational information to maintain a safe environment throughout all the events.

## Testing

A COVID19 plan must be defined and implemented by the competition organizer following the leadership of the IDO. Testing must include all attending Athletes and staff. Entering at the venue must be conducted recurrently:

- Upon arrival at the event all athletes, athlete support staff, and production staff will report for COVID-19 test and wellness check. No one will be allowed to access the event venue until they have both: a negative COVID test and have cleared the wellness screening.
- The IDO will train local staff to administer a mid-nasal rapid antigen test. Result of the test will be communicated in approximately 15 minutes.
- Individuals will be held in a designated isolation area until they receive a result.
- Any individual who tests positive will be isolated further and given instructions to seek a PCR test to confirm diagnosis. Rapid antigen test provides false positives a negatives as cross reaction are quite common - a positive has to be confirmed by PCR.
- Individuals who test Positive will NOT receive a second antigen test
- Positive individuals will be asked to depart the event venue. Event Directors will be notified
- Individuals who test negative will move into the Wellness screening area before being released into registration. (see Wellness Screening below)
- All test results will be reported to the appropriate state and local agencies.
- Athletes and Staff will be tested on arrival and then every 48 hours.
- A detailed testing plan will be elaborated by the IDO working in conjunction with the event host and will be communicated to the attendants a minimum of one week before the event starts.

## Daily Wellness Screening

- All athletes, athlete supporting staff and production staff will submit to a health screening upon arrival and prior to accessing the venue or event areas daily.
- Once cleared a colour-coded wristband will be placed on their wrist and a sticker attached to their credentials or helmet. Access to the venue or event spaces without a wristband with corresponding day-colour and event credentials will not be permitted.
- Health screenings will include: Thermal Testing, COVID Questions, O2 Saturation.
- Health screening personnel will be dressed in appropriate PPE for the space and transmission risk level.

## Personal Protective Equipment (PPE) for Athletes and Staff

- While PPE guidelines will continue to evolve and follow all state and local regulations at the time of the event. Surgical grade masks are required as a minimum required PPE in all indoor event areas and outdoor event venues.
- Competing athletes should remove their masks only when they are in the FOP during their competition heat or practice sessions.
- All interviews will take place with appropriate social distancing measures and in a designated place. This may include clear plastic barriers or remote interviewers and masked production staff.
- Clear consistent signage explaining this requirement will be posted at all indoor or venue entry points, in high traffic areas and at restrooms entries.
- Pre-event communications explaining facial mask requirements should be sent to athletes and staff.

The following personal protective equipment (PPE) must be worn by all cleaning staff members while performing deep cleaning:

- If required for use with the chemicals deployed, PPE of the cleaning staff will include disposable coveralls with hoods (separated or integral to the coverall) and disposable foot coverings (i.e., 18-inch-high boot type disposable foot coverings or foot coverings integral to the coverall).
- Nitrile gloves, as appropriate to the job task, should also be worn during cleaning and disinfection of contaminated areas and surfaces.
- N-95 face masks will be worn during the entire time on site. Safety goggles will also be worn by staff members while working within decontamination zones.
- athletes, athlete support and staff.

Individuals (Athletes, Athlete support or event staff) who fail to comply with this requirement will be removed from the venue immediately. Enforcement will be carried out in a joint effort of event staff, IDOs and event security.

## Cleaning and Occupancy Guidelines

### FOP and VENUES

- IDO will inspect courses and identify elements of high transmission risk
- Each venue should be fully cleaned between each practice or competition heat
- High traffic touch points around venues, such as handrails, should be cleaned frequently. The IDO will determine frequency after inspecting venue
- Deck and surrounding areas should be constantly monitored for water and beverage containers. Any unintended beverage should be removed.

### Offices

- Each office space will have a posted capacity and hours of operation. Staff will be encouraged to work from their lodging whenever possible.
- Offices spaces will be sanitized every 2 hours; deep cleaned and sealed at the end of operation each day.
- Designated entrance and exit pathways will be enforced whenever possible.

### Common Spaces

- Plexiglass barriers will be placed in areas where interactions between staff and athletes will commonly take place and in specific office areas to facilitate interactions that must take place between staffing pods.
- Hand sanitizing stations will be placed at all conference centre entrances, in high traffic/touch areas, on venues and in staff offices
- IDOs and security will monitor all common spaces for compliance.

### Air Scrubbers

Portable, high-capacity medical grade air filtration devices may be placed in areas considered in high-risk, such as medical and wellness screening spaces or any area an IDO deems appropriate.

