

COVID-19 HEALTH PROTECTION MEASURES

YOUTH SPORTS TRAINING CENTER OPERATION PROTOCOL

In order to protect the health and safety of athletes and employees, all the instructions of the Ministry of Labour and Social Affairs for the operation of sports centers are faithfully applied in SPORTCAMP. According to these instructions, the definition of procedures and organizational measures is necessary.

MANAGEMENT OF SUSPECTED OR CONFIRMED CASE COMPATIBLE WITH COVID-19 INFECTION

A. ATHLETES APPEAR WITH SYMPTOMS COMPATIBLE WITH COVID-19

- ATHLETES wear a mask and are led to a special well-ventilated isolation area, where the sports center doctor carries out the first clinical evaluation.
- Staff attending the clinical evaluation are provided with personal protective equipment (mask, gloves, waterproof gown and eye protection with goggles or full-face shield, in case of risk of blood and body fluid/substance spills).
- Parent / guardian is notified in order to pick up the athlete.
- Immediate medical evaluation is required. Should an athlete develops symptoms compatible with COVID-19 infection, the molecular diagnostic test should be performed as a priority.
- The athlete remains in self-home isolation, in a well-ventilated room until results come out (instructions on the EODY website, www.eody.gov.gr).

i. If test results comes back positive

- The Sports Center Head Staff (SCHS) and EODY are informed immediately.
- Both EODY and SCHS make the epidemiological investigation and tracking of possible cases of COVID-19 (athletes, coaches, staff members, etc.).
- Thorough cleaning and disinfection of the areas where the athlete-patient was treated (instructions on the EODY website: <https://eody.gov.gr/wp-content/uploads/2020/05/covid19-apolimansi-14-05-20.pdf>)
- Persons who were found to have come in close contact with the patient, will be removed from the sports center, with instructions for close monitoring of their health for 14 days after their last contact with the confirmed case.

ii. If test results comes back negative

- The athlete can return to the sports center after at least 3 days from the remission of his symptoms and fever with a medical confirmation that he does not suffer from a contagious disease.

B. AN EMPLOYEE APPEAR WITH SYMPTOMS COMPATIBLE WITH COVID-19

- The EMPLOYEE wears a mask and is led to a special well-ventilated isolation area, which has been provided while the sports center doctor is informed and the first clinical evaluation takes place. In case the EMPLOYEE is not at work, he/she communicates with the Head Staff and receives instructions.
- In any case immediate medical evaluation is required. Should an EMPLOYEE develops symptoms compatible with COVID-19 infection, the molecular diagnostic test should be performed as a priority.
- The employee remains in self-home isolation, in a well-ventilated room until results come out (instructions on the EODY website, www.eody.gov.gr).

i. If test results comes back positive

- Sports Center Head Staff and EODY are informed immediately.
- Both EODY and SCHS make the epidemiological investigation and tracking of possible cases of COVID-19 (athletes, coaches, staff members, etc.).
- Thorough cleaning and disinfection of the areas where the athlete-patient was treated (instructions on the EODY website: <https://eody.gov.gr/wp-content/uploads/2020/05/covid19-apolimansi-14-05-20.pdf>)
- Persons who were found to have come in close contact with the patient, will be removed from the sports center, with instructions for close monitoring of their health for 14 days after their last contact with the confirmed case.

ii. If test results comes back negative

- The EMPLOYEE can return to work after at least 3 days from the remission of his symptoms and fever with a medical confirmation that he does not suffer from a contagious disease.

C. A GUEST APPEAR SYMPTOMES COMPATIBLE WITH COVID-19

- In case a GUEST declares or appears with symptoms compatible with Covid-19, he / she is denied entrance to the sports center.
- Personal protective equipment is provided.
- Sports Center Head Staff for Covid -19 issues is notified.
- Guests' personal data are recorded.

PROCEDURES

- Sports Center Head Staff is appointed in order to manage Covid-19 safety measures.

