

# JERSEY SPORT

# LEVEL ONE COVID-19 DRAFT

## Guidance for Sport

### Version 2

**DRAFT UPDATED**  
**17/07/2020**

**Please note**  
**Sections highlighted in yellow are updated guidance**

## Jersey's Safe Exit Framework Level 1

<b>Introduction</b>	<p>Please note this is <b>draft guidance</b>, prepared by Public Health and Jersey Sport, <b>in preparation for Level 1</b> of the Government of Jersey's Safe Exit Framework. <b>It is not finalised</b> and subject to Medical Officer for Health final approval and consideration of the public health position at the launch of Level 1.</p> <p>The Government of Jersey has announced that they will consider next week (week commencing 20 July) when to move to Level 1 of the Safe Exit Framework. As soon as there is any indication of a date for the move to Level 1 Jersey Sport will provide an update.</p> <p>This document includes only the anticipated <b>changes from Level 2 to Level 1</b>. For full guidance and advice on Level 2 (current guidance), or key points to consider when thinking about re-starting activities, can be found on the <a href="#">Jersey Sport website</a>.</p> <p>Level 1 represents a move towards a '<b>new normal</b>' and has within it some positive changes for many sporting and physical activities, allowing many clubs and associations to return to play, similar to pre-COVID-19, with some additional measures and hygiene requirements etc. However, there are some higher risk activities (related to COVID-19 transmission) that remain severely affected, particularly close combat sports, martial arts and dancing etc.</p> <p>Therefore, the Public Health team and Jersey Sport will continue to work closely together to monitor the public health situation and regularly review the related guidance for sport and physical activity. The aim is to consider further easing of restrictions should there be an improving public health picture.</p> <p>At all times, please follow the <a href="#">Government of Jersey's health advice</a>.</p>
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## Level 1 Guidance

### New in Level 1

Summary of the changes from Level 2 to Level 1:

- **Showers/changing rooms can reopen** for use by customers, guests and participants only. These facilities are not for use by the general public. The principles and guidance for opening showers and changing rooms can be found in the relevant section below;
- Sport and recreation activities that involve '**close contact**', (where participants are within the minimum physical distance of 1m of each other), will now be permitted in **outdoor** environments
- '**Close facing contact**', is where participants faces are within the minimum physical distance, for that level of activity (detailed below), of each other and breathing directly towards each other e.g. many martial arts activities. This is considered the highest risk scenario as participants will be directly exchanging respiratory droplets which is the main transmission route for COVID-19. Given the risk in these scenarios, **close facing contact is strongly discouraged** in indoor and outdoor environments at the start of Level 1.
- **High-intensity activity** will now be permitted **indoors** in venues with high levels of ventilation. It is strongly encouraged that participants have **2m physical distancing** whilst engaging in high intensity activity indoors
- Activities that involve '**close contact**', (where participants are within the minimum physical distance, for that level of activity (detailed below), of each other, but not facing each other), will now be permitted in **indoor** environments, **providing it is less than a few seconds in nature i.e. fleeting**. This is the case of all levels of intensity of activity
- A revision of the fallow period (down time after activities for airborne contaminants, including respiratory viruses, to settle) before cleaning can resume. The recommended **minimum fallow period for all activity levels is 10 minutes**.
- **Group activities for 3 – 12 year olds** may operate in a **bubble**, following relevant guidelines
- Clarification on **spectators** is provided
- **Soft play centres / facilities** that provide large, soft, synthetic or plastic equipment, that cannot practically be sanitised between use by different households, must remain closed;
- Venues are advised to only play low volume, ambient background, **music** to avoid people leaning into one other when talking; shouting or singing along which increases the risk of spreading respiratory droplets;

