

MINISTRY OF SPORTS



MINISPORTS

RESUMING SPORTS ACTIVITIES

Guidelines for Sporting event organizers

Kigali, September 2020

I. INTRODUCTION

The world is facing the outbreak of COVID-19 pandemic, and Rwanda, like other countries worldwide is combatting in all means this pandemic. The government of Rwanda [GoR] has announced series of measures since March 2020, including the total lockdown which stopped different activities and sports activities were banned as well.

To avoid risk of spreading this disease through sporting activities for players, officials and spectators due to challenges of keeping social distancing in different sports activities.

Resuming sports activities requires careful planning and consideration to decrease the risk of COVID-19 transmission. Sports organizations, Associations, instructors, and personal trainers need to ensure the safety of participants and the wider community by adhering to all physical distancing and hygiene and cleaning measures mentioned in this guide.

II. PREVENTIVE MEASURES IN SPORTS

In collaboration with National Federations [NFs], MINISPORTS have released in different moments guidelines with preventive measures to be respected in all sports in order to avoid the risk of spreading COVID-19 and for protecting athletes and all people practicing.

In this regard, every sports organization (Federations, Associations) was requested to share safety measures specific to its discipline before the activities resume in accordance of guidance of International Federations [Ifs] aiming the safety and protection of the life of athletes and all participants in sports.

III. ASSESSMENT OF RISK CATEGORIES PER SPORTS

The assessment of the risk in sports was done to determine the risk categories for existing sports in Rwanda based on the risk that can be caused by the way of practicing and respect of preventive measures such as social distancing capability, physical contact, equipment used and the interactions of attendees.

Three categories are founded and defined as follow:

1- Low Risk:

Practices and exercises done individually at home or in a safe environment, shared household members with owned and sanitized equipment. Sports activities conducted with respect of social distancing.

Comments: These sports can be conducted with social distancing, individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

2- **Medium Risk:** 

Individual exercises or training in public, alone or with shared household members with owned and sanitized equipment, individual exercises or training in public with non-shared household members physically distant,

Comments: These sports involve sustained close contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants, intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants,

3- **High Risk:** 

Sports played in group during practices or competitions not physically distant in private or public, use of shared equipment and done with non-household members. Also, there is a lack of significant protective barriers and probability of contaminating through respiration between participants.

Comments: These sports involve close, sustained contact between participants, a lack of significant protective barriers and high probability that respiratory particles will be transmitted between participants.

Low Risk	Medium Risk	High Risk
<ul style="list-style-type: none">• Archery• Cycling• Fencing• Hiking• Athletics• Golf• Motor sports• Skating• Tennis	<ul style="list-style-type: none">• Table Tennis• Cricket• Badminton• Gymnastics• Chess• Squash• Weightlifting	<ul style="list-style-type: none">• Football• Basketball• Volleyball• Rugby• Taekwondo• Karate• Kung fu• Gymnastic• Swimming• Goal ball (visually impaired)• Boxing• Handball• Swimming• Netball

IV. RISK ASSESSMENTS PER SPORTS

SPORTS	RISK CATEGORY	RISK ASSESSMENT	SAFETY MESURES
Archery	Low risk	<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Social Distancing is respected • Wearing of face mask is mandatory • Can be practiced in an outdoor setting 	<ul style="list-style-type: none"> • Modify training conditions to support physical distancing • Provide hand sanitizers for participants and spectators • Follow monitoring and reporting protocol if a participant becomes unwell • Clean all equipment before and after use
Fencing		<ul style="list-style-type: none"> • Played by two opposing players • Close contact using a fencing foil • Risk of very close contact when foiling • Both players wear protective gears covering the whole front side of the body • Need to share protective gears which might spread COVID-19 infection • Wearing of face mask might not match with protective gear which covers the whole face • Usually played indoor, but can be played in an outdoor setting 	<ul style="list-style-type: none"> • Participants and technical staff can follow social distancing guidelines, • Limit the use of shared equipment; • Avoid hands-on approaches. • With protective equipment in place that may reduce the likelihood of respiratory • Clean all equipment and surfaces before and after use; • Maintain physical distancing and recommended hygiene practices
Cycling		<ul style="list-style-type: none"> • Rider has his/her own bike • No close contact between ridders • Social distancing is respected • Is an outdoor sport • In some centers, equipment might be shared which can spread COVID-19 infection 	<ul style="list-style-type: none"> • Maintain physical distancing and recommended hygiene practices • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Avoid hands-on approaches. • Provide soap or hand-sanitizer;