- STAFF TEMPERATURE MEASUREMENT :
Departments' timetable
 - Human Resources: 9:00 - 17:00
 - Reception: 17:00 - 23:00
 - Security: 23:00 - 09:00
- VISITORS TEMPERATURE MEASUREMENT : Departments timetable
 - Security: 24 HOURS
- Daily record of visitors' data takes place at the GATE.
- Daily record of employees' data takes place at the RECEPTION.
- Visitors' safety masks will be available at the GATE.
- Skilled staff will be available for the measures implementation. Moreover all necessary supplies of logistical equipment and consumables will be made.
- Printed information material will be available in visible and frequently visited places (eg posters) to remind and raise awareness regarding the implementation of personal hygiene measures in order to prevent transmission of the new coronavirus (hand hygiene, respiratory hygiene, keeping distances, etc.).
- Management coordination of suspected case compatible with COVID-19 infection and communication with EODY

GENERAL PROCEDURE

- Inform employees about symptoms compatible with Covid-19 infection.
- Employees only come to work when they are symptom free.
- Employees report directly to HR when they appear with symptoms compatible with Covid-19 infection, regardless of whether they are at work or not.
- Team / athlete attendance will be done gradually and with careful planning in order to avoid overcrowding. During the entrance trained staff will ask you to complete a questionnaire that focuses on :
 - a) presence of symptoms compatible with Covid-19 infection (fever, cough, runny nose, pharynx, diarrhea, vomiting, headache, etc),
 - b) contact history in the last 14 days with a confirmed case of COVID-19. In case of a positive answer, entrance will not be allowed and the Head Staff of the camp will be informed for further management.
- Entrance control in sports center area and restriction to the persons that are absolutely necessary for the centers operation (suppliers, cleaning staff, technical service, etc.). Everyone should enter the camp wearing a mask. There will be limited access to the facilities in what is absolutely necessary in order to carry out their work.
- Visitors are not allowed in sport center, with some visiting exceptions. In these cases, only one visitor can enter at a time, wearing a mask and only for a short time. Parents visiting the dormitories are not allowed under any circumstances.
- Organization of sports activities (sports-entertainment) according to the instructions of Circular D11 / ec. 23973/811.

- Mandatory use of a mask by all staff, especially in conditions of difficulty in maintaining a distance of 1.5 meters between adults (eg reception area, doctor's office) or risk of contact with respiratory secretions or other body fluid/substance.
- Mandatory use of a mask by all visitors and external partners (suppliers) of the camp.
- Eye protection with goggles or face shield, in case of risk of ejection of biological fluids / respiratory secretions.
- Provision for people at increased risk for severe illness and complications from Covid-19:
 - Athletes with underlying diseases who do not belong to vulnerable groups may participate, provided there is explicit, written consent of their treating physician.
 - Athletes and staff who are close to people at increased risk should be especially careful not to expose them to the risk of infection. This will be confirmed by a solemn declaration signed by the parent-guardian.
- A procedure has been set for the management of a suspicious or confirmed case COVID-19. Furthermore for the communication procedure with EODY.

GROUP CHECK-IN

- One week before your arrival you will receive an email (newsletter) with all necessary information. The newsletter will indicate the instructions that you should follow during the process of your arrival at the center and more specifically:
 - Arrival time to avoid crowding
 - All necessary documents that must be submitted signed
- According to the special instructions from EODY, all athletes and coaches are thermometered and must have upon arrival the following documents already filled:
 - i. Special questionnaire, "Health declaration form / COVID-19" which will focus on 2 topics:
 - presence of symptoms compatible with COVID-19 (fever, cough, runny nose, pharynx, diarrhea, vomiting, headache, etc.) and
 - contact history in the last 14 days with a confirmed COVID-19 case
 - ii. Health certificate for easy entry into the sports facilities.
- In case of a positive answer, entrance will not be allowed and head staff of the center will be informed for further management. Check in procedure will take place outdoors to avoid crowding.
- The group coordinator enters reception for the check in procedure and to deliver the questionnaires and health certificates. The rest of the group are waiting in the cafeteria area.