<p><b>Who does the Guidance Apply to and Scope</b></p>	<p>This is guidance for businesses, clubs and associations that operate indoor and outdoor sport / recreation facilities and / or provide indoor or outdoor sport / activity services ('indoor and outdoor activity businesses'). It supports operators in identifying how they can adapt their practices to significantly increase safety for staff, volunteers, and customers / users in the context of COVID-19 in Jersey.</p> <p>Sports and recreation facilities play a vital role in ensuring the ongoing health and wellbeing of Islanders. A managed return to activity, whilst ensuring that public health measures are maintained, will benefit both mental and physical wellbeing. However, the safety of customers, staff, volunteers, and their families remain the absolute priority.</p> <p>It is important to remember and consider all ongoing health and safety considerations, especially at a time where businesses / venues are not operating as normal and where staff, who normally take responsibility for particular aspects of risk management, may not be present.</p> <p>The guidance provides the basis for each operator to develop their own operating guidance for customers, staff, volunteers, and supply chains. It helps them to consider the risks and mitigation measures that they will need to put in place to address COVID-19 as well as the day-to-day operational risks.</p> <p>It is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction for the sector. Nor is it intended to cover all aspects of every business. In some areas of activity and exercise provision there will be guidance provided by professional bodies that should be referred to but with local guidance being the minimum requirement.</p> <p>This guidance applies to all businesses and venues that operate indoor and outdoor sport and recreation facilities, which include, but is not limited to, the following:</p> <ul style="list-style-type: none"> <li>• <b>Sport or recreational facilities</b></li> <li>• <b>Businesses, clubs and associations that offer sport or physical activity opportunities</b></li> </ul>
<p><b>General Principles</b></p>	<p>This guidance is in addition to the <a href="#">general advice for all businesses and workplaces during COVID-19</a>. This covers overall risk assessments, general hygiene, looking after your staff and physical distancing, amongst other things.</p> <ul style="list-style-type: none"> <li>• <b>If you cannot follow the general public health, business advice or other related guidance then you should not open;</b></li> <li>• <b>Outdoor presents a lower risk of transmission than indoor activities. Indoor activities should be well ventilated</b></li> <li>• <b>Fewer people exposed to each other the better</b></li> <li>• <b>Efforts should be made to maximise distance between participants in higher risk activities</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Activities should be sufficiently risk assessed and mitigation put in place to minimise the potential transmission of COVID-19.</b></li> </ul>
<b>Categories of Physical Proximity</b>	<p>Two categories of physical proximity are defined as follows:</p> <ul style="list-style-type: none"> <li>• <b>Close contact</b> Close contact is where participants are within the minimum physical distance, for that level of activity (detailed below), of each other. E.g. football tackles</li> <li>• <b>Close facing contact</b> Close facing contact is where participants faces are within the minimum physical distance, for that level of activity (detailed below), of each other and breathing directly towards each other. This is considered the highest risk scenario as participants will be directly exchanging respiratory droplets which is the main transmission route for COVID-19. For example, many martial arts, boxing, or dancing activities</li> </ul>
<b>Outdoor Sport and Physical Activity</b>	<p>Sport and physical activity may occur outdoors, at any activity intensity level with <b>1m physical distancing</b>.</p> <p><b>For the purpose of outdoor sport and physical activity, participants may be in close contact</b> (defined above) e.g. football, beach volleyball, sailing.</p> <p><b>‘Close contact’ should be kept to a minimum.</b> This may involve adapting training exercises and minimising match-play time within training sessions.</p> <p><b>‘Close facing contact’ is currently strongly discouraged</b> everywhere, even in outdoor sporting environments.</p> <p>Physical distancing should always be maintained at breaks and before / after the activity.</p>
<b>Indoor Sport &amp; Physical Activity</b>	<p><b>High intensity indoor sport and physical activity</b> may now resume, provided there is good ventilation. This means high levels of natural ventilation via doors and window or air handling systems that refresh air rather than recirculate it.</p> <p>Due to the increased risk of virus transmission during high-intensity activities, maintaining a <b>2m physical distance between participants</b> is highly recommended.</p> <p>It is possible to maintain physical distancing at <b>1m for low and moderate-intensity activity indoors</b>.</p> <p><b>‘Close contact’</b> (defined above) <b>sport and physical activity may resume indoors BUT only when close contact is fleeting in nature</b> (a few seconds at a time). E.g. doubles badminton, 5-a-side football, doubles table tennis.</p> <p><b>‘Close contact’ activity should be kept to a minimum.</b> This may involve adapting training exercises and minimising ‘match-play’ time within training sessions.</p> <p><b>Indoor ‘close facing contact’ is strongly discouraged.</b></p>