### Cleaning Verification System (CVS)

Safe Companies Cleaning Verification System utilizes ATP technology to verify that surfaces were cleaned, and any micro-organisms (this includes COVID-19) were removed.

Adenosine Triphosphate, or ATP, is the energy molecule found in all living things, making it a perfect indicator when trying to determine if a surface is clean or not. Safe Companies use ATP systems to rapidly verify surfaces have been cleaned thoroughly, and to ensure that biofilms are not developing on the surface that could affect quality.

With an ATP hygiene monitoring system, (or sometimes referred to as - an ATP sanitation monitoring system), ATP is brought into contact with Hygiena's unique liquid-stable reagent in the test device. Light is then emitted in direct proportion to the amount of ATP present in the sample, providing information on the level of contamination in seconds.

A summary report of pre-cleaning and post-cleaning test results on various surfaces will be maintained.

## Cleaning and Decontamination Processes

### **Long ray Corded or Cordless Foggers**

Long ray foggers will be deployed to apply the disinfectants to the treated surfaces. Fogging on products is superior to other methods as the fogger will create an even spread of the product on the treated surfaces and deploy them much more quickly than traditional spray bottles or other handheld devices. Foggers also reach surfaces that are often overlooked by direct application methods which help ensure a more.

### **ZBioscience (ZBS) Probiotic Cleaner and Disinfectant**

ZBS Multitask cleaner will be used to clean and sanitize surfaces and remove all dirt, debris and biofilm. After the cleaning process the ZBS Enviro-Mist disinfectant will be fogged onto the surfaces to prevent pathogens and viruses from taking hold and spreading on the surfaces.

### **Smart Touch EPA Registered Disinfectant**

Smart Touch disinfectant will be applied, as appropriate, as the EPA registered disinfectant. This product will be applied using fogger technology. Safety data sheets (SDS) for the product are available on demand.

### **Sanders™ Containment Filter (Air Filtration)**

Sanders™ media is a new, synthetic filter developed and now available, that has efficiencies higher than HEPA, 99.99980% @ 0.1 micron. Independently tested on virus VFE. The filters main advantage is that, unlike old, hard-sided, micro-fine glass HEPA's, it is a soft flexible pad with a very low static pressure, .17 W.C. @ 125 cfm/sq. ft. For the first time, this allows for HEPA or near HEPA filtration of the return air duct directly, in any room. This means that now all spaces may be filtered with HEPA air quality without any reconstruction costs of transforming the HVAC unit for these works on all installed units. By attaching this pad over every return vent or at the main unit, you will capture most particles the size of known pathogens, as it is about to enter the HVAC system (source capture). This may be deployed in addition to the air scrubbers for each room.

## ANNEX I SYMPTOMS - (SUSPICIOUS / SUSPECTED CASE)

| CRITERION 1  | CRITERION 2  | CRITERION 3  |
|--|--|--|
| <p>Any person with 2 or more of the following symptoms:</p> <ul style="list-style-type: none"> <li>a) Fever: 37.5 °C or +</li> <li>b) Sore throat</li> <li>c) Breathing difficulty</li> <li>d) Headache</li> <li>e) Muscle aches</li> <li>f) Diarrhea / vomiting</li> <li>g) Sudden loss of taste or smell with no other identified cause</li> </ul> | <ul style="list-style-type: none"> <li>a) Healthcare operator</li> <li>b) Essential staff</li> <li>c) Close contact with a confirmed case 14 days after contact</li> </ul> <p>Presenting 1 or more of the symptoms mentioned above</p> | <p>Children or adolescents from 0 to 18 years of age with 3 days of fever + 2 of the following symptoms:</p> <ul style="list-style-type: none"> <li>a) Skin rash or bilateral conjunctivitis without pus or signs of mucocutaneous inflammation (mouth, hands or feet).</li> <li>b) Hypotension or shock.</li> <li>c) Characteristics of myocardial dysfunction, pericarditis, valvulitis or coronary anomalies</li> <li>d) Acute gastrointestinal symptoms (diarrhea, vomiting or abdominal pain).</li> </ul> |

Suspicious case criteria are dynamic. It is suggested to periodically access the [WHO website](https://www.who.int/) (https://www.who.int/) to get updated information.

