ST. KITTS-NEVIS FOOTBALL ASSOCIATION

COVIDSAFE PRACTICE

Response protocol for training and matches

PLAN

EDUCATION AND TRAINING

TRAINERS EDUCATION

OFFICIALS, STAFF, COACHES AND ATHLETE EDUCATION

KEEP UP TO DATE WITH COVID-19

PERSONAL INFECTION CONTROL

'STAY AWAY POLICIES' — IF UNWELL, DO NOT ATTEND HAND WASHING AND PERSONAL HYGIENE ACTIVITIES ACCESS TO HAND SANITISATION STANDS

PRACTICE SOCIAL DISTANCING

PROTOCOLS TO SUPPORT INFECTION CONTROL

CLEANING OF FACILITIES

(AS PER **GOVERNMENT GUIDELINES**)

RULES AND PROCEDURES REGARDING ARRIVAL, DEPARTURE, AND ACCESS TO INDOOR FACILITIES

RESOURCES

CLEANING SUPPLIES AND EQUIPMENT HAND SANITISATION RESOURCES SAFETY WASTE DISPOSAL PROCEDURES

PREPARE

FACILITIES

First Aid Room

Limit access to essential people only. Always maintain an acceptable social distance between athletes and support staff

Couch

Thoroughly clean between each athlete.

Surfaces

Clean before, during and after training. Ensure thorough cleaning between each use.

Treatment Space

If there is no room available ensure to set up in a designated and isolated area. This should include a marked or roped off section on the side-lines.

Hand Hygiene

Hand washing and sanitiser must always be available.

Waiting Areas

Waiting areas should be available as required and allow for physical separation of all athletes and support staff.

EQUIPMENT

First Aid Kits

First Aid kits always adequately stocked and managed hygienically.

Stretchers

Stretchers cleaned before and after use according to appropriate infection control guidelines.

Neck Braces

Neck braces cleaned before and after use according to appropriate infection control guidelines.

HYGIENE

Hand Hygiene Appropriate hand washing, and hand sanitisation should be available to all including athletes, coaches and staff.

Waste Disposal

Appropriate waste disposal procedures must be established.

Facility Rules

Rules and procedures regarding arrival, departure, and access to indoor facilities.

Equipment

Appropriate cleaning of all equipment.

HYDRATION SAFETY

Personal water bottles, or single use cups. There must not be sharing of water bottles. Minimising handling of water bottles, except by athlete

PERSONAL PROTECTIVE EQUIPMENT

Used during treatment of unwell athletes or where high-risk exposure such as airway management.

Gloves

Gloves available for use where appropriate especially if contact with unwell athlete.

Face Masks

Masks easily accessible for at risk situations.

Eye Protection

Eye protection recommended for close contact assessment and treatment of for contact with unwell athlete.

Outer clothing

Change after each session, bag and wash if potential exposure to infected athlete

RECORD KEEPING FOR ATTENDANCE

Record treatments as per established protocols. Ensure training attendance is recorded according to recommendations

RESPOND

PROTOCOLS FOR TRAINING

Arrival procedures arranged according to plan for training to minimize mixing between different training groups.

Location according to return to sport guidelines to ensure appropriate separation between training groups.

Departure procedures arranged according to plan for training to minimize mixing between different training groups.

MANAGEMENT UNWELL PARTICIPANTS

Establish process for notification of illness prior to training (e.g. athlete/parent call designated person prior to training).

Notification process at training (e.g. if someone becomes unwell during training, athlete should notify a designated person).

Designated person/sports trainer should isolate athlete, apply mask, and arrange transport for them to be picked up.

PERSONAL DISTANCING

Policy to maintain appropriate social distancing wherever safe/possible, including waiting and treatment areas.

Limit access to indoor treatment areas.

Designated and restricted outdoor treatment areas (e.g. sidelines).

MASSAGE

Consider necessity of treatment.

Limit duration.

Consider masks for therapist and athlete.

Appropriate hygiene and cleaning.

APPROACH TO THE INJURED PLAYER

Assess danger.

Assess threat to life and respond with "DRSABCD".

Perform initial injury assessment (STOP)

Verbal and visual assessment at safe distance where possible.

Instruct player to self-test.

Avoid/minimize contact where safe and possible (e.g. instruct player to palpate self).

Remove from play where indicated.

Perform detailed injury assessment.

Minimize contact and maintain physical distancing where safe and possible.

Assess active movement and skills by observation at distance.

Transport/refer as required.

Maintain physical distancing where safe.

INJURY, BLOOD, AND WOUND MANAGEMENT

Usual blood/wound precautions including use of gloves and other PPE.

Use player to apply pressure.

Use of ice

Single use disposable bags should be used for containing and applying ice. Ensure appropriate disposal after use.

Blood and wound management should be performed according to established guidelines.

RECORD KEEPING FOR ATTENDANCE

Record temperatures.

HEAD/FACIAL INJURY MANAGEMENT

Sports trainer is likely to be in close contact when assessing athlete and hence vulnerable to droplet spread.

Protective eye wear for trainer.

Mask for trainer and injured player where practical.

Prioritize lifesaving measures ahead of COVID risk.

Injury management of head/facial injuries should be performed according to established guidelines.

EMERGENCY MANAGEMENT

Check for responsiveness, do not open airway or have face close to athlete's mouth/nose.

Wear appropriate PPE as available including eyewear, mask, gloves.

Clear and maintain airway.

Consider rescue breath in infant/child.

Commence CPR Compression.

Defibrillation as soon as possible (even prior to donning PPE).

Handwashing, cleaning, and econtamination after resuscitation.

RECOVER

CLEANING

Ensure thorough cleaning of all treatment areas and shared equipment using detergent and disinfectant (chlorine-based bleach solution or >70% alcohol).

REPORTING

Appropriately collect all athlete data, contact information and treatment notes.

REVIEW

Consider issues with operation of a safe training/playing environment.

Report to club/sport personnel and/or COVIDsafe officer.

S.K.N.F.A.

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