	<p>Physical distancing should always be maintained at breaks and before / after the activity.</p> <p><b>Ventilation/ air handling</b></p> <ul style="list-style-type: none"> <li>• If you wish to seek expert advice regarding air handling systems, there are five mechanical and electrical consultants in Jersey; Hartigans, Henderson Green, BGT, Jersey Energy and Ennis.</li> <li>• When undertaking a risk assessment and safety planning, facilities should consider how to improve/ increase ventilation in order to achieve maximum air replacement/exchange rates which ensure that air containing respiratory droplets and aerosols is not recirculated. This means: <ul style="list-style-type: none"> <li>○ ensuring that any air handling systems replace and do not recirculate air</li> <li>○ using natural ventilation like windows and doors as much as possible</li> <li>○ having effective air filtration systems;</li> </ul> </li> </ul> <p><b>Fallow Periods</b></p> <ul style="list-style-type: none"> <li>• <b>Fallow periods and cleaning</b> – after indoor sport and activities down time or a ‘fallow period’ is required before cleaning can resume. This is important as it allows sufficient time for the airborne contaminants, including respiratory viruses, to settle.</li> <li>• The <b>recommended minimum fallow period</b> for all activity intensity levels is <b>10 minutes</b>.</li> <li>• During the fallow period the area should be <b>unoccupied</b>. After the recommended fallow period (a minimum of 10 minutes) <b>cleaning should be undertaken</b>.</li> </ul>
<p><b>Group Activities for 3 -12 Year Olds</b></p>	<p>Sports clubs, associations and businesses who offer group activities, for <b>children aged 3 – 12</b>, children may participate within a <b>group bubble</b> (a maximum of 30 staff / volunteers and children) and each bubble will be apart from other bubbles.</p> <p><b>The bubble approach</b> for this age group allows no physical distancing between the children within each bubble.</p> <p>Any setting looking to apply the bubble approach should follow the after-school and holiday club guidance. <a href="#">(Insert relevant guidance)</a></p> <p><b>Bubble Key Guidance</b>  <b>Physical distancing of one metre between adults</b> from a different household is recommended. Physical distancing between adults (e.g. coaches or instructors) and children should be one metre where possible but if not possible, close contact is recommended to be kept as short a time as possible and no longer than 15 minutes.</p> <p><b>Pick up and drop off</b> should be coordinated to reduce the numbers of adults in order to support adherence to recommended physical distancing where practical.</p>

	<p>Given the age range (3-12) of children attending after school / holiday clubs, as far as practical, the following approach should be followed:</p> <ul style="list-style-type: none"> <li>• <b>Same group</b> – children stay in the same groups at all times. Different groups are to avoid mixing during the day, or on subsequent days. Where children attend irregularly and/or there is no pattern to their attendance in any given week they should be in the same bubble each time they attend.</li> <li>• <b>Same location</b> - ensure that wherever possible children use the same room or area (this could be a sectioned off part of a hall) throughout the day and on subsequent days</li> <li>• <b>Same facilities</b> – if possible assign toilets to set groups of children. Consider allocating specific areas of the outdoor area for each group</li> <li>• It is preferable for the <b>same staff or volunteers to be assigned to each group</b> and where possible they should not move between different groups of children.</li> <li>• Settings should <b>record which children are in each group</b>, which location and facilities they are assigned to and which staff are associated with each group. This will facilitate contact tracing and cleaning should someone become symptomatic or test positive. It is accepted that in order to provide sufficient cover or to support a child, staff will need to go into more than one area, however, this should be minimised as much as possible</li> <li>• <b>Visitors</b> to the premises should be kept to an absolute minimum. A register must be in place to record the contact details of all those that are on site each day such as parents, approved contractors and external agencies, in addition to a register recording which children are present within each group.</li> </ul> <p>Settings will need to consider the use of staggered break and lunch times, to minimise the number of children and young people moving around the setting at the same time. The intention should be that mixing of bubbles is avoided, wherever possible, and minimised where it cannot be avoided.</p>
<p><b>Gatherings and Spectators</b></p>	<p>Islanders can spend time indoors and outdoors undertaking controlled events like organised sports, community and group activities with a maximum of up to <b>*** (TBC at Level 1)</b> people. <b>(INSERT hyperlink to gatherings advice)</b>. The gathering limits will be communicated at the earliest opportunity.</p> <p>The attendance limit at gatherings should be extended to indoor and outdoor activities when considering spectators and participants that are in close proximity.</p> <p>When considering the role of spectators at events that are not concentrated in one location, it is only the number of spectators in one area that needs to adhere to the gatherings limit. For example the number of people at a start and finish line / feeding station / pit stop NOT the total number of people spread across an extended open air course e.g. spectators for a motor sport or cycling event.</p>

## Communal Showers and Changing Facilities

**Showers/changing rooms can reopen** for use by customers, guests and participants only. These facilities are not for use by the general public.

### **Principles for opening shared showers and changing rooms**

The use of communal changing facilities can be used so long as specific additional hygiene and control measures are followed to ensure this risk of virus transmission is minimised.

Normal cleaning frequencies will need to be increased depending on how often the facilities are used. For example, if there is a high level of usage, the normal cleaning frequency should be doubled. This will need to be on a case-by-case decision as cleaning frequencies may vary throughout the day depending on the number of users of the facilities. Hard surfaces that are touched frequently (for example door handles, grab rails, etc.) should also be cleaned more frequently in addition to standard cleaning protocols.