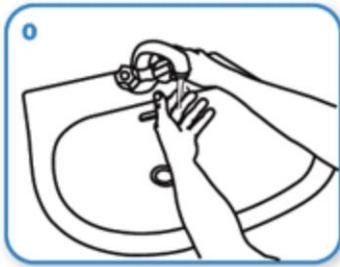
## ANNEX II

### CORRECT HAND HYGIENE

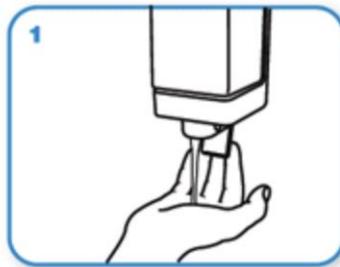
#### How to wash your hands with soap and water or an alcoholic sanitizer

1. Place a sufficient quantity of product to cover all surfaces to be treated on the palm of the hand
2. Wet your hands with water.
3. Place in the palm of the hand a sufficient quantity of product to cover all surfaces to be treated in the palm of the hand
4. Rub the palms of your hands
5. Rub the palm of the right hand against the back of the left hand interlocking the fingers, and vice versa
6. Rub your palms together, fingers intertwined
7. Rub the back of the fingers of one hand with the palm of the opposite hand, grasping the fingers
8. Rub the left thumb with a rotational motion, encircling it with the palm of the right hand, and vice versa
9. Rub the fingertips of the right hand against the palm of the left hand, making a rotating motion, and vice versa
10. Rinse hands with water
11. Dry with a disposable towel
12. Use the towel to turn off the tap

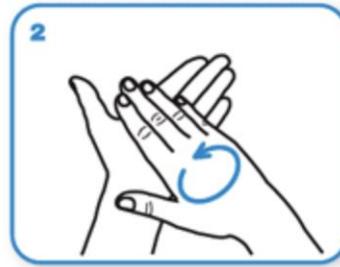
The process should take 40-60 seconds (20-30 second are enough with an alcoholic sanitizer) and once dry, your hands are safe



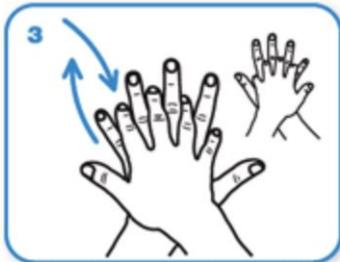
Wet hands with water



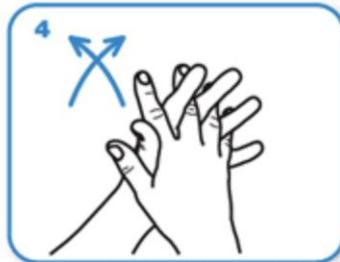
apply enough soap to cover all hand surfaces.



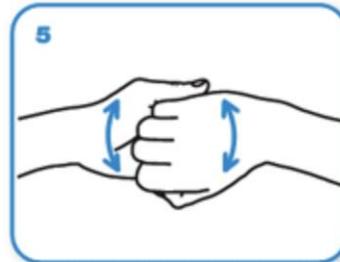
Rub hands palm to palm



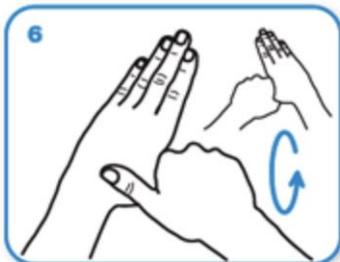
right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**🕒 Duration of the entire procedure: 20-30 seconds**



**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;



**2** Rub hands palm to palm;



**3** Right palm over left dorsum with interlaced fingers and vice versa;



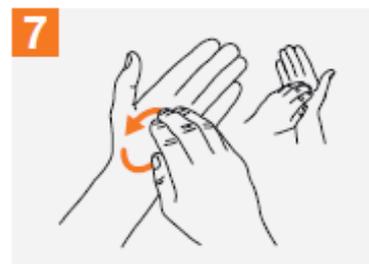
**4** Palm to palm with fingers interlaced;



**5** Backs of fingers to opposing palms with fingers interlocked;



**6** Rotational rubbing of left thumb clasped in right palm and vice versa;



**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



**8** Once dry, your hands are safe.



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**

Clean Your Hands

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## ANNEX III

### CORRECT USE OF THE MASK

How to put on, use, remove and dispose a mask, taking into account the local provisions of compulsory use:

Before putting on and after removing a mask of any kind, wash your hands with soap and water or with an alcohol-based disinfectant.

Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.

Avoid touching the mask while wearing it; If you do so by mistake, wash your hands with an alcohol-based sanitizer or soap and water.

Change your mask as soon as it is damp and do not reuse disposable masks.

