



SPORTS AND RECREATION OFFICE

FROM: SPORTS AND RECREATION OFFICER

TO : ALL NEW STUDENTS

THROUGH: DEAN OF STUDENTS

DATE: SEPTEMBER 23, 2020.

RE: SPORTS AND RECREATION DURING COVID-19 PERIOD.

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. The following consideration will be made when assessing the risk.

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., football, field hockey, basketball), play may be modified to safely increase distance between players.
 - For example, players and coaches can:
 - focus on individual skill building.
 - decrease the number of competitions during a season.

Coaches can also modify practices so that players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline.).** During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, or bench.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- **Nonessential visitors and spectators.** Limit any nonessential visitors, spectators, and activities involving external groups or organizations.
- **Travel outside of the local community.** Traveling outside the University may increase the chances of exposing players, coaches, and staff to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Teams should consider competing only against teams in their local area.

Promoting Behaviors that Reduce Spread

Sports office will consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

- Individuals, including coaches, players, and staff should stay away from the team if they have tested positive for or are showing COVID-19 symptoms.
- Individuals, including coaches, players, and staff, who have recently had a close contact with a person with COVID-19 should also stay away from their team and monitor their health.
- Teach and reinforce hand washing with soap and water for at least 20 seconds. Water tank and soap will be located strategically in the field.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- Spitting will not be allowed in the field/playing ground and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- Teach and reinforce the use of face mask. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players to wear while playing sports. Face coverings should be worn by coaches, staff, officials, as much as possible.
- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote everyday protective measures

Maintaining Healthy Environments

The Sports and Recreation Office will consider implementing the following strategies to maintain healthy environments as follows;

- **Cleaning and Disinfection**
 - Clean and disinfect frequently touched surfaces on the field, court, or play surface at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats,) should be limited, or cleaned between use by each individual if possible.
 - Develop a schedule for increased, routine cleaning and disinfection.
 - Ensure safe and correct use and storage of disinfectants.
 - Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.
 - Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- **Shared Objects**
 - Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
 - Make sure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.
- **Modified Layouts and Social (Physical) Distancing**
 - Identify adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
 - Space players at least 6 feet apart on the field while participating in the sport (e.g., during warm up, skill building activities, simulation drills)
 - Discourage unnecessary physical contact, such as handshakes.
 - Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
 - Create distance between players when explaining drills or the rules of the game.

- If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.

Specific points to place hand sanitizers and tapped hand washing stations for Sports and Recreation

Kabarak University Main Campus			
sn	location	Hand washing tank and soap	Hand sanitizers
1	Sports Pavilion	1	-
2	Basketball/lawn tennis court	1	-
3	Swimming pool	1	-
4	Lower pitch washroom	1	-
5	Sports office	-	1
6	Swimming coach office	-	1
7	Sports store	-	1

Prepared by



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SPORTS AND RECREATION OFFICER

Kabarak University Moral Code

As members of Kabarak University family, we purpose at all times and in all places to set apart in one's heart

Jesus as Lord 1 Peter 3:15



Kabarak University is ISO 9001:2015 Certified