



**REVISED GUIDELINES FOR RESUMPTION OF SPORTING  
ACTIVITIES DURING THE COVID-19 PANDEMIC.**

**BY**

**MINISTRY OF SPORTS, CULTURE AND HERITAGE.**

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## **List of Abbreviations**

ADAK	Anti-Doping Agency of Kenya
CAK	Communications Authority of Kenya
DCOs	Doping Control Officers
IF	International Federation
KAS	Kenya Academy of Sports
SASDF	Sports, Arts and Social Development Fund
SK	Sports Kenya
WADA	World Anti-Doping Agency
FY	Financial Year
GoK	Government of Kenya
KAS	Kenya Academy of Sports
M&E	Monitoring and Evaluation
MTEF	Medium Term Expenditure Framework
MOH	Ministry of Health
PWD	Persons with Disabilities
PPEs	Personal Protective Equipment

## ***FOREWORD***

### **BY THE CABINET SECRETARY**



In March, 2020, the Ministry of Sports, Culture and Heritage called for cessation of sports competitions and group sports activities in the country following the reporting of the first positive cases of Covid-19 in Kenya.

Indeed, the sporting world came to a standstill with various major international competitions either put on hold, suspended, or cancelled altogether as the coronavirus continued to spread. Principally, the world's greatest sporting showcase - the Tokyo 2020 Olympic and Paralympic Games— initially scheduled for July 24 to August 9, 2020 were postponed to July 2021.

In Kenya, three major global sports events were postponed: WRC Safari Rally, the World Athletics Under-20 Championship, and the Magical Kenya Open Golf Championships.

On June 30 2020, I appointed the Resumption of Sports Advisory Committee to draw up protocols for the resumption of sporting activities in Kenya following the Covid-19 pandemic. The development of the Guidelines is a culmination of active engagement with relevant stakeholders and experts drawn from various sporting fields and the health sector.

In close consultation with my colleague Cabinet Secretary for Health Hon. Mutahi Kagwe, I launched the guidelines in September 2020. These Guidelines were updated in November and December 2020. The protocols guided the gradual resumption of sports with safety restrictions.

Since then, we have held various sporting events, vaccinated over

5,000 athletes, athlete handlers and officials and effectively implemented these guidelines. We have also engaged medical personnel and exposed our doctors to international events to learn from the new way of delivering sports globally.

It is these lessons and insights that enriched this revision in tandem with the directions of His Excellency President Uhuru Kenyatta.

The revised guidelines place more emphasis on athlete safety, containment measures, vaccination and travel guidelines. We commit to ensure that our athletes' health is prioritized and that every effort is made to ensure that our

athletes have a chance to participate in sporting activities by minimizing chances of infection. Our mantra is to have zero Covid-19 affected athletes.

I thank my colleague in the Ministry of Health, Hon. Mutahi Kagwe for the support in revising and approving these guidelines and call upon all stakeholders to comply with them. Together, we can fight the pandemic and maintain a low case load to ensuring we continue playing.



**Amb. (Dr.) Amina Mohamed, EGH, CAV**  
Cabinet Secretary, Ministry of Sports, Culture and Heritage

## ***ACKNOWLEDGEMENT*** **BY THE PRINCIPAL SECRETARY**



Since the coronavirus pandemic reached our shores and cessation of sports activities was enforced in March last year, there was anxiety among Kenya's sports stakeholders on when there would be resumption of play.

Indeed, our sportsmen and women as well as other players in the sports sector lost massive income and opportunities following the global sports lockdown. This situation appeared to have a slight turn around with gradual and cautious resumption of sports across the world.

As a ministry, we moved with speed to initiate food and cash stimulus programmes to cushion our sportsmen and women against the adverse effects of Covid-19, with an initial injection

of KSh50 million with additional support of about KSh20 million from the corporate sector.

The Advisory Committee on the resumption of sports activities in the country engaged key stakeholders including sports organizations, individual sportsmen and women along with coaches, officials and fans and collected views on ideal protocols that saw resumption of sporting activities in the country. The Ministry in collaboration with the Ministry of Health also rolled out a vaccination program targeted at National Team and tier-one league players of all our sports federations.

The revised guidelines herein come at a crucial time after learning lessons from World Athletics Continental Tour meeting in October 3 2020, the Equator Rally Championship and the Magical Kenya Open Golf Championships. Various of our teams have also travelled and participated in various events across the world and benchmarked on how sporting activities are organized and executed.

As we move to reopen our sporting activities once more, we must emphasize to stakeholders that the discipline with which we restart sports will play a key role in giving confidence to the Government and global players in the sports industry as we gear up to host the WRC Safari Rally, U20 Barthez Trophy and World Athletics Under-20 Championship, among others.

Most importantly, we must take cognizance of the fact that COVID-19 cases are still on the rise, with new strains of the virus being detected across the globe

hence the need for complying with existing non-pharmaceutical intervention and vaccination guidelines.

I wish to thank our Hon. Cabinet Secretary, Hon. Amb. (Dr.) Amina Mohamed, EGH, for her leadership which has seen tremendous growth of sports in the country.

**Joe R. Okudo, CBS,**  
Principal Secretary, State  
Department for Sports



## 1.0 GUIDELINES/PROTOCOLS

### 1.1 DEFINITIONS OF TERMS IN THE PROTOCOL

Term	Definition/Description
Coronavirus (COVID-19) disease	<p><b>Coronavirus disease 2019 (COVID-19)</b> is an infectious disease caused by a newly discovered corona virus, the <b>Severe Acute Respiratory Syndrome coronavirus 2 (SARS-CoV-2)</b>. Its common symptoms include fever, cough, fatigue, shortness of breath, and loss of smell ,taste,diarrhoea, vomiting, confusion, skin rashes.</p> <p>Of concern is most asymptomatic individuals, whose virus burden is just as heavy as the symptomatic ones and thus are at risk at sporting events where there is gathering of persons even if it is non-contact sports</p>
Risk (low, moderate, and high risk)	Refers to a chance that some unfavourable event will occur.
Risk Assessment	The overall process or method of identifying hazards and risk factors that have the potential to cause harm, analyse and evaluate the risk associated with that hazard (risk analysis, and risk evaluation).
Surveillance / Screening	In the context of this guideline, it refers to ; Regular assessment of persons participating in a sports event for presence of symptoms, compliance with COVID-19 mitigation measures.
Mitigation	Reducing risk of loss from the occurrence of any undesirable event. Mitigation means to minimize degree of any loss or harm.
Protocol	A system of official rules and systems for acceptable behaviours for occasions.
Team sport	Is a sport where individuals are organized into opposing teams which compete to win

Individual sport	Is a sport in which participants compete as individuals to win
Contact sport	A sport in which the participants necessarily come into bodily contact/interaction with one another
Non-Contact sport	A sport in which the players are physically separated such as to make it nearly impossible for them to make physical contact/interaction during the course.
Infected Person	A person that harbours an infectious agent and who has either manifest or in-apparent disease.
Person of interest	Person under investigation: one identified as a close contact or with symptoms and whose sample has been collected for testing to confirm status.
Close Contact	Is someone who has: <ul style="list-style-type: none"> <li>• Had contact with an infected person (being in contact within 1 metre and for more than 15 minutes).</li> <li>• Provided direct care to an infected person without using proper personal protective equipment;</li> <li>• Stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time;</li> <li>• Travelled in proximity with (that is, within 1 m separation from) an infected person in any kind of conveyance.</li> </ul>
Quarantine	This is the restriction of activities of/or the separation of people who may have been exposed to an infected person or situation. Quarantine period: 14 days starting on the day of exposure or presenting with symptoms.