Hiking		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Maintain physical distancing and recommended hygiene practices • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Avoid hands-on approaches. • Provide soap or hand-sanitizer;
Tennis		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Respect the distancing measures • Adapt the safety distance between people according to the sporting activity practiced • Provide soap or hand-sanitizer;
Athletics		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Provide soap or hand-sanitizer; • Maintain physical distancing and recommended hygiene practices • Avoid hands-on approaches.
Golf		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Respect the distancing measures • Adapt the safety distance between people according to the sporting activity practiced • Provide soap or hand-sanitizer;
Motorsports		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Provide soap or hand-sanitizer; • Maintain physical distancing and recommended hygiene practices • Avoid hands-on approaches.

<p style="text-align: center;">Skating</p>		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Maintain physical distancing and recommended hygiene practices • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Avoid hands-on approaches. • Provide soap or hand-sanitizer;
<p style="text-align: center;">Deaf Sports</p>	<p style="text-align: center;">Medium risk</p>	<ul style="list-style-type: none"> • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, • Implement changed behavior standards for participants and spectators, • Provide hand sanitizers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance; • Restrict the use of communal facilities; • Undertake additional cleaning of shared equipment and communal areas;
<p style="text-align: center;">Table Tennis</p>		<ul style="list-style-type: none"> • Played by two opposing players • Risk of very close contact when foiling- • Usually played indoor, but can be played in an outdoor setting 	<ul style="list-style-type: none"> • groups or sessions • Some sharing of equipment not permitted such as racket, ball recommended use of hand sanitizer before using a new piece of shared equipment.

Badminton		<ul style="list-style-type: none"> • Played individually or collectively • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Both players wear protective gears covering the whole front side of the body • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions;
Goal Ball		<ul style="list-style-type: none"> • Played collectively • Player has his/her own equipment • No direct contact between players • Is an outdoor sport • Social distancing is respected 	<ul style="list-style-type: none"> • Social distancing respect • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions; • Clean all equipment and surfaces before and after use; • Respect the distancing measures • Adapt the safety distance between people according to the sporting activity practiced • Provide soap or hand-sanitizer;
Darts		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Usually played indoor, but can be played in an outdoor setting • Social distancing is respected 	<ul style="list-style-type: none"> • Both players wear protective gears covering the whole front side of the body • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions;

<p style="text-align: center;">Gymnastics</p>		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Usually played indoor, but can be played in an outdoor setting • Social distancing is respected 	<ul style="list-style-type: none"> • Social distancing respect • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions; • Clean all equipment and surfaces before and after use; • Respect the distancing measures • Adapt the safety distance between people according to the sporting activity practiced • Provide soap or hand-sanitizer;
<p style="text-align: center;">Cricket</p>		<ul style="list-style-type: none"> • Both players wear protective gears covering the whole front side of the body • Might need to share protective gears which might spread COVID-19 infection • Wearing of face mask might not match with protective gear which covers the whole face • Played in outdoor setting • Physical distancing is respected 	<ul style="list-style-type: none"> • Maintain physical distancing and recommended hygiene practices • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Avoid hands-on approaches. • Provide soap or hand-sanitizer; • Some sharing of equipment not permitted such as racket, ball • recommended use of hand sanitizer before using a new piece of shared equipment;
<p style="text-align: center;">Chess</p>		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • Direct contact between players • Social distancing not respected 	<ul style="list-style-type: none"> • Maintain physical distancing and recommended hygiene practices • Clean all equipment and surfaces before and after use; • Limit the use of shared equipment; • Avoid hands-on approaches. • Provide soap or hand-sanitizer;

Squash		<ul style="list-style-type: none"> • Played individually • Player has his/her own equipment • No direct contact between players • Usually played indoor, but can be played in an outdoor setting • Social distancing is hard to be respected 	<ul style="list-style-type: none"> • Both players wear protective gears covering the whole front side of the body • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions;
Weightlifting		<ul style="list-style-type: none"> • Common equipment used • Played individually • Social distancing respected • Equipment used can't be cleaned between participants 	<ul style="list-style-type: none"> • Some sharing of equipment not permitted such as weights with recommended use of hand sanitizer before using a new piece of shared equipment. • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions; • Clean all equipment and surfaces before and after use; • Respect the distancing measures • Adapt the safety distance between people according to the sporting activity practiced • Provide soap or hand-sanitizer;

