

# JERSEY SPORT LEVEL TWO COVID-19 Guidance for Sport

FINALISED GUIDANCE  
11/06/2020

## Jersey's Safe Exit Framework Level 2

### Guidance for Sports

<b>Introduction</b>	<p>The Government of Jersey has announced the island will move to Level 2 of <a href="#">Jersey's Safe Exit Framework</a> on 12 June 2020.</p> <p>Jersey Sport is pleased to have co-produced this guidance with the Government of Jersey's Public Health department.</p> <p><a href="#">The Government of Jersey's COVID-19 Strategy</a> highlights that the target period for entry to Level 1 is early July. Level 1 guidance will be developed following the introduction of Level 2 and will be published at the earliest opportunity.</p> <p>At all times, please follow the <a href="#">Government of Jersey's health advice</a>.</p>
<b>Principles for Level 2</b>	<ol style="list-style-type: none"><li><b>1. Enable as much safe activity as possible</b> - sport and physical activity is essential to the physical and mental wellbeing of our island population.</li><li><b>2. Minimise time indoors</b> - the likelihood of transmitting COVID-19 is much lower outside and increases when you spend longer periods of time in proximity to others, especially inside.</li><li><b>3. The safety of participants, members, staff, volunteers, and their families remain the absolute priority.</b></li></ol> <p>Each sports club will have its own specific circumstances which may or may not be covered here. If you have a scenario to discuss or if you would like further clarity on COVID-19 guidance, please get in touch with us at Jersey Sport.</p>

### New in Level 2

**Gathering  
Sizes**

**Please note physical distancing of 2 metres and hygiene requirements remain at all times in Level 2.**

Controlled events like structured/ **organised sports**, community and group activities may have a **maximum of 40 people** in attendance at one time. Organisers should plan their activities with this upper attendance limit in mind. Strict physical distance of 2 metres always required between people from different households.

Please refer to [www.gov.je/coronavirus](http://www.gov.je/coronavirus) for maximum gathering sizes for private settings or 'uncontrolled' events.

## Indoor Sports & Activities

All indoor sport and activity clubs, associations, businesses, and venues must be familiar with the **Government of Jersey's Level 2 Business Advice - INDOOR Sport and Recreation Industry Consultation COVID Exit Strategy**. See [www.gov.je/coronavirus](http://www.gov.je/coronavirus).

1. **Indoor sport or recreational facilities can open for low and moderate intensity sport and physical activity only** - The highest level of intensity permitted is moderate during which, it feels like you can exercise for long periods of time and you are able to talk and hold a short conversation. Appendix one details the Rate of Perceived Exertion Scales which provides a full definition of both low and moderate intensity. For absolute clarity levels 1-5 are permitted. Level 6 and above are prohibited.
2. **Swimming pools may open for low or moderate intensity as described above and in appendix one activity**, subject to specific guidelines. See the Indoor Business Advice referenced above at: [www.gov.je/coronavirus](http://www.gov.je/coronavirus).
3. **Indoor facilities must be well ventilated.**
4. Rooms / courts and or any unavoidably shared equipment must be **sufficiently disinfected**.
5. **A sufficient gap is recommended between users of rooms** for aerosols created by the breathing of previous users to settle (20 minutes minimum) and then for disinfecting, cleaning and drying of surfaces to occur.
6. **Higher intensity sports and fitness activities can be held outdoors**, maintaining safe distance, and following relevant guidelines. Or, consider adapting to low intensity activities that may be conducted indoors, for example focusing on technical skills or a walking version of the game.
7. **Changing facilities and showers** should not open as they are considered higher risk areas for virus transmission. This is because of the difficulties in physically distancing between multiple and concurrent users and the challenge of sufficiently disinfecting between users. Toilets and other areas must not be allowed to become used as changing rooms and should be monitored to ensure this is not the case.
8. A **'play and go'** or **'beach-style'**, **'swim and go'** approach should be encouraged when undertaking indoor sport or recreational activities. Users should be encouraged to arrive in their kit, ready to participate and then shower and change their clothing at home.
9. **Soft play areas** - They should not open as there are multiple touch points which cannot be sufficiently disinfected and physical distancing in these facilities is very difficult.
10. **Office and administrative spaces** - these must comply with the guidance for indoor workplaces.
11. **Other indoor spaces, including club houses** - should be risk assessed in terms of adequate ventilation of fresh air before allowing public access. Particular attention should be paid to any H&S requirements and risk assessment that a business, club or organisation might ordinarily undertake. Furthermore, the guidance regarding indoor businesses ([insert hyperlink](#)) must also be followed.
12. **Personal lockers** should not be used due to the difficulties in maintaining hygiene and physical distancing.
13. **Equipment** that is in use for low-intensity activities must be two metres apart.