	Quarantine area/ holding area: area designated for containment of persons of interest.
Isolation	This is the separation of ill or infected persons from others to prevent the spread of infection or contamination. (Recommended 10 days isolation from date of receiving positive results). NB: Term used about those confirmed to have been infected by the virus.
Frontline Staff	In the context of sports, the staff involved directly in the event logistics and deal with the athletes, equipment, apparel, security agents, medical personnel, COVID-19 liaison officers attached to the event and any other person actively participating in sports events.
Covid-19 Hotspots	NB: Area earmarked due to high number of cases reported in the area and probability of high degree of spread from the same area. This is due to increased disease transmission among the persons residing in or found in that area. Can be a geographical area such as a Country, sub county, estate or a residential area in a training camp or competition venue
Kenya Sports Medical Consortium	Term used to refer to the team of professionals charged with the task to deliver the Sport Bubble Protocol to be adopted by all sporting organizations and federations to mitigate and contain COVID-19 in sports teams and events.
PPE	Personal protective equipment used to reduce the risk of acquiring infection when exposed to a person with COVID-19 or one with symptoms suggestive of COVID-19 or when in an area with a high risk of acquiring SARS-CoV-2 infection.

Sports Bubble Protocol	Term used in reference to entire protocol within which competing sports teams stay isolated from the general public during training and pre-event preparations, the event and series of games and post-event activities. This includes designated transport, accommodation, amenities, and the location at which the games are held without direct interaction with spectators or other personnel in attendance. This "bubble" is a novel way to safely resume playing team sports and events during the COVID-19 pandemic by allowing for safe pre -, peri- and post event COVID Negative environment.
Vaccine	a biological preparation that is administered to a person to stimulate the body's immune response against a specific infectious disease.

## 1.2 Objectives of these Guidelines

These Guidelines aim to achieve the following objectives:

- i. Ensure that sporting events are planned and executed in line with relevant best practice and in accordance with the Ministry of Health and WHO rules and regulations for containment of COVID-19 pandemic.
- ii. Provide a framework for the detection, isolation and management of a positive COVID-19 infected person(s) or contacts of these persons participating in sports;
- iii. Identify and share best practice for event management in the context of the COVID-19 pandemic, ensuring collaboration and exchange with all sport stakeholders as well as other sporting authorities;
- iv. Provide relevant health guidance for all key sports stakeholders; and

- v. Ensure compliance of the established guidelines and protocols to guarantee health and safety of participants and event organisers.
- vi. Outline the measures that will be taken against those not following the recommended guidelines.

### **1.3 Plans for modifying and varying engagement in sporting activities**

Sports stakeholders are advised to be prepared to have plans in place to modify execution of sporting activities should any of the following occur:

- i. Infections occurring to athletes and the larger sporting fraternity.
- ii. Inability to maintain COVID-19 prevention and response protocols.
- iii. Inability to track and/or isolate athletes, athletes support personnel and staff;
- iv. Changes to public health guidelines regarding congregants
- v. Inability of sports federation to domesticate international regulations; and
- vi. Changes to local legislation, regulations, and Ministry of Health COVID-19 guidelines.

#### **1.3.1 Preliminary Activities**

Resumption of any sport and recreation activity will be preceded by a thorough interrogation on the following key and necessary areas:

- i. Information sharing with the communities; and
- ii. Information sharing and education for athletes, athlete support personnel, officials, and venue staff.
- iii. All Sports Federations/Organisations to domesticate these guidelines in line with those from International Sports Governing bodies and Ministry of Health.
- iv. Provision of these domesticated guidelines currently in use and availability in soft copy, easily accessible, read and understood.

- v. Federation Monitoring and Evaluation Report from the respective sporting teams and events in their calendar.

### **1.3.2 General Guidelines**

- i. Respective Sports Organizations/Federations must ensure they disseminate information about COVID-19 as released by the Ministry of Health to Athletes, athlete support personnel, officials, staff and volunteers through documented official channels in the form of educational materials, website editorials and organized trainings and seminars.
- ii. International teams must include educational sessions ongoing in the camp both on the sport bubble camp protocols and the protocols for the countries to be visited on assignment.
- iii. All organizers and venue operators should appoint COVID-19 Compliance contact persons (preferably sports officers) and response teams.
- iv. Ensure the availability of hand washing facilities, alcohol-based sanitizers, and temperature screening on entry at the training and competition sites, physical distancing and mandatory masks wearing.
- v. All venue operators should ensure safe environments, carry out documented regular routine cleaning and disinfection of venues, associated fixtures, and equipment as per the needs to meet the safety threshold of the sport.
- vi. Officials, the media personnel, and all staff working in sports venues during events will all have to take the COVID-19 tests as per the Sports Medical Consortium Protocol.
- vii. No press conference will be allowed except flash interviews for athletes. Such interviews will be conducted respecting the social distancing of 1.5 meters and more; downing masks and face shields.
- viii. Meetings, briefing, and notices are highly recommended to be carried out on digital platforms.
- ix. Handshakes, hugs to celebrate achievements during and after events is prohibited.

- x. Exchange and sharing of uniforms are prohibited.
- xi. Team event organizers will conform to the Sport bubble protocol domesticated to the sporting discipline.
- xii. Any suspected cases of COVID-19 to be processed in line with the guidelines provided by the Ministry of Health; event organizers to have medical team on standby and Covid-19 response team on standby with PPE (at least one dedicated for Covid 19)
- xiii. There will be signage at every entrance and strategic locations to remind all persons of the COVID-19 measures; and
- xiv. Body temperature checks shall be conducted to all persons at the time of entry to the venue. Anyone with a body temperature reading above 37.5°C will not be allowed into any sporting venue and any temperature reading below 34.5 should be repeated and/or replaced (everyone doing thermal screening should have an extra non-contact thermometer during the day of the event).

### **1.3.3 Venue preparedness**

- i. Identification and appointment of COVID-19 Sport champions and response personnel/teams. Training and refresher courses to be provided and the roles defined. The team shall be mandated to implement these protocols during any events.
- ii. Health checks, testing and screening for athletes, athlete support personnel, sport officials, venue staff, sport goods suppliers and any other persons authorized to facilitate sports as and when identified by event organizers.
- iii. Fully endorsed by the MOSCH action plans by organizers, which must align to these protocols and other international guidelines; and
- iv. Isolation and medical rooms to be availed in every venue. An extra space for COVID-19 suspected and for COVID-19 positive case as shall be prescribed by the Medical Teams of the event organizers.
- v. Sufficient water supply, soaps, trash cans, alcohol-based sanitizers to be availed.
- vi. Venue should be thoroughly disinfected prior to any event.
- vii. Seating places should show social distancing markings.
- viii. Entry and Exit points should be clearly marked.