Rugby	High risk	<ul style="list-style-type: none"> • Direct and physical contact between participants, • Lack of significant protective barriers -High probability that respiratory particles will be transmitted between participants • Played collectively • Intermittent close contact of competitors • Equipment used can't be cleaned between participants 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing. • Implement changed behavior standards for participants and spectators, e.g. no high-fives, team huddles or hand shaking, and limiting spectators; • Display signage at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures; • Provide hand sanitizers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance; • Restrict the use of communal facilities; • Undertake additional cleaning of shared equipment and communal areas; • Plan for the physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue • Encourage members to 'Get in, train and get out' by being prepared for training prior to arrival at venue (i.e. minimize need to use/gather in change rooms and bathrooms; • Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions; • Participants and members of the public should use common sense
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			when using outdoor public spaces and exercise equipment, and if a park or any other outdoor public space is over-crowded, go somewhere else for the time being.
Netball		<ul style="list-style-type: none"> • Common equipment (ball) used • Played collectively • Social distancing not respected 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing;
Volleyball		<ul style="list-style-type: none"> • Common equipment (ball) used • Played collectively • Social distancing not respected 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled;
Taekwondo		<ul style="list-style-type: none"> • Social distancing not respected • High probability that respiratory particles will be transmitted between participants 	<ul style="list-style-type: none"> • Training is allowed in small group, • Equipment/must be regularly disinfected. • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium;

Football		<ul style="list-style-type: none"> • Direct and physical contact between participants, • Lack of significant protective barriers • High probability that respiratory particles will be transmitted between participants • Played collectively • Common equipment (ball) used 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing, • Training is allowed in small group, • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Equipment/must be regularly disinfected • Wearing a protective mask is compulsory for employees and coaches;
Basketball		<ul style="list-style-type: none"> • Direct and physical contact between participants, • Lack of significant protective barriers • High probability that respiratory particles will be transmitted between participants • Physical contact between competitors • Common equipment (ball) used • Played collectively 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing, • Training is allowed in small group, • Equipment/must be regularly disinfected • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled

Handball		<ul style="list-style-type: none"> • Direct and physical contact between participants, a • Lack of significant protective barriers • High probability that respiratory particles will be transmitted between participants • Common equipment (ball) used • Played collectively 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing • Training is allowed in small group, • Equipment/must be regularly disinfected • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled
Karate		<ul style="list-style-type: none"> • Direct and physical contact between competitors • Physical distancing can be applied during training 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing
Kung fu		<ul style="list-style-type: none"> • Direct and physical contact between competitors • Physical distancing can be applied during training 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing

Gym tonic		<ul style="list-style-type: none"> • Common material and equipment used • Social distancing not respected • Lack of significant protective barriers • High probability that respiratory particles will be transmitted between participants 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing • Training is allowed in small group • Equipment/must be regularly disinfected. • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled
Swimming		<ul style="list-style-type: none"> • Common swimming pool used • Social distancing not respected 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing • Training is allowed in small group, • Equipment/ water must be regularly disinfected. • Participants must wash their hand with hydro-alcoholic before entering in the swimming pool, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled

Goal ball (visually impaired)		<ul style="list-style-type: none"> • Using Common material and equipment • Social distancing not respected 	<ul style="list-style-type: none"> • Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing • Training is allowed in small group • Equipment/machines must be regularly disinfected • Customers must wash their hand with hydro-alcoholic gel before and after training • Participants must wash their hand with hydro-alcoholic before entering in the gymnasium, • Customers must maintain a physical distance between them, • Wearing a protective mask is compulsory for employees and coaches, • The flow of customers or participants must be limited and controlled
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V. GUIDELINES FOR ALL SPORTS

SPORTS	SPORTS CATEGORY	RISK ASSESSMENT	SAFETY MESURES
Outdoor Sports	Aerobics	<ul style="list-style-type: none"> • Individually • Participants can use his/her own equipment • No direct contact between players • Social Distancing is respected (Minimum 2m) • Wearing of face mask is mandatory (Before and After the training session) 	<ul style="list-style-type: none"> • Modify training conditions to support physical distancing (Minimum 2 meters between participants) • Provide water and soaps hand sanitizers for participants before starting • Follow monitoring and reporting protocol if a participant becomes unwell • Clean all equipment before and after use