In addition to increasing the frequency of cleaning by the organisation, each person using a shower should be encouraged to clean the shower and changing area they have used immediately after use.

### **Venues with shared showers, washing and changing facilities should follow the following guidance**

- Introduce staggered start and finish times to reduce congestion and contact at all times
- Based on the size of each facility, determine how many people can use it at any one time to maintain a distance of one metre
- Introduce enhanced cleaning of all facilities throughout the day and at the end of each day
- Cleaning should include all areas likely touched by hands including sinks, shower trays and shower curtains. Tiles and grouting should also be regularly checked for condition and cleaned
- Users should be asked to clean the shower and changing area they have used after use
- Any showers that do not appear to have been used for a while should be left to run with hot water before use
- Provide disposable: cleaning cloths, gloves and aprons and ensure they are always available to use by those using showers
- Provide a cleaning solution for those using shows to use. The standard disinfectant used within the organisation should be checked to ensure that it is effective against enveloped viruses. If not, consider providing a solution consisting of either: a combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine OR a household detergent followed by disinfectant (1,000 parts per million available chlorine)
- Provide suitable and sufficient rubbish bins in shower areas with regular removal and disposal
- A customer notice should be displayed for users explaining the enhanced cleaning regime and cleaning/monitoring times with a staff checklist for

	<p>completion and information. The notice should also inform users to carry out the following hygiene/cleaning requirements:</p> <p><b>Communal shower guidelines for those using shared showers and sinks:</b></p> <ul style="list-style-type: none"> <li>• after you have finished using the shower/changing or sink area you should clean the areas you have come into contact with using the materials provided</li> <li>• let the shower or taps run for 30 seconds after use prior to cleaning</li> <li>• when cleaning showers and sinks wear disposable gloves and a disposable plastic apron</li> <li>• disinfect by wiping down the shower door handles (inside and out), shower controls and any other surfaces touched by hand with a disposable cloth dampened with the cleaning solution provided</li> <li>• avoid creating splashes when cleaning</li> <li>• dispose of used cloths and materials accordingly in the bins provided</li> <li>• report any issues immediately to the management of the facilities</li> </ul> <p>More information on cleaning in non-healthcare settings can be found here: <a href="https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings">https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings</a></p> <p><b>Notes on Legionnaires disease</b></p> <p>It is important to undertake a risk assessment for Legionnaires disease in relation to the water systems on site including showers: <a href="https://www.gov.je/SiteCollectionDocuments/Working%20in%20Jersey/ID%20ControlLegionella%2020100205%20EV.pdf">https://www.gov.je/SiteCollectionDocuments/Working%20in%20Jersey/ID%20ControlLegionella%2020100205%20EV.pdf</a></p>
<b>Clubhouses</b>	<p>Indoor spaces, including club houses - should be risk assessed in terms of adequate ventilation of fresh air before allowing public access.</p> <p>Particular attention should be paid to any H&amp;S requirements and risk assessment that a business, club or organisation might ordinarily undertake.</p>
<b>Club Bars</b>	<p>From Wednesday 1 July, pubs and bars can open for a seated service following public health guidelines. Sports club bars should follow the <a href="#">guidance for food and drink services</a>.</p> <p>Please follow the requirements related to your type of license.</p>
<b>Contact Tracing</b>	<p>Sports clubs, associations, businesses, and organisations are strongly encouraged to keep a record of attendance, including requesting the contact details of customers/guests/participants where possible.</p> <p>This may mean introducing a new process where previously people have not been asked to share their contact details, where proportionate and practical to do so.</p>
<b>Risk Mitigation</b>	<p>Examples of risk mitigation regarding COVID-19 transmission may include:</p> <ul style="list-style-type: none"> <li>• Moving highest risk activities <b>outside or increase ventilation</b> opportunities;</li> <li>• Limiting the <b>duration</b> of higher risk manoeuvres or play perhaps adapting training exercises and minimising ‘match-play’ time within training sessions;</li> <li>• Increasing <b>physical distancing</b> and operating at lower capacity to increase ventilation in spaces;</li> </ul>