- ix. Signage about COVID-19 should be clearly displayed at the venue as recommended by the Public health guidelines.
  - x. Designated places for PWDs and other vulnerable groups must be clearly set.
  - xi. Cooling down place should be identified and not in the changing room.
- NOTE: Camps, private sports clubs, training, and talent academies should adhere to the same protocols.

#### **1.3.4 Preparation to make the transition.**

With the easing of COVID-19 restrictions by the Executive, timely and speedy preparation by completing the tasks identified below will position each sport to resume gradually:

- i. Provide education to participants** to set expectations and promote the desirable behaviours that will need to be displayed.
- ii. Complete risk assessment of the transition to be made.**

This should include factors such as:

- Preparation of outdoor training environments and in later phases, indoor and competition environments.
- Consideration of management of numbers involved,
- strategies to limit time and
- maintenance of social distancing to reduce person to person contact,
- cleaning of equipment and any shared facilities used (e.g. toilets),
- sanitation provision for participants and
- Identification of a safe space for isolation of an individual should they become unwell, are among aspects to be considered.



**iii** Develop a detailed protocol to demonstrate how risks are reduced managed and mitigated at an operational level for resumption.

## **1.4 PROTOCOLS FOR IMPLEMENTATION AND ENFORCEMENT**

The State Department for Sports and its stakeholders together with Public health officials will oversee the implementation and compliance with these protocols. The County Governments in consultation with the State Department for Sports shall be responsible for inspection of sports facilities within their respective counties before commencement of any sports activities and trainings. Sports Kenya in consultation with the State Department for Sports and public health officials shall be responsible for inspection of Sports facilities within its control. Each Sports Organization shall form a **“Safe return-to-training Committee”** by federations to oversee the preparedness of activities and shall incorporate health personnel (Both medical and Public health), and a Sports Liaison Officer (appointed by the Commissioner for Sports/ County Chief Officers in charge of Sports) in their committees.

### **1.4 TESTING AND VACCINATION GUIDELINES**

#### **1.4.1 Testing**

- Teams scheduled to engage in competitions are to conduct their training camps in a sport bubble to reduce the risk of acquiring and transmitting infection.
- The MOSCH in coordination with the respective federations shall make arrangements for the testing of athletes as per requirements.
- A negative RT-PCR test for SARS-CoV-2 conducted not more than 48 hours prior is required for entry into the Sport Bubble as well as a Rapid test at the accreditation point.
- For single day events, the event organiser to conduct rapid antigen test on the day of competition for participants and officials.

- Repeat Testing of athletes and other actors to be undertaken in accordance with the international governing body or Ninety-Six hours into the competition whichever is more frequent.
- The testing conducted to any sports person /athletes and athlete/sports support personnel will be done at the discretion of the Federations/Sporting institutions to safeguard the athletes and athletes support personnel from COVID-19 effects, but in circumstances where necessary, the ministry may direct testing for a particular athlete, team, institution, club and/or event staff at the cost of those being tested.
- All those travelling in and out of the country, will be required to conform to the Sport Bubble Protocol for national sporting teams as well as the host country protocols.
- Kenya as a host for international competitions, federations and event organizers must conform to the Sport Bubble protocol for visiting teams.
- All costs for testing of athletes and athlete handlers who require testing may be met by the participant, respective event organizers or Sports Organization as indicated in the event regulations.
- Retesting (Rapid Test) of athletes and other actors to be undertaken ninety-six hours into the competition or as indicated in the event health and safety document, which-ever is more frequent

## **14.2 Vaccination**

Players/athletes who will have been vaccinated against COVID-19 by a two-dose vaccine of AstraZeneca or full dose of any other vaccine as may be recommended by the Government, will be considered “fully vaccinated” twenty-one days after the final dose of vaccine (the second dose for a two-dose regimen, or the single dose for a single-dose regimen). Documentation of vaccination status should be maintained by coaching staff and presented to visiting teams at the time of competition. Any player/athlete or individual who is symptomatic, even if fully vaccinated, should isolate and be tested.

NB: Individuals who are vaccinated are required to continue following the COVID-19 prevention measures at all times as they are still at risk of acquiring infection which can be transmitted to other persons during sports gatherings.

➤ ***Specific guidelines for managers of indoor facilities***

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Managers of sports facilities are responsible for ensuring compliance with the health guidelines issued by the Ministry of Health. The managers must work in collaboration with the sports organizations, if applicable:

- i. To ensure that social distancing guidelines are followed, solid partitions can be installed in certain areas (e.g. reception, in front of the markers) or between the pieces of equipment (e.g. equipment in the gym);
- ii. Changing rooms accessibility is restricted to promote social distancing.
- iii. Access to showers in the changing rooms is restricted, provided social distancing guidelines are followed and the area is disinfected after every use; and
- iv. Access to non-essential common areas that lend themselves to gathering is restricted.
- v. Loitering around the entrance and exit is prohibited.

### **1.4.3 Venue Guidelines**

Venue operators will be expected to ensure that the sporting environment is safe with reference to the following:

- i. Booking in advance, online or over the phone be preferred. Where this is not possible and a venue has staff available to take bookings, consider mandating contactless transactions to avoid handling reservation documents and cash.
- ii. Identification and appointment of COVID-19 contact persons who will be responsible for responses on venue preparedness and related actions.

- iii. Allocation of exclusive drop-off, pick-up and parking areas for athletes, athlete support personnel, PWDs, Vulnerable groups, officials, and staff.
- iv. Clear designation of entry and exit points.
- v. Screening and Health Checks to be conducted to ascertain status of all persons attending with any suspected COVID-19 cases being handled, as prescribed in the Ministry of Health guidelines.
- vi. All visitors, staff, officials, athlete support personnel and non-active athletes to wear face masks throughout their time at the venue.
- vii. Spectator participation is not encouraged as it can lead to crowding in breach of the protocols. However, in case of spectator participation, designate areas away from the athletes should be identified. Additionally, the designated sitting areas for the elderly and vulnerable should be separate.
- viii. Keeping a temporary record of clients and visitors within a 30 day's period of activity after resumption. This will assist the Ministry of Health to trace contacts in case any of the participants turns positive for COVID-19;
- ix. Promotion of Positive Social Attitudes and Behaviour – Signs and Messages that create awareness on combating the spread of COVID-19 to be posted at high visible stations, entrances, exits, sport support rooms as well as electronic information boards. Consideration should be made on how these safety messages will reach persons with hearing or vision impairments.
- x. Appropriate set up and marking of seating areas for athletes, athlete support personnel and officials. This should be done with due consideration for social distancing, and away from spectators.
- xi. Cleaning and disinfecting of objects and equipment. Where practical, it should be mandatory that cleaning and disinfection be carried out before, between use and after use.
- xii. Cleaning and disinfecting of frequently touched surfaces such as handrails, gates, and toilet doors.
- xiii. Cleaning and disinfection of equipment storage areas.