- Finally, for the athletic schedule program, the head of the group enters the sports department wearing a mask and make all reservations with the sports manager.

ROOMS-ACCOMMODATION

- Each athlete has his own bed, which he does not change or exchange with another athlete during his stay at the center.
- In each room, distances between the beds are maintained at 1.5 m. for single beds and bunk beds that are located in parallel and "feet-head" sleeping arrangement is applied.
- Each athlete has a separate storage space for personal items, which he does not change or exchange with another athlete during his stay at the center.
- Avoid visiting other rooms as well as sharing clothing, bedding and other personal items.
- There is greater care in cleaning and disinfecting of all public areas and especially frequently touched surfaces and objects such as door knobs and handles.
- After check-out hour a thorough cleaning, disinfection and a very good ventilation takes place in the room.
- Cleaning & disinfection form in every room, signed by the housekeeping staff.
- Daily room ventilation is recommended.
- An antiseptic device has been installed in each room.
- Rooms to be naturally ventilated & air conditioned.
- Air conditioner usage according to the instructions of Circular D11 / oik. 23973 / 811. In particular, air conditioners should be used with open windows and blinds oriented in a vertical flow and with the condition of their systematic and recent maintenance-service.

RESTAURANT & CAFETERIA

- Restaurant time table according to the program in order to avoid crowding.
- Each table is cleaned and disinfected before and after each use.
- Only group athletes can use the restaurant tables. Furthermore there is a distance of at least 2m between the tables.
- Restaurant & Cafe staff are thermometed daily upon arrival at the sport center and must use all the necessary personal protection measures (face mask).
- Personal hygiene items always available at the restaurant (eg soap, antiseptic, paper towels).
- Sports center cafeteria serves only packaged food and drinks.
- Athletes are served per group in order to avoid overcrowding. While waiting for service, sport center staff make sure that all necessary distances between athletes are kept.
- Sports center restaurant & cafeteria have a HAACP certificate to ensure food hygiene (meal preparation, serving, etc.).

SPORT CENTER FACILITIES

- Sports center check-in & check-out takes place at the Reception.
- Only athletes & coaches who have scheduled training are allowed to enter sports center facilities. No visitors or athletes of other teams are allowed inside the facility (eg stadium, gym, indoor).
- In order to avoid incoming and outgoing athletes crowding in the sports facility, there is a gap of about 20 Minutes between the trainings of each group so that there is sufficient time for the exit and entrance of all athletes.
- Coaches are advised to plan the training so that the conditions of safe exercise are obliged. Emphasizing the importance of keeping distances between one another and the use of only their personal equipment.
- Coaches are advised to make sure that proper distances between athletes are kept as much as possible before, during and after the end of the training.
- Apart from the training process, all handshakes, greetings, hugs and close contact between athletes are advised to be avoided.
- An antiseptic device has been installed in all sports facilities.
- Specific instructions for group training can be found in the following link in the section "Special Sports Protocols": <https://gga.gov.gr/component/content/article/278-covid/2981-covid19->

MAXIMUM NUMBER OF ATHLETES BY FACILITY

Maximum number of athletes per facility is given below according to the existing scientific data, in order to exercise with a sufficient safety distance, which will be updated if necessary.

SOCCER FIELDS

11 x 11	80 persons maximum (inside the field and safety lines)
7 x 7	40 persons maximum (inside the field and safety lines)
5 x 5	25 persons maximum (inside the field and safety lines)

OTHER COURTS

Outdoor basketball / volleyball / handball courts	25 persons maximum (inside the field and the rest field area)
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Indoor courts & GYM

- 1 person per 15 sq.m. for the first 400 sq.m.

Beach Volley court

- 1 person per 20 sq.m. for those over 400 sq.m.

30 persons for those 250-300 sq.m.

OUTDOOR SWIMMING POOL

Pool meter 25 x 15

Up to 10 people per route

Other meters

1 person per 5 sq.m. water surface