How to put on, use, remove and dispose a mask, taking into account the local provisions of compulsory use:

While wearing the mask, try as much as possible to minimize actions that facilitate transmission, such as speaking with the mask on.

To remove the mask: take it from behind, without touching the front of the mask. Dispose single-use masks immediately in a closed container; and wash your hands with soap and water or with an alcohol-based sanitizer. If the mask is made of cloth (not disposable), follow the recommendations of the health authorities regarding its safe washing and reuse.

Never rest the masks on a surface. If this happens, the surface should be cleaned and disinfected with bleach or alcohol.

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



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 yourself and from surfaces while removing it



Discard the mask immediately after use, preferably into a closed bin



Wash your hands after discarding the mask



Wash your hands before touching the mask



Inspect the mask for tears or holes

## 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. Stay at least 1 meter away from others and wash your hands frequently and thoroughly, even while wearing a mask.

## ANNEX IV

### MANAGEMENT OF SUSPECTED CASE

- a) It is suggested that all athletes / coaches / workers immediately notify the presence of respiratory symptoms or fever, and refrain from attending the event. This situation must be reported to the medical staff of the institution and make the relevant assessments in accordance with the provisions of the health authority.
- b) Before the identification of a suspicious case from an assessment or a clinical examination of an athlete, a coach or worker, It is recommended to perform or apply for a medical PCR test (polymerase chain reaction) for the detection of viral genetic material.
- c) Before the confirmation of a case of COVID 19, close contacts will be defined according to regulations by the health authority.
- d) In case athletes, coaches or workers had a close contact with a confirmed case, they should be in strict isolation for 14 days as from the last day of contact. That is why it is recommended to avoid visits from friends or relatives that do not live together as well as social gatherings, including those involving a limited amount of people. The isolation and monitoring of close contacts in the individual rooms of sports institutions or training centers is suggested.
- e) An isolation space should be arranged within the training area to allow any athletes, coaches or workers showing symptoms during the day to be in isolation in that space (and wearing a surgical mask provided by the facility) until an assessment is made by the medical team and a decision is made about whether such cases are possible “suspected cases”
- f) Proper cleaning and disinfection of the environments where the suspected case was detected should be carried out.
- g) Self-reporting of signs and symptoms of COVID 19 will be encouraged through the training staff
- h) Medical controls, in case of athletes’ examinations and symptoms, may include the PCR test for COVID 19 (SARS CoV 2).
- i) The clinical controls on the participants in the training sessions should be performed daily, in order to detect early signs and / or symptoms of COVID 19.

## ANNEX V

### Social distancing VS Sports distancing

According to the epidemiological phase surrounding athletes, training will be allowed:

**Strictly at home** (compulsory social isolation): only general physical training, agility, endurance and development of other skills can be performed according to the availability of materials.

**In small groups** (<10 people in total) in which tools may be shared by avoiding physical contact and maintaining a social distancing of 2m. It is allowed to train skills **WITHOUT** physical CONTACT, although this may occur accidentally

**Normal** (> 10 people) complete sports activities that include contacts.

Although many WORLD SKATE sports are individual and therefore represent a low risk of contagion, all unnecessary behaviours shall be modified, taking into account the recommendations that are set out in detail below:

1. The ideal **social distancing** of 2 meters (1.5 meters as a minimum acceptable); in addition to
2. **Frequent hand hygiene** and
3. **The use of a three-layer (surgical) mask**

It should be noted that the use of the latter does not replace social distancing measures or the need to maintain interpersonal safety distance, although it can be considered an additional measure whenever it is temporarily impossible to maintain the minimum safety distance.

Research is currently underway to determine the optimal distance to be kept between people during physical activities. In the Belgian-Dutch Study: “Why in times of COVID-19 you should not walk / run / bike close behind each other”, it is highlighted (in a very preliminary way) that when human beings move in space, the kinetics of saliva microdroplets is different from the situations in which people are standing. For this reason, “physical distance should be increased when walking, running or cycling. When someone breathes, sneezes or coughs during a race, these particles remain in the air. The person running behind (in the so-called sliding flow) goes through this cloud of drops of saliva”.