	<ul style="list-style-type: none"> <li>• Decreasing the <b>number of participants</b> to create more space per participant and decrease the overall number of people involved;</li> <li>• Setting up distinct <b>training and competition groups</b> to minimise the number of individuals that can potentially be exposed.</li> </ul>
<p><b>Preparing to Open</b></p>	<p>Before you resume or continue business activity at Level 1, there will be a number of adjustments required to your premises, the way that you work and the services that you provide.</p> <p>In developing a specific plan for your setting consider:</p> <ul style="list-style-type: none"> <li>• Ensuring your <b>plan, processes and systems</b> meet the overarching public health requirements and the general principles around physical distancing, exercise intensity and amount of close contact for the particular sport or activity. <a href="#">Insert hyperlink</a></li> <li>• Ensuring your plan, processes and systems meet the overarching advice for <b>businesses and outdoor / indoor workplaces</b>. <a href="#">Insert hyperlink</a>;</li> <li>• Ensuring <b>safe facility and participant practices</b>, like hygiene practices and limiting shared equipment as much as possible;</li> <li>• Being prepared for the management of an individual with <b>COVID-19 symptoms</b>;</li> <li>• How you will administer <b>first aid</b> to someone <a href="#">Insert hyperlink</a>;</li> <li>• If a venue with <b>multiple functionalities</b>, in addition to the primary activity, e.g. food areas, retail, can safely open all of its services and at what capacity;</li> <li>• Where premises have remained closed or have operated at a reduced level during the lockdown period, appropriate <b>health and safety checks</b> should be conducted prior to reopening. This includes being Legionella aware; <a href="#">Insert hyperlink</a></li> <li>• How you will manage <b>toilet facilities, showers and changing rooms</b> to maintain hygiene and physical distancing; <a href="#">Insert hyperlink</a></li> <li>• Encouraging individuals to take reasonable <b>personal responsibility</b> when taking part in physical activity e.g. using their own equipment, water bottles and towels etc as much as possible;</li> <li>• Establishing protocols for rotating or sanitising any <b>shared equipment</b>;</li> <li>• Maintaining rigorous <b>cleaning procedures</b> and ensuring staff carry out regular cleaning of high-contact touch points throughout the premises;</li> <li>• <b>Lockers</b> may be used but particular attention should be paid to maintaining frequent and sufficient hygiene between users;</li> <li>• <b>Touch points of equipment</b> should be cleaned immediately after use – this can be done either by the customer/user or staff NB this is in addition to the cleaning schedule;</li> <li>• <b>Physical distancing and cleanliness</b> will be promoted by the instructor(s) at the beginning and throughout all classes and activities;</li> <li>• <b>Small group classes</b> will be organised in a series of formations to comply with physical distancing, with appropriate spacing between participants monitored by the instructor throughout the class/activity;</li> <li>• We recommend a sufficient <b>gap between users of rooms</b> to allow for the settling of aerosols (<b>minimum 10 minutes</b>) and then time to allow for the necessary cleaning, sanitising and drying of equipment, touch points and hard surfaces;</li> <li>• Ensure that the period of <b>time between classes</b> does not cause bottlenecks of users / customers in waiting areas where physical distancing might become difficult;</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Equipment</b> (including mats etc.) will be cleaned in between use. This can either be done by the customer/user or staff member and monitored;</li> <li>• All <b>visitors/contractors</b> should follow the physical distancing and cleanliness guidelines;</li> <li>• You should also be mindful of information and stipulations from your <b>insurers and national governing bodies of sport.</b></li> </ul>
<b>Sport England Resources</b>	<p>Sport England have developed a helpful <a href="#">COVID-19 toolkit for sports clubs and organisations</a>.</p> <p>The resources and templates include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Re-opening toolkit</a></li> <li>• <a href="#">Creating a risk assessment</a></li> <li>• <a href="#">Understanding your people</a></li> <li>• <a href="#">Creating a risk register</a></li> <li>• <a href="#">Promoting social distancing</a> (note: “physical distancing” in Jersey)</li> </ul> <p>The Sport England documents are clearly written for England, but the tools can be used here in Jersey. Please amend references from UK to Government of Jersey guidelines.</p>
<b>Jersey Sport Contacts</b>	<p>Please get in touch to discuss the issues surrounding COVID-19 for your sport:</p> <ul style="list-style-type: none"> <li>• <b>Sports that begin with letters A – M</b>, contact: James Tilley, Head of Sport, Schools and Business, 757710</li> <li>• <b>Sports that begin with letters N – Z</b>, contact: Catriona McAllister, CEO, 757714</li> </ul> <p>Or, email: <a href="mailto:coronavirus@jerseysport.je">coronavirus@jerseysport.je</a></p>
<b>Mailing List</b>	<p>You can join the Jersey Sport mailing list, to receive the latest updates direct to your email, by simply sending a request to <a href="mailto:coronavirus@jerseysport.je">coronavirus@jerseysport.je</a>, include:</p> <ul style="list-style-type: none"> <li>• your name</li> <li>• sport</li> <li>• club/organisation</li> </ul>