		<ul style="list-style-type: none"> • Can be practiced in an outdoor setting (Already resumed) 	<ul style="list-style-type: none"> • Respect at least 1Hour to clean and sanitize the space and equipment • Hold maxim four sessions not exceeding one and half hour per day • Wearing a protective mask is compulsory for employees and coaches • The flow of customers must be limited and controlled
	<p>Squash</p>	<ul style="list-style-type: none"> • Couple (2 Persons) • Participants use a shared ball • No direct contact between participants • Social Distancing is respected • Wearing of face mask is mandatory (Before and After the training session) • Can not be practiced in an outdoor setting 	<ul style="list-style-type: none"> • Provide water and soaps hand sanitizers for participants before starting • Follow monitoring and reporting protocol if a participant becomes unwell • Clean the space before and after use (Respect at least 1Hour to clean and sanitize the space and equipment) • Hold maxim ten sessions not exceeding one and half hour per day • Wearing a protective mask is compulsory for employees and coaches • The flow of customers must be limited and controlled
	<p>Table Tennis</p>	<ul style="list-style-type: none"> • Couple (2 Persons) • Participants use shared the ball • No direct contact between participants • Social Distancing is respected 	<ul style="list-style-type: none"> • Provide water and soaps hand sanitizers for participants before starting • Follow monitoring and reporting protocol if a participant becomes unwell • Clean the space before and after use (Respect at least

		<ul style="list-style-type: none"> • Wearing of face mask is mandatory (Before and After the training session) • Can be practiced in an outdoor setting with difficulties (Depending on the weather) 	<ul style="list-style-type: none"> • 1Hour to clean and sanitize the space and equipment) • Hold maxim ten sessions not exceeding one and half hour per day • Wearing a protective mask is compulsory for employees and coaches • The flow of customers must be limited and controlled.
Teams Sports (Indoor or Outdoor)	Football Volleyball Basketball Handball Rugby	<ul style="list-style-type: none"> • Team players and technical staff • Equipment are shared (Balls, etc.) • Contact between players are unavoidable (Except Volleyball) • Social Distancing cannot be respected • Wearing of face mask is mandatory (Before and After the training session) • All sports can be practiced in an outdoor setting 	<ul style="list-style-type: none"> • All participants should be tested negative before joining the training • Non-contact training skills are highly recommended where possible • Provide water and soaps hand sanitizers for participants before starting • Follow monitoring and reporting protocols if a participant becomes unwell • Clean the space before and after use (Respect at least 1 Hour to clean and sanitize the space and equipment) • Hold maximum five sessions not exceeding two hours per day in one facility • Wearing a protective mask is compulsory for employees and coaches,

Owners of sports facilities which host the above allowed activities shall submit to MINISPORTS a request for resumption of activities highlighting training calendars for respective disciplines and health safety measures.

VI. READNESS FOR RESUMING TEAM SPORTS ACTIVITIES

In order to return to play for team sports, there are points to consider in order to keep combatting COVID-19 with maximum respect of preventive measures and reduction of risk, as per the World Health Organization recommendations:

- a. Public health for mass gatherings: key considerations
- b. Key planning recommendations for mass gatherings in the context of COVID-19
- c. Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19

1- Confirmation of the resumption of sport

MINISPORTS will approve the resumption of sports activities with clear guidelines to be followed and applied concerning the number of people, the type of activities to be conducted.

It is also necessary to inform the participants (players, coaches and all team members) on the guidelines and preventives measures to combat COVID-19.

1.1. Key issues and mitigation options as per the World Health Organization (WHO)

The key factors for consideration for each sporting event are included in the WHO COVID-19 mass gathering sports addendum risk assessment tool. These key factors address the specific issues that should be taken into consideration when planning a sporting mass gathering event.

The table below provides an overview of and background information on some of these additional factors, including mitigation measures that will also be captured during the risk assessment process.

Key considerations	Comments	Risk factors and mitigation checklist
Are there sports that could be considered a lower or higher risk?	<p>Lower risk sports where physical distancing is possible, e.g. archery, shooting and some athletics events. These will be less of a risk if physical distancing advice for athletes, coaches and spectators is followed.</p> <p>Higher risk sports include contact sports. Physical and close contacts among players increases risk of transmission of COVID-19.</p>	<p>Consider:</p> <ul style="list-style-type: none"> • Daily health check of competitors • Physical (at least 1 meter) separating of competitors, officials, spectators and support staff • Thorough disinfection and cleaning after/between bouts/competitions • Sharing of equipment should be prohibited, in particular ensuring