- xiv. Provision and arrangement of sport support rooms. These shall be availed in satisfactory states regarding adequate natural ventilation and lighting and social distancing.
- xv. Adequate Supplies - constant water supply, hand washing facilities, soap, paper towels, tissues, no-touch foot pedal trash cans, sanitizers.
- xvi. Adequate supply of PPEs for venue staff undertaking cleaning and disinfection.
- xvii. Provision of more waste disposal facilities and safe removal of waste before, during and after events.
- xviii. Enhancing cleaning and disinfection of busy areas.
- xix. Development and display of venue policies and information boards.
- xx. Provision of isolation, quarantine, and medical rooms.
- xxi. Provision of medical services – it is recommended that properly equipped and manned ambulances be stationed at the venue. All such ambulances to have adequate PPEs.
- xxii. Venues to be disinfected after completion of each sporting activity; and
- xxiii. All participants accessing the venue should have proper PPEs.
- xxiv. All venues should be linked to nearby health facility for ease of referral.
- xxv. All venues conducting events are required to receive clearance from the Sporting organisation/Federation within 7 days of the event to follow the safety requirements domesticated for the specific sporting discipline.

#### **1.4.4 Swimming Pools/Aquatic Venues**

- i. Opened for Professional and National Swimming teams only. Participants of other non-competitive swimming and coaches of swimming lessons are required to ensure they observe all public health containment measures as applicable to the sport.
- ii. Saunas, steam rooms, and hot tubs shall remain closed.

## **1.5 Pre-Competition Guidelines**

### **Bubble Concept**

The sports bubble concept will be utilised to facilitate the safety of the participants during sporting international events and tournaments. The protocol stipulate the Pre-, Peri, and Post-event procedures that must be adhered to strictly.

This will take into consideration concierge, entry testing, accreditation, transport and mobility, accommodation and amenities, surveillance, case management, contact tracing and other relevant infection prevention and control measures relevant in the containment of COVID-19 in a sports environment.

The COVID-19 protocols provided by the international and local federations will be utilised in ensuring the sports activities are conducted as recommended within the bubble.

The Kenya Sport Medical Consortium will develop and revise from time to time the Sport Bubble Protocol.

Each federation will be expected to align bubble setup requirements to its International Federation (IF)'s requirements for international events.

**Event Management Planning:** Planning meetings shall be convened by event organizers for purposes of check listing the preparedness of the venue. A maximum of two (2) physical meetings is recommended and they should last not more than one hour otherwise teleconferencing and virtual meetings are encouraged. During such meetings, it is encouraged that they be held in line with general government protocols for conducting meetings, events, and workshops.

### **1.5.1 In-Competition Guidelines**

During the competitions including, any tournaments, matches, leagues and/or games, athletes and all other sports stakeholders are advised to follow the following:

- i. Inactive athletes, athlete support personnel and officials should be allocated designated areas where social distancing must be observed.
- ii. All but active athletes and event officials will be required to sanitize, wear face masks, and observe social distancing while working.
- iii. It is recommended that athletes be allowed to take health breaks to allow personal hydration.
- iv. Proper personal hygiene shall be always observed. Handshakes, high-fives, hugging shall not be permitted.
- v. All other health and safety requirements must be followed.
- vi. Athletes, athlete support personnel and officials should refrain from sharing water coolers, drinking stations, water bottles and other drinking devices.
- vii. Participants' personal effects to be kept to a strict minimum (e.g., water bottle and towel) and
- viii. in specific designated areas this purpose.
- ix. Spaced blocks of activities (staggered schedules) should be encouraged. These staggered schedules allow enough time for the staff to disinfect grounds and equipment between groups of participants.
- x. Media Centre, Tribunes and Staff - All media staff must wear their facemasks while working and eye protection while interviewing. Non-essential staff should not be allowed to event. Printing and distribution of printed materials should be kept at a minimum to limit the risk of indirect contamination.
- xi. Strict accreditation access and pass issuance must be maintained to ensure zoning of the facility and integrity of the sport bubble.

## **1.5.2 Post-Competition Guidelines**

At the completion of any sporting activity, all athletes, athlete support personnel and stakeholders are required to observe all existing regulations on public health and social measures to control spread of COVID-19 in the following aspects:

- i. Transportation of athletes to be carried out as guided by the Ministry of Transport and Infrastructure and the Sport bubble protocol.
- ii. Cleaning and disinfection of the used venue and all equipment.
- iii. Collection and proper disposal of waste.
- iv. Anti-Doping will be conducted in line with respective guidelines; and
- v. Post- event meetings to be kept at a minimum. Event organizing co-partners to prepare an event report to be filed with the relevant authorities.

## **1.5.3 Considerations for PWDs and other Vulnerable Groups (Special Olympics, Deaflympics, Visually impaired sports)**

- i. Alternative formats of communication for all vulnerable groups e.g. electronic information boards, braille, sign-language and enhanced signage;
- ii. Dedicated COVID-19 compliant training sites for para-athletes and others with underlying medical conditions.
- iii. Special attention for the PWDs and other vulnerable groups handlers/guides.
- iv. Dedicated sanitation measures and care of sport and locomotion equipment.
- v. Dedicated parking spaces for PWDs and other vulnerable groups.
- vi. Enhanced accessibility to public areas and amenities; and
- vii. Enhanced, well designed and unobstructed entry and exit routes for PWDs and other vulnerable groups.
- viii. Designated seating areas for PWDs and other vulnerable groups.



#### **1.5.4 Guidelines for indoor facilities**

- i. Frequently touched surfaces and equipment (doorknobs, sinks, training kits etc.) must be cleaned several times a day. Frequency of cleaning and disinfection to be determined based on the amount of traffic.
- ii. Fitness rooms and gyms should be disinfected and aired out after each session. The schedule should provide time between training sessions or matches for full disinfection when required, depending on the type of physical or sports activity; and
- iii. There should be proper and sufficient ventilation with air not being blown directly to people (avoid use of air conditioners or fans).
- iv. The number of people per session must not exceed 1/3(one third) of the capacity of the facility to cater for social distancing and avoid overcrowding.
- v. Ensure handwashing facilities, alcohol-based hand sanitizers are readily available for all.
- vi. Posters on COVID-19 awareness and prevention should be displayed in the venue and be clearly visible for all participants.  
NOTE: Camps, private sports clubs, training, and talent academies should adhere to indoor facilities protocols.

#### **1.5.5 Sports Assignments outside the country**

For national or club teams scheduled to participate in competitions outside the country shall be governed by the international Governing Body regulations, the Host country regulations and the Kenyan Sport Bubble Protocol put in place.

#### **1.5.6 Medical Support for National Teams**

To ensure that our National teams are appropriately managed in their various local and international assignments, trained medical personnel are expected to be assigned to the teams by the team management.