<b>Outdoor Sports &amp; Activities</b>	<p>All outdoor sport and activity clubs, associations, businesses, and venues must be familiar with the <b>Government of Jersey's Level 2 Business Advice - OUTDOOR Sport and Recreation Industry Consultation COVID Exit Strategy</b>. See <a href="http://www.gov.je/coronavirus">www.gov.je/coronavirus</a>.</p> <ol style="list-style-type: none"> <li><b>Outdoor sport and recreation facilities may open</b>, subject to specific guidance, see Outdoor Business Advice referenced above at: <a href="http://www.gov.je/coronavirus">www.gov.je/coronavirus</a>. This includes companies offering outdoor recreation services, outdoor swimming pools, outdoor play areas, outdoor gyms and skateparks. Physical distancing must be maintained at all times.</li> <li><b>Changing and shower facilities should not open</b> - they are considered higher risk areas for virus transmission. This is because of the difficulties in physically distancing multiple users and the challenge of sufficiently disinfecting these areas between users</li> </ol>
<b>Group Cycling</b>	<p><b>Clarification developed in conjunction between Government of Jersey (Public Health Policy and the Police) and Jersey Sport.</b></p> <p>While the Government of Jersey Level 2 guidance now permits structured gatherings of up to 40 people, the requirement for two - metre physical distancing remains in place. Riding as a cycling group, while maintaining the required social distancing, may present practical difficulties and potential risks for the group and other road users. For this reason, we would strongly encourage riders to continue to cycle in smaller groups of no more than six if they are absolutely sure that it is safe to do so. Cyclists in a group should take account of road widths especially when riding two abreast and the requirement to keep a two-metre distance when overtaking other cyclists and from pedestrians who may be walking or running on pavements or roads.</p>
<b>Sports Events</b>	<p>Sports events may begin to take place within the guidelines, including gathering sizes, physical distancing, and hygiene requirements.</p> <p>Events vary significantly so support for events must be tailored. For specific advice or guidance please contact Jersey Sport.</p>
<b>Food</b>	<p>Food outlets / club houses may offer alfresco or indoor seating in compliance with the guidance. Organisations selling food should be registered with Environment Health. <a href="#">Advice for the food and drink sector</a>.</p>

<p><b>Shared Equipment</b></p>	<ol style="list-style-type: none"> <li>1. Participants should bring their <b>own equipment</b> wherever possible.</li> <li>2. <b>Balls</b> may be used with appropriate measures, including regular cleaning of the balls (which may involve more frequent breaks in play), hand washing or sanitisation by players and coaches, and other hygiene requirements.</li> <li>3. <b>Unavoidably shared equipment</b> should be kept to a minimum and must be sufficiently disinfected.</li> <li>4. <b>Passing equipment</b> - nothing should be passed to/from any instructor, coach, official or participant to any other user - including personal items, water bottles, bibs etc.</li> </ol>
<p><b>COVID-19 Officer</b></p>	<p>Recommended for all sports clubs, organisations, and groups.</p> <p>The COVID-19 Officer will be your central point of contact for all matters COVID-19 for your organisation.</p> <p>The COVID-19 Officer will be responsible for keeping up to date on the latest guidance, and liaising with Jersey Sport, local, national and other relevant stakeholders in relation to your organisation's response to COVID-19.</p> <p>COVID-19 Officer responsibilities:</p> <ol style="list-style-type: none"> <li>1. Review relevant guidance</li> <li>2. Oversee the development and implementation of your organisation's return to sport arrangements, ensuring risk assessments and relevant documentation are updated. The following should be considered: <ol style="list-style-type: none"> <li>a. Points of COVID-19 transmission risk</li> <li>b. Transmission controls</li> <li>c. Hygiene and behaviour requirements</li> <li>d. Physical preparations before a re-start</li> <li>e. Education and communication to relevant athletes, members, committees, officials and other personnel.</li> </ol> </li> <li>3. Periodically review the effectiveness of the COVID-19 measures introduced and advise the Committee, seek assistance where required.</li> <li>4. Act as your club or organisation's contact point for your organisation's members and participants, - particularly around questions relating to the return to sport and the actions your club or organisation has taken in response to COVID-19 - and other relevant stakeholders including government, public health, Jersey Sport, local and national sporting governing bodies and other authorities, as required.</li> </ol> <p>Jersey Sport will create a COVID-19 Officer forum to share advice and best practice. Details to be announced.</p>

**Considerations Before Opening**

This is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction for the sport. Nor is it intended to cover all aspects of every sport. There will be special undertakings for those with specific offerings, professional bodies and national governing bodies of sport have been proactive in providing advice that sports should refer to and cross check to any locally specific guidance / wider pandemic public health policy.