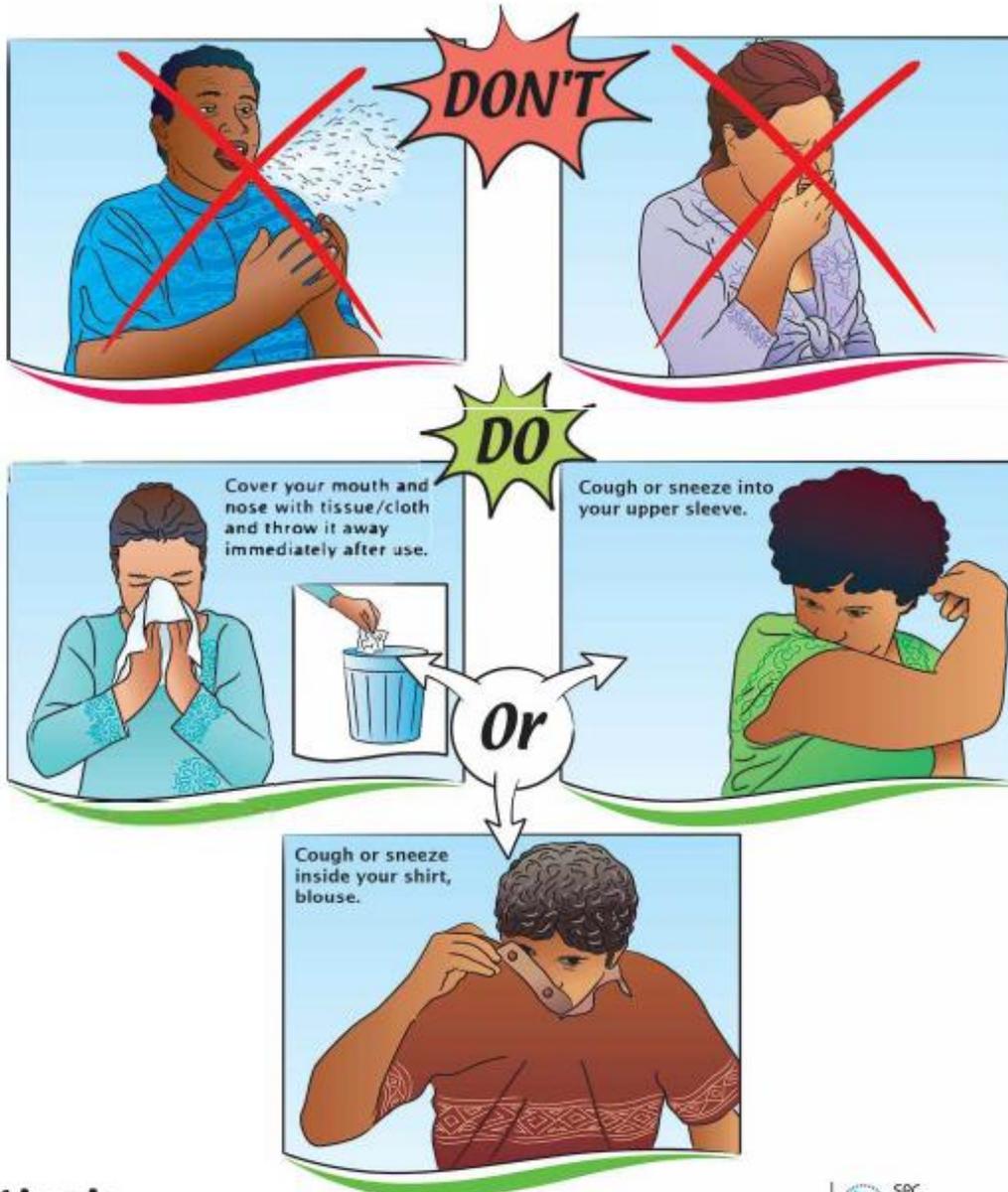
This conclusion is reached by simulating the behaviour of saliva particles from people during movement, so it is recommended to stay out of said flow, since (according to the research above) people who sneeze or cough spread drops with higher strength and greater distance.

It is advised that the distance between people moving in the same direction and in the same lane should be at least 4-5 meters in case of walking and 10 meters in case of running. To ride a bicycle, you need at least 20 meters of distance between people. When crossings and overtaking, the horizontal safety distance shall be increased to 3 meters.

The results of broader studies, involving a higher number of cases, shall be awaited to define the relationship between the COVID-19 virus and human beings on the move.

## ANNEX VI: Respiratory Hygiene

# Cover your cough and sneeze



**Wash  
or sanitise  
your hands**  
often and immediately  
after coughing or sneezing



with soap and water



or with alcohol-based  
hand cleaner.

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 Contact SPC's Public Health Surveillance &  
 Communicable Disease Control Section,  
 Public Health Programme  
 Email: [phc.cdc@spc.int](mailto:phc.cdc@spc.int)

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