		<p>that water bottles and cups are not shared</p> <ul style="list-style-type: none"> • Consider safe utilization of the closed containers for all disposable and reusable hygiene materials (e.g. tissue, towels, etc.).
Size of the event	<p>The size of the sporting event affects the risk.</p> <p>Physical distancing of spectators must be maintained if spectators and support staff are to be present during the event. Other factors must also be considered across the different target groups:</p> <ul style="list-style-type: none"> • Participants (includes officials) • Spectators • Host country (international events) • Other participating countries (international events). <p>The numbers of participants relative to spectators in sporting events are usually low. Participants are also a known group so easier to advise, support and follow up if needed so it could be possible to consider holding events in closed stadia.</p>	<p>Conducting sporting events with designated seats in arenas with widely spaced spectators for at least 1-metre physical distancing, numbered seats for contact tracing, temperature monitoring at entrances and provision of visual reminders such as stickers or wrist stamps may reduce the possibility of incidental contact.</p>
Indoor or outdoor locations	<p>Indoor or outdoor locations Outdoor events will be better ventilated than indoor events.</p> <p>It may be easier to ensure physical distancing advice is followed in outdoor events with no designated seating</p>	<p>WHO advises that physical distancing must be maintained during sporting events</p>
Venue facilities	<p>Requires liaison with the venue owners to ensure the facilities do or can comply with WHO and national recommendations during the COVID-19 pandemic.</p>	<p>An isolation room/space identified to hold any symptomatic person found at the venue while awaiting patient transport to a medical facility is necessary.</p>

		Additionally, having medical post and designated personnel on site is advisable to help assess cases and potential other illness.
Demographics (Age and Health)	Competitors of sporting events tend to be younger and healthier than spectators. However, some competitors, coaches and support staff may have underlying health conditions. The age and health of spectators and other staff will vary.	Pre-travel and pre-event health checks are highly encouraged/mandatory to ensure exclusion of those with potential additional risks (comorbidities, medications, allergies) Spectators can include vulnerable groups so consider advising some at-risk groups not to attend.
Risk communication	Ensure public health advice is available before and during the event to all participants, staff, and personnel of all relevant stakeholders	Display signs to inform spectators and support staff about ways in which they can prevent themselves from getting infected with COVID-19 and passing the virus to others

WHO, April 2020

2- Safe environment [venues, facilities and playing grounds]

All facilities, venues and playing grounds should have preventive measures clear to avoid any source of contamination such as:

- Physical distancing,
- Hygiene and cleaning, all attendees should be instructed to observe good hygiene by frequently cleaning their hands with hand washing soaps and establish cleaning protocol for the facilities regularly, surfaces used by attendees,
- Keeping the participants healthy by recording the details of attendees

2.2. Recommendations to event organizers as per the World Health Organization (WHO)

These measures may help obtain exceptions from authorities to allow athletes to train and participate in other events such as qualifications considered crucial by the organizers. Elite sport is a very controlled environment and organizers should be able to achieve this in a comprehensive way.

Consider the opportunity of using sports ambassadors to promote messaging. It is everyone's responsibility to keep themselves and others healthy and contribute to a successful event.

Recommendations to event organizers	
Pre-event and during event (including venues)	Ensure availability to handwashing, alcohol-based hand gel and hygiene facilities at multiple locations in the event facility and accommodation.
	Ensure good hygiene signage across all venues, changing rooms, training facilities, etc.
	Provide first aid and medical services, including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.
	Team medical staff or Local Organizing Committee (LOC) staff at venues should check competitors' temperatures each day, any temperatures above 38°C should be reported to the event medical lead/chief medical officer. Follow advice on the management of ill travelers at points of entry (international airports, seaports, and ground crossings) in the context of COVID-19
	Ensure capacity to isolate suspected cases: <ul style="list-style-type: none"> • Team/officials and event staff • Volunteers, support workers.
	Develop and make available risk communication on: <ul style="list-style-type: none"> • Clinical features of COVID-19 and preventive measures, especially respiratory etiquette and hand-hygiene practices • The criteria for asking individuals with symptoms to leave the venue or retreat to a designated area • Information on physical distancing • Information on the use of face coverings and medical masks • The meaning and practical implications of quarantine, self-isolation and self-monitoring in the context of the event, e.g. not attending
	Ensure availability of rubber gloves to team staff and volunteers handling laundry, towels, etc.
	Recommend that towels are for single use only
	Provide each participant with a clean water bottle.
	Make tissues and containers to dispose of used tissues with lids available on all buses and in all facility changing rooms.
	Provide each team with a thermometer (e.g. infrared) and a recording sheet/internet link for athletes' temperatures. If this is not possible, can each team be equipped with a non-contact sensor thermometer?
	Determine where an individual diagnosed with COVID-19 will be cared for and isolated
	Determine where a contact of a confirmed cases will be quarantined