The composition of the medical teams will include:

- i. A medical delegate from the Kenya Sport Medical Consortium.
- ii. A registered medical doctor(s) with specialized training in the discipline/federation.
- iii. A registered physical therapist(s) with specialized training in the discipline/federation.
- iv. Other medical personnel such as psychologists, nutritionists etc who are duly trained and registered, depending on the nature of the assignment and the size of the delegation and the resources available.

The medical team is expected to:

- i. Conduct appropriate assessments of the athletes to ensure safe participation of the athletes in sport (training and competition).
- ii. Develop a profile for the Kenyan delegation for the local camps and on assignment abroad, identify vulnerable members, ensure they are appropriately managed.
- iii. Develop injury and illness prevention protocols.
- iv. Develop appropriate return to play protocols for the athletes after injury and illness.
- v. Develop appropriate case management plans for the team including evacuation plan should it be required.
- vi. Real time information on the COVID-19 situations in the countries to be visited.
- vii. Provide a brief on the COVID-19 protocols of the tournament/competition organizers. Acquire and disseminate a copy of the protocol in English.
- viii. Acquire the national and international federation COVID-19 protocols. These will be used to develop COVID-19 protocols that will be utilized during the local camp(s) and during the assignment(s) abroad.
- ix. On arrival in the host countries, expected within 8 hours provide a real time report on the COVID-19 countermeasures and other health and safety protocols, available for team

- Kenya at the venues in the host country to the Ministry of Sports Culture and Heritage. If the measures are not suitable, work with organizers for compliance and notify the Ministry.
- x. Advise the Federation and Ministry if the Team should remain or withdrawn from the tournament should the host not comply with their own laid out procedures.
  - xi. Protocols on management of health issues associated with travel e.g jet lag, vaccination, acclimatization etc
  - xii. Other medical issues that arise during the assignment, eg management of athletes with disorders of sex differentiation, mental health issues, issues on nutrition, management of underage athletes, management of athletes living with disability etc
  - xiii. to provide a report on completion of the assignment within 2 weeks of return from the assignment.

#### **1.5.5. Categorization of Sport and Recreational Activities**

The resumption to sports and recreational activities will take place in each of the 6 categories of sports. Sports within these categories are found in **Appendix I**.

It is important to recognise that Executive decisions regarding any easing of restrictions will mean that groups of sports will likely move forward at different times. They may also remain within different phases for variable time periods.

National Teams preparing for international assignments, international tournaments/ events to be hosted within the country will receive case by case authorization to move through the phases by the Cabinet Secretary for Sports.

For each category, the transitions are graduated, and the sequence will be:

**RED** to STEP 1 **AMBER** to STEP 2 **AMBER** to STEP 3 **YELLOW** to STEP 4 **GREEN** STEP 5 **GREEN** and STEP 6 **GREEN**

Movement from one category to the other will be authorized by the Cabinet Secretary for Sports Culture and Heritage upon satisfactory monitoring and evaluation outputs and informed by the overall guidelines provided from time to time by the MOH. At the commencement of these protocols Appendix 1. will guide the reopening of the sports.

Each **STEP** contains a mix of general conditions and sport specific conditions to guide activity. Each subsequent **STEP** builds on those before.

### Colour Key

Colour		Definition
<b>RED</b>		Total Lockdown (whenever it is declared by the Government)
<b>STEP 1 2&amp;3 AMBER</b>		Outdoor and indoor sports activities can start activity in small groups
<b>STEP 4 LIME GREEN</b>		Full training and competition across sports with strict adherence to containment measures of COVID-19 protocols.
<b>STEP 5 GREEN</b>		full training and competition across sports, re-opening of leisure centres and spectators able to attend live sporting events in restricted numbers
<b>STEP 6 GREEN</b>		No restrictions, return to normal Sports

### Resumption Steps

The following steps are recommended for a slow return of sporting activities:

- i. **Phase 1:** Medical and Fitness examination
- ii. **Phase 2:** Individual outdoor field-based or in-door gym conditioning
- iii. **Phase 3:** Team training
- iv. **Phase 4:** Domestic (local) competition - no spectators

- v. **Phase 5:** Cross border (International) - no spectators
- vi. **Phase 6:** No restrictions - spectators present

The aim is for each organizer (Sports Federations, Event Organizers, Private institutions etc) is to develop a detailed operational plan under each of the 6 phases presented. The Ministry of Sports, Culture and Heritage will give individual guidance to organizers whenever necessary.

**Throughout these steps, the Covid-19 containment measures of handwashing, wearing face masks, sanitizing shall be observed with strict adherence.**

### 1.6.1 Six (6) key steps in resumption of Outdoor Recreation

<b>Step</b>	<b>Allowable activities</b>
<b>1</b>	<ul style="list-style-type: none"> <li>i. Fitness and medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
<b>2</b>	<p>In addition to STEP 1:</p> <ul style="list-style-type: none"> <li>i. Jogging, walking, cycling, hiking permitted</li> <li>ii. Observe all travel Covid-19 protocols</li> <li>iii. Always maintain social distancing.</li> <li>iv. Prevent congregations of people</li> <li>v. No organised events</li> <li>vi. Indoor facilities closed with restricted access to ablution facilities</li> <li>vii. Avoid running into each other</li> </ul>
<b>3</b>	<p>in addition to STEP 2:</p> <ul style="list-style-type: none"> <li>i. No mass gatherings / events</li> <li>ii. Hiking, cycling, walking and jogging permitted</li> <li>iii. Social distancing to be maintained at all times</li> <li>iv. Indoor facilities should comply to public health measures</li> <li>v. Prevent crowding</li> </ul>

4	<p>in addition to steps above:</p> <ol style="list-style-type: none"> <li>i. Outdoor Recreation Centres open</li> <li>ii. Group size dependent on size of space available.</li> </ol>
5	<p>in addition to steps above:</p> <ol style="list-style-type: none"> <li>i. Social distancing still be observed</li> <li>ii. Events can take place but with restrictions in total numbers of people involved</li> </ol>
6	<p>As for STEP 5 and in addition:</p> <ol style="list-style-type: none"> <li>i. No restrictions on outdoor recreation activities</li> <li>ii. Return to full use of outdoor recreation facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ol>

NOTE: Camps, private sports clubs, training and talent academies should adhere to the same protocols.