When considering how your sporting organisation is going to introduce different types of activities these are some key points to consider:

1. **Government of Jersey guidance** - are you confident you fully understand the relevant guidance and that you can adhere to it?
2. **Risk assessments** - have your risk assessments been reviewed and updated to include COVID-19, to reflect the current situation and any new measures introduced? 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.
3. **Attendance Records** - you should maintain an accurate record of attendance with date, time, name and phone number of participants, volunteers, and staff. In event of a positive COVID-19 test this information may be requested by authorities to contact trace. This will help to minimise the spread of COVID-19 amongst the population.
4. **Management of Illness** - Do you have protocols for managing individuals who present with symptoms or become unwell at an activity? This should include isolation from others as soon as possible and a log of the date and time of the occurrence, should contact tracing become necessary.
5. **Shared use facilities** - are you familiar with the COVID-19 related procedures in place for any shared use facilities you use? Are these factored into your overall risk assessment and procedures?
6. **Safeguarding** - how will you maintain safeguarding in line with any new measures your organisation is putting in place? Have your policies and procedures been reviewed and updated for children and adults? Particular attention should be paid to any online activity your sports organisation is involved with.
7. **Non-compliance** - how will you respond to non-compliance of your return to sport protocols?
8. **Insurance** - have you checked the terms of your insurance and are you satisfied it will be valid for all activities, venues, or facilities you decide to open?
9. **Local Sports Association, National Governing Body (NGB) or World Federation** for your sport - are you following the latest advice? If in doubt, discuss specific circumstances with your local Sports Association, NGB or World Federation as there may be an impact on your associated affiliation or membership. This may in-turn affect any associated insurance or other benefits.
10. **Booking systems** - how will you ensure the number of people at your venue at any one time will always be within the Government's guidelines to avoid over-sized gatherings? How has this been communicated to your members?
11. **Congregation points** - be sure to manage numbers always to keep within the guidelines and to meet hygiene requirements



<p><b>Advice for all Activities</b></p>	<p><b>If you cannot follow the public health, business advice or other related guidance then you should not open.</b></p> <p>You should continue to take sensible precautions to minimise the risk of contracting or spreading COVID-19:</p> <ul style="list-style-type: none"> <li>• <b>Physical distancing</b> of 2 metres between non-household members is upheld at all times</li> <li>• <b>Good hygiene</b> is maintained (like hand washing or using alcohol-based sanitizers, not touching your face and that surfaces and touch points are kept disinfected) <ul style="list-style-type: none"> <li>○ Athletes are reminded to cover their mouth and nose when clearing airways with a disposable tissue or sneeze into the crook of their elbow. Spitting and nose clearing is strictly forbidden.</li> </ul> </li> <li>• <b>Encourage walking or cycling</b> to your sport or activity, where possible.</li> </ul>
---	--

Please get in touch to discuss the issues surrounding COVID-19 for your sport:

- James Tilley, Head of Sport, Schools & Business, 757710 - on leave until 15 June.
- Catriona McAllister, CEO, 757714
- Or, email: [coronavirus@jerseysport.je](mailto:coronavirus@jerseysport.je)

Anybody is welcome to join the Jersey Sport mailing list for sports, to receive the latest updates direct to your email, by simply sending a request to [coronavirus@jerseysport.je](mailto:coronavirus@jerseysport.je) including your name, sport and club/organisation name.

## Appendix one

### **APPENDIX ONE - What is meant by low and moderate physical activity**

The stipulation of low or moderate intensity only at level two is very important for recommencing indoor sport and recreational activities. This is because the virus is spread between people through droplet transmission in the air as well as the many surfaces and touch points where droplets can land. Heavy breathing, as a result of high intense activity raises this risk considerably and so activities that cause heavy breathing indoors are strongly discouraged and should not recommence at this stage of the safe exit framework. This will remain under close review.

To help you with your risk assessment we define physical activity intensities as follows::

During low and moderate intensity physical activity, you should be able to comfortably talk and hold a short conversation. This is further explained in the Rate of Perceived Exertion (RPE) Scale as follows:

- 1 - Very light activity – anything other than complete rest
- 2 to 3 - Light activity, feels like you can maintain for hours, easy to breath and carry on a conversation
- 4 to 5 - Moderate activity, feels like you can exercise for long periods of time, able to talk and hold a short conversation
- 6 to 7 - Vigorous activity, on the verge of becoming uncomfortable, short of breath, can speak a sentence
- 8 to 9 – Very hard activity, difficult to maintain exercise intensity, hard to speak more than a single word



10 – Maximum effort, feels impossible to continue, completely out of breath, unable to talk

Low to moderate intensity exercise is considered levels 4 to 5 or lower i.e. 'very light activity', 'light activity' and 'moderate activity' would be considered permissible at level two of the safe exit framework. Anything from 6 and above is considered high intensity and high risk for transmission and is strongly discouraged.