	<p>Determine how athletes and team staff will be notified of a case and COVID-19 situation where they are training.</p> <p>Define a place where a large number of people can be quarantined in case of a large number of athletes or event staff being exposed</p> <p>Predetermine emergency contacts with local health authorities</p> <p>Medical masks should be ready for use by organizers' medical staff and sick individuals</p> <p>Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.</p> <p>Consideration of provision of individual prevention packages for athletes containing:</p> <ul style="list-style-type: none"> • Small personal packages of disposable tissues and plastic bags for tissue disposal • Small laminated prevention card with key reporting information • Medical mask to wear if they are ill (any symptoms, including fever, cough, shortness of breath) • Small packages of an alcohol-based hand wipes • Small package of disposable plastic drinking cups • Thermometer • Hand sanitizer.
Pre-event	<p>Anyone participating in the event (athlete, volunteer, official, food handler etc.) should proactively and regularly check their health status (including taking their temperature, and monitoring for any symptoms).</p> <p>Anyone due to participate in the event who is feeling ill should not come to the venue and be advised on the designated contact online or by telephone.</p> <p>Team staff and volunteer leads should ensure that their teams and volunteers are briefed on the protocols for a suspect and confirmed patients, on infection prevention and control measures and on where to find more information.</p>
During the event	<p>Participants should be aware of and cooperate with team medical staff or event organizing staff at venues in taking their own/or competitors' temperatures each day, any temperatures above 38°C to be reported to the event medical lead/chief medical officer. Follow the same approach as the management of ill travelers at points of entry (international airports, seaports, and ground, crossings) in the context of COVID-19</p>

	Wash hands often with soap and water. Use an alcohol-based hand sanitizer if soap and water not available. Hand sanitizer stations should be available throughout the event venue, the accommodation, and on team buses.
	Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Practise respiratory etiquette (maintain distance: at least 1 m), cover coughs and sneezes with disposable tissues or flexed elbow, wash hands). If coughing persists, isolate and seek medical advice.
	Avoid contact with sick people, including avoiding close contact with those suffering from acute respiratory infections. Avoid contact with anyone if you are ill.
	Gloves should be worn by team and event staff handling towels or laundry in the team environment.
	Towels should not be shared.
	Athletes should not share clothing, bar soap or other personal items.
	Recommended protocol for the use of water bottles: <ul style="list-style-type: none"> • Good team hygiene includes ensuring all players, officials and staff have their own water bottles to prevent the transmission of viruses and bacteria. • Bottles should be labelled and washed (with dishwasher soap) after each practice or game.
	Advise athletes not to touch their own mouths or nose.
	Avoid shaking hands or hugging.
	Avoid steam rooms or saunas.
	Be aware of regular cleaning of frequently touched items (door handles, elevators, gym equipment, etc.)

WHO, April 2020

Way forward:

- 1- MINISPORTS and CoK have decided to resume the event of CAR FREE DAY, in order to help for improving the physical fitness of Citizens and for promotion of health by using physical exercises to combat the NCDs. The participants will be using the roads and the massive gathering are not allowed (Running, Cycling and individual physical exercises are accepted).

- 2- MINISPORTS in collaboration with health services will closely monitor the Standards Operating Procedures of resuming of the local and international leagues, National Federations are requested to present, all the times, the compliance with all guidelines and measures in the organized events,
- 3- **Rwandan Teams will participate in international competitions such as: the UCI World Road Championships to be held in Italy, CAF Champions Leagues, CAF Confederations Cup and AFCON Qualifiers, Competitions to be hosted in Rwanda like: AFROBASKET 2021 Qualifiers, Basketball Africa League (BAL), Zonal Beach Volleyball Olympic Games Qualifiers,**
- 4- Team Sports and Contact Sports are allowed to resume with compliance to the following:
 - Training calendars (name of teams, dates, venues, measures taken) must be submitted by Federations for consideration by the MINISPORTS before commencement of activities;
 - Calendars of Competitions have to be shared for consideration and approval by MINISPORTS before commencement to assess compliance to set preventive measures;
 - Spectators are not at all allowed at training venues
 - Any federation organizing friendly games must first seek and have approval by the MINISPORTS.
 - Federations are requested to monitor the implementation of this process (In their respective leagues)
 - Local Government and Law Enforcement organs will intervene should there be any circumstance compromising established preventive measures.