### **1.6.2 Six (6) key steps in resumption of Water Sports: General Guidelines**

<b>Step</b>	<b>Activities</b>
1	<ol style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ol>
2	<p>In addition to STEP 1</p> <ol style="list-style-type: none"> <li>i. Observe all travel COVID-19 protocols</li> <li>ii. Always maintain social distancing.</li> <li>iii. Training combinations/pairs must comply with social distancing.</li> <li>iv. Prevent congregations of people</li> <li>v. Higher risk water-based activities not allowed as they may lead to increased pressure on emergency services</li> <li>vi. Outdoor pools remain closed.</li> <li>vii. Indoor facilities closed with restricted access to ablution</li> </ol>

3	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. Always maintain social distancing.</li> <li>ii. Indoor facilities should comply to public health measures</li> <li>iii. Prevent congregations of people indoors</li> <li>iv. Instructor to client ratio to reduce to manageable numbers observing social distancing.</li> </ul>
4	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Always maintain social distancing.</li> </ul>
5	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. Social distancing still be observed.</li> <li>ii. Events can take place but with restrictions in total numbers of people involved.</li> <li>iii. Full training in water-sports</li> <li>iv. Leisure centres and public aquatic centres open</li> </ul>
6	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. No restrictions on water-sports activities</li> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>

### 1.6.3 Six (6) key steps in resumption of Non-Contact Sports

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Health tests</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1</p> <ul style="list-style-type: none"> <li>i. Outdoor activities for a minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Observe all travel Covid-19 protocols</li> <li>iii. Maintain social distancing at all times</li> <li>iv. Prevent congregations of people</li> <li>v. No organised contact sport team training</li> </ul>

	vi. Individuals arrive, train/practice and leave
3	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Team sport training allowed for minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Skill drills and tactical drills with no close contact</li> <li>iii. Indoor activities limited to the minimum number of athletes and athlete handlers.</li> <li>iv. Always maintain social distancing.</li> <li>v. Indoor facilities should comply to public health measures</li> <li>vi. Prevent congregations of people indoors</li> <li>vii. Retain records of people attending</li> <li>viii. No spectators</li> </ul>
4	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Outdoor activities limited to minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Group size dependent on size of indoor space with all social distancing measures in place.</li> <li>iii. Always maintain social distancing.</li> </ul>
5	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Outdoor activities for a minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Social distancing must be observed.</li> <li>ix. Indoor activities limited to the minimum number of athletes and athlete handlers.</li> <li>iii. Leisure Centres and indoor leisure facilities open</li> <li>iv. Full training in lower risk contact sports place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators</li> <li>v. Some events may take place behind closed doors'</li> </ul>
6	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. No restrictions on lower risk contact sport activities</li> </ul>



	<ul style="list-style-type: none"> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>
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#### 1.6.4 Six (6) key steps in resumption of Contact Sports (Low Risk)

Contact sports will reopen in line with the summary in Appendix I.

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1 above</p> <ul style="list-style-type: none"> <li>i. Travel as guided by ministry of transport protocols</li> <li>ii. Maintain social distancing at all times</li> <li>iii. disinfect surfaces and equipment regularly between use by different participants / groups</li> <li>iv. Prevent congregations of people</li> <li>v. Avoid running into each other.</li> <li>vi. Indoor facilities closed with the exception of restricted access to small, shared facilities e.g. storage area / toilet/ through - ways. These should be disinfected regularly with sanitation products</li> </ul>
3	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Skill drills and tactical drills with no close contact</li> <li>ii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> <li>iii. Indoor facilities used must have public health measures in place</li> <li>iv. Prevent congregations of people indoors</li> <li>v. Retain records of people attending</li> </ul>
4	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Group size dependent on size of indoor space.</li> </ul>

	<ul style="list-style-type: none"> <li>ii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> </ul>
5	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Any conditions on gatherings will apply e.g. size</li> <li>ii. Leisure centres and indoor leisure facilities open – may initially be on restricted hours</li> <li>iii. Full training in lower risk contact sports</li> <li>iv. Competitive sport can take place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators.</li> <li>v. Some events may take place ‘behind closed doors’</li> </ul>
6	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Close physical contact sports resume full training and full competition (without modification)</li> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>

### 1.6.5 Six (6) key steps in resumption of Contact Sports (High Risk)

Contact sports will reopen in line with the summary in Appendix I.

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1</p> <ul style="list-style-type: none"> <li>i. Travel as guided by ministry of transport protocols</li> <li>ii. Maintain social distancing at all times</li> <li>iii. disinfect surfaces and equipment regularly between use by different participants / groups</li> <li>iv. Prevent congregations of people</li> <li>v. No organised contact sport team training</li> <li>vi. Individuals arrive, train/ practice and leave</li> </ul>

	<ul style="list-style-type: none"> <li>vii. Avoid, running into each other.</li> <li>viii. Indoor facilities closed with the exception of restricted access to small, shared facilities e.g. storage area / toilet/ through ways. These are disinfected regularly with sanitation products</li> </ul>
3	<p>In addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Skill drills and tactical drills with no close contact - e.g. no tackling, wrestling, rucks, mauls, lineouts, scrums or contact sparring</li> <li>ii. Technical drills with e.g. bags, pads, paddles, shields Shadow sparring permitted</li> <li>iii. Indoor facilities used must have public health measures in place</li> <li>iv. Prevent congregations of people indoors</li> <li>v. Retain records of people attending</li> </ul>
4	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Group size dependent on size of indoor space.</li> <li>iii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> </ul>
5	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Any conditions on gatherings will apply e.g. size</li> <li>iii. Leisure Centres and indoor leisure facilities open – may initially be on restricted hours</li> <li>iv. Modified training in higher risk contact sports</li> <li>v. Modifications (removal of close physical contact in a temporary capacity) may allow a form of competition to take place in some sports</li> <li>vi. Any competition to take place with restrictions in total numbers of people involved – athletes / coaches / staff / officials and spectators</li> <li>vii. Some events may take place ‘behind closed doors’</li> </ul>
6	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Close physical contact sports resume full training and full competition (without modification)</li> <li>iii. Return to full use of sporting facilities.</li> </ul>

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|--|---|
|  | iv. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic. |
|--|---|

### **1.6.6 Spectators**

To keep in line with the COVID-19 WHO and MOH guidelines, spectators will not be allowed into the playing fields unless all protocols have been achieved to level 6 of the guidelines for every sport discipline. Strict adherence to the same will be enforced for the safety of all participants. However, adequate preparations can be made by the organizers to avail alternative online and live forums for fans to enjoy their sports.

### **1.6.7 Athletes, Officials and Staff**

- i. Ensure temporary, part-time or contract workers and athletes at the facility are properly trained in COVID-19 prevention policies and have necessary supplies and PPE;
- ii. Transportation of athletes and athlete support personnel shall follow guidelines by the Ministry of Transport and Infrastructure, however consideration for alternative methods that avoid use of pooled transport and public transport is highly recommended.
- iii. Resumption of training – should be phased upon establishment of physical and health fitness. Initial individual training should be followed by a progressive and calibrated introduction of group trainings culminating to full team engagement for team sports;
- iv. Set up of seating areas for athletes, athlete support personnel and officials- These shall be arranged in accordance with social distancing requirements, such areas will have been appropriately cleaned and disinfected before use; continuous cleaning and sanitization of these areas should be encouraged.
- v. Cleaning and disinfection of surfaces, objects and equipment shall be done in accordance with the Ministry of Health Guidelines for cleaning and disinfection.
- vi. Health Checks, testing and screening – medical checks and testing should be done at least seventy-two hours before resumption and on the first day of training. Periodic tests must be carried out as

- guided by the Ministry of Health and respective International Sports Organizations; and
- vii. Provision of medical services – It is recommended that properly equipped and manned ambulances be stationed at the venue.
  - viii. Follow established safety and health procedures,
  - ix. Avoid actions or omissions that may expose others to COVID-19 risks and participate in employer-provided trainings.
  - x. Provide or reinforce accurate COVID-19 infection prevention and control measures, including concerned people who have neither symptoms nor risk.
  - xi. Put on, use, take off and dispose of personal protective equipment properly when required to do so;
  - xii. Self-monitor for signs of illness and self-isolate or report illness to event managers, trainers, or lead organization if it occurs; (stay at home when you suspect you are exposed or infected and alert the team leader)
  - xiii. Inform management if you are experiencing signs of undue stress or mental health challenges that require support interventions; and
  - xiv. Report to the immediate supervisor any situation which you have reasonable justification to believe presents an imminent and danger to your health in relation to COVID-19 pandemic.

### **1.6.8 Guidelines for personal trainers and coaches**

Personal trainers/coaches should work with reduced groups of not more than 30 participants, depending on size of space and ensure they maintain social distancing.

### **1.7 Guidelines for handling equipment and materials**

- i. Given that it is difficult to avoid touching one's face, particularly in the context of physical and sports activities, it is recommended that shared objects and equipment be disinfected regularly.
- ii. Each participant should use his or her own equipment as much as possible. If this is not possible, the equipment should be changed

- regularly during the activity and washed with hot water and soap or an effective disinfectant between activities (e.g. balls, rackets, hockey sticks)
- iii. If the players bring their own equipment (e.g. a ball, rackets, hockey sticks), a person designated by the club must disinfect it before the players take it to the field.
  - iv. Hands do not frequently touch some objects, such as cones and hurdles, during the sports activity. People should be asked to wash their hands after handling them.
  - v. The sharing of team equipment and uniforms is not permitted. Federation/Clubs to make arrangements for regular cleaning and disinfection of equipment and team uniforms;
  - vi. After the training session or match, kits should be removed and washed with regular laundry detergent.

### **1.7.1 Guidelines for under – 18 years**

All under eighteen sporting activities will remain closed until further notice. However, athletes who are under this age but are part of senior teams as well as national junior teams preparing to participate in international assignments will require parental consent and further seek formal authorization from the Cabinet Secretary Sports to be cleared to use the above laid down protocols. Further, under 18 National Teams will resume and apply the rest of the protocols as outline in these guidelines.

### **1.8 Anti-Doping COVID-19 Guidelines**

Anti-doping procedures under COVID-19 pandemic situation are extensively described by the World Anti-Doping Agency (WADA) in the following document:

**[https://www.wadaama.org/sites/default/files/resources/files/20200506\\_ado\\_guidance\\_resuming\\_testing\\_en.pdf](https://www.wadaama.org/sites/default/files/resources/files/20200506_ado_guidance_resuming_testing_en.pdf)**

In addition to these specific guidelines, the number of tested athletes should be limited to the minimum requirements according to the WADA guidelines and make sure that the waiting and processing rooms

are large enough to accommodate, athletes, accompanying persons, and anti-doping staff whilst maintaining social distancing.

### **1.9 Food and Beverage Services**

Catering services, including juice bars, snack bars, and other enterprises must be run in accordance with Ministry of Health guidelines for Hotels and restaurants. Hawking of foods during events is still prohibited.

## 1.10 Governance Structure (Roles and Responsibilities)

S/NO	Institution/Agency / Organization	ROLE/RESPONSIBILITIES	LEVEL OF CLEARANCE	RESPONSIBLE ORGANISATIONS FOR VERIFYING COMPLIANCE	FINAL CLEARING INSTITUTION/ISSUANCE OF CERTIFICATE
1.	MOSCH	<ul style="list-style-type: none"> <li>• Overall Governance, oversight of these protocols,</li> <li>• M and E</li> <li>• Review of protocols</li> <li>• Make necessary approvals as anticipated in relation to these guidelines</li> <li>• Consultations and liaison with MoH, County Governments and other MDAs on all COVID-19 related matters</li> </ul>	<b>Cabinet Secretary</b>	<b>Commissioner for Sports</b>	<b>Office of Cabinet Secretary</b>
1.	National Sports Federations/Organization	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH and other relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	MOSCH	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> <li>• Umbrella Sports Bodies.</li> <li>• Registrar of Sports</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> </ul>



2.	County Sports Federation/Organization	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National body/MOH/MOSCH and other relevant protocols.</li> <li>• Enforce compliance amongst its membership at the grassroots level.</li> </ul>	<ul style="list-style-type: none"> <li>• National Federations</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• National Sports Bodies.</li> </ul>	<ul style="list-style-type: none"> <li>• County Governments</li> </ul>
3.	Sports for Development (S4D) Organizations, Donors, Partners	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National body/MOH/MOSCH ND MOE and all relevant protocols.</li> <li>• Enforce compliance amongst its membership at National and grassroots level.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• Ministry of Education</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH/MOE</li> </ul>
4.	Sports Stadia and facilities	<ul style="list-style-type: none"> <li>• Ensure Venue compliance with MOSCH/MOH protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• Sports Kenya</li> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
5.	Sports Talent and youth Training Centers	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Kenya Academy of Sports</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Kenya Academy of Sports</li> <li>• Athletics Kenya</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>

		<p>Body/MOH/MOSCH and other relevant protocols.</p> <ul style="list-style-type: none"> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• County Governments</li> </ul>		
6.	Elite Sports Training Camps	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National Body/MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• National Federation</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
7.	Private Clubs and Health fitness Centers	<ul style="list-style-type: none"> <li>• Ensure compliance with MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership and compliance with facilities protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
8.	Public parks and Recreation Centres	<ul style="list-style-type: none"> <li>• Ensure compliance with MOH/MOSCH/Ministry of Tourism and other relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Tourism</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of sports/M&amp;E team</li> <li>• MOH</li> <li>• County Governments</li> <li>• Ministry of Tourism.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>

9.	Learning institutions	<ul style="list-style-type: none"> <li>• Ensure compliance with MOSCH, MOH, Ministry of Education and other relevant protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> </ul>
10.	Paralympics/Special needs Sports	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Health</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Department of Sports</li> <li>• Kenya National Paralympic Sports MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Government</li> </ul>
11.	Water Sports	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH another relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Health</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Government</li> </ul>

## **1.11 Monitoring and Evaluation**

The monitoring and evaluation Committee. The committee will:

- i. Ensure compliance with the risk assessment tool that forms the basis for intervention measures;
- ii. Draw lessons from experience in order to adjust intervention strategies;
- iii. Improve the design/nature of the guidelines;
- iv. Examine the guidelines rationale;
- v. Determine the adequacy of the guidelines to overcome the identified constraints;
- vi. Compare the actual outcome of the guidelines and identify the reasons for shortfalls or achievements.

## **1.12 Penalties**

Failure of athlete(s) or sports organization(s) to adhere to the guidelines will lead to the following:

- i. Suspension from participating in event/tournament;
- ii. Withdrawal/Suspension from National Team (For National Team athletes);
- iii. Prosecution of the offenders under the existing laws;(Enforced by Ministry of Interior and coordination of National Government)

## **1.13 Review of the Guidelines**

These guidelines shall be reviewed:

- i. On a monthly basis or;
- ii. Upon changes in guidelines as announced by H.E President Uhuru Kenyatta or the Ministry of Health;
- iii. When a need arises through an addendum by the Cabinet Secretary for Sports Culture and Heritage.

Description	Activities/Actors/Requirements
What should be monitored?	<ul style="list-style-type: none"> <li>• Risk Assessment</li> <li>• Promoting Positive Social Attitudes and Behavior</li> <li>• Healthy Environments</li> <li>• Healthy Operations</li> </ul>
Data collection methods	<ul style="list-style-type: none"> <li>• Conversation</li> <li>• Interviews</li> <li>• Observation</li> <li>• Questionnaires</li> <li>• Reviews of official records</li> </ul>
Time frame for data collection	Monthly
Data collectors	<ul style="list-style-type: none"> <li>• Part-time employees / Volunteers</li> <li>• Health Officials</li> <li>• Sports Officers</li> <li>• Support Services Staff</li> </ul>
Progress reporter(s)	<ul style="list-style-type: none"> <li>• COVID-19 Action Team</li> </ul>
Feedback provider	<ul style="list-style-type: none"> <li>• COVID-19 Champion</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Financial</li> </ul>

## Appendix I- Categorization of Sports and Recreational Activities

<b>Outdoor Recreation (To Open)</b>	<b>Water sports (Open only to professional swimming and National team) MOH</b>	<b>Non-Contact Sports (To open observing containment measures)</b>		<b>Contact Sports (Low Risk) (To open Tier one Leagues and National Teams observing containment measures)</b>	<b>Contact Sports (High Risk) (To open Tier one Leagues and National Teams observing containment measures)</b>
Mountaineering	Canoeing	Archery	Goal Ball	Football (all codes)	American football
Mountain-biking	Sailing	Athletics (all codes)	Weightlifting	Hurling	Boxing
Angling	Rowing	Badminton (all codes)	Powerlifting (all codes)	Hockey	Judo (all codes)
Jogging	Surfing	Bowling	Equestrian	Ice hockey	Karate (all codes)
Trekking	Swimming (all codes)	Cricket	Wheelchair Rugby	Netball	Rugby (all codes)
Tug of War	Water-Skiing	Cycling (all codes)	Ice Stock	Basketball (all codes)	Wrestling
Triathlon	Sailing	Darts	Catchball	Wheelchair basketball	Taekwondo

Trekking	Life Saving	Equestrian	Bridge	Handball (all codes)	Wheelchair rugby
	Polo	Fencing	Woodball	Baseball	Kabaddi
	Decathlon	Golf (all codes)	Bowling	Softball	Tong-il Mo do
		Gymnastics	Para Athletics	Rope Jump	Kick Boxing
		Motorsports	Para Powerlifting	Floor Hockey	Skating Football
		Shooting (all codes)	Roller Skating	Goalball	Amputee Football
		Skateboarding	Boccia	Billiards	Team building activities
		Snooker	Horse Racing	Volleyball (all codes)	Kungfu
		Squash		Rollball	Chess
		Table tennis		Floorball	Scrabble
		Tennis (all codes)		Modern Pentathlon	Ajua
		Horse-Polo			
		Horse racing			
		Heptathlon			

## Appendix 2: Monitoring and Evaluation Matrix

	QUESTIONNAIRE/CHECKLIST	Yes	No	Remarks
	<b>Preliminary Measures – Pre-site</b>			
	Are COVID-19 contact persons and response teams in place			
	Are “safe return-to-training committees” by federations to oversee the preparedness activities formed			
	Has a Complete risk assessment of the transition plan been made			
	Is a detailed <b>protocol and action plan</b> to demonstrate how risks are managed and mitigated at an operational level in place			
	Have the participants been provided education and awareness of COVID-19			
	Has the Federation/Sporting organisation been cleared for Resumption of sports in the specific discipline?			
	<b>General Guidelines – on site</b>			
	Is there adequate availability of alcohol-based sanitizers and hygienic equipment at the training and competition sites?			
	Are regular cleaning and disinfection of venues, associated fixtures and equipment carried out?			
	Have all Participants taken the Covid-19 tests or vaccinated with evidence of the same?			



	Is there adequate and visible signage at every entrance and strategic locations to remind all persons of the COVID-19 measures including development and display of venue policies and information boards?			
	Are there measures to handle any suspected cases of COVID-19 to be processed in line with the guidelines provided by the Ministry of Health?			
	Are adequate body temperature checks to cover all persons within the venue provided for?			
	<b>Venue Guidelines – On Site</b>			
	Is booking in advance, online, over the phone or is it as a last measure in a physical set up?			
	Has COVID-19 contact persons been identified and appointed who will be responsible for responses on venue preparedness and related actions?			
	Is there an allocation of exclusive drop-off, pick-up and parking areas for athletes, athlete support personnel, PWDs, vulnerable groups, officials and staff including clear designation of entry and exit points?			
	Are Screening and Health Checks to be conducted and all participants mandated to wear face masks and proper protective gear?			

	Is there plans for temporary record of clients and visitors for 30 days for tracing contacts in case any of the participants turns positive for COVID-19?			
	Has set up and marking of seating areas for athletes, athlete support personnel, PWDs, vulnerable groups and officials done with due consideration for social distancing?			
	Are there adequate measures to maintain mandatory enhanced disinfection of objects and equipment, busy areas; handrails and gates; and equipment storage areas?			
	Are the sport support rooms, isolation, medical and anti-doping rooms availed in satisfactory states regarding adequate ventilation and social distancing?			
	Is there adequate constant water supply, hand washing facilities, soap, paper towels, tissues, no-touch foot pedal trash cans, sanitizers; PPEs for venue staff undertaking cleaning and disinfection			
	Is there an adequate provision of more waste disposal facilities and removal of waste before, during and after events?			
	Are there considerations for properly equipped and manned ambulances to be stationed at the venue;			
	Has the Federation/Sporting organisation verified compliance of the venue for the domesticated safety needs for the specific sporting discipline?			

	<b>Specific guidelines for managers of indoor facilities</b>			
	Are solid partitions installed in certain risk areas (e.g. reception, media centres, interview centres, in front of the markers) or between the pieces of equipment (e.g. equipment in the gym)?			
	Are changing rooms accessibility restricted to promote social distancing between people;			
	Are the provided social distancing guidelines being followed in the showers and changing rooms?			
	<b>Swimming Pools/Aquatic Venues</b>			
	Please note that saunas, pools, steam rooms, and hot tubs should remain closed. Maintain proper disinfectant levels (1-10 parts per million free chlorine or 3-8 ppm bromine) and pH (7.2-8).			