



U. P. Athletics Association

Affiliated to U. P. Olympic Association & Athletics Federation of India

ATHLETICS UTTAR PRADESH

~ Standard Operating Procedure (SOP) *~*

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1. GENERAL INSTRUCTIONS

- These instructions are listed specifically for **Athletics Uttar Pradesh** Athletes and Coaches. In addition to this, you are advised to strictly follow all the guidelines issued for general public time to time by the Government of India and State Governments.
- This SOP will be updated and circulated again as and when required depending upon the changes in COVID-19 control scenario.

2. TRAINING – SPECIFIC INSTRUCTIONS

DO NOT GO FOR TRAINING	BEFORE YOU GO TO TRAINING
<ul style="list-style-type: none">✓ IF you are having Flu-like symptoms such as Sneezing, Coughing, difficulty in Breathing and Fatigue etc.✓ IF you have been in close contact with someone around you who showed above-mentioned Flu-like symptoms or tested positive for COVID-19 in last 14 days.✓ Inform immediately your coach & the Hony Secretary of District Athletics Association or U. P. Athletics Association about your sickness or if you have come in contact with any sick person.✓ IF the training has been cancelled by your coach or centre in-charge due to unavoidable circumstances.	<ul style="list-style-type: none">✓ Make sure you are well aware of your timings for outdoor training & Weight Training session.✓ Speak to your Coach, Group Athletes before leaving your room so everyone is present at the venue on time & there is no delay.✓ Leave your room exactly 5 mins. before your scheduled training.✓ Use of disposable gloves by athletes is highly recommended. For Relay Athletes practicing Baton exchange, use of Hand Gloves is mandatory.✓ Always wear full sleeves T-shirts, tights, shirts whenever stepping out of the room.

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<u>DURING TRAINING</u>	<u>AFTER TRAINING</u>
<ul style="list-style-type: none">✓ Maintain a safe & isolated distance of minimum 2 meters from others while walking to the Training ground and during the Training.✓ Carry your own Water bottle, Energy drink etc. as well as your own personal Hand Sanitiser, Paper napkins, Towels etc.✓ Do not Exercise / Train / Walk in groups & do not take help of other Athletes / Coaches.✓ Do not shake hands or hug other Athletes, Coaching Staff members.✓ At any point of time you feel ill, immediately report to your coach, support staff.✓ At best, avoid using public Toilets & Wash-Rooms.✓ Do not Sneeze or Cough without covering your Mouth and Nose.✓ Do not spit on the ground.✓ Always use dustbin to throw any waste such as empty water bottles, paper napkins etc.✓ Do not call any person from outside in the Training Area or enroute Training Area / Hostel / Dining Hall.	<ul style="list-style-type: none">✓ Apply your personal Hand Sanitiser.✓ Check your belongings carefully and make sure it has not been touched by others, similarly, do not touch anything that does not belong to you.✓ Rush back to your Hostel Room as soon as your training is over and do not hang around in groups.✓ Take shower immediately once you reach your room.✓ Put used clothes for washing immediately & do not wear same clothes after shower.✓ Use of Sauna / Ice Bath / Swimming pool facilities should be avoided.✓ Relax and Re-asses your health after sometime, report to your Coach or Secretary / responsible Official of District Athletics Associations / Athletics Uttar Pradesh immediately if you feel sick.✓ Keep your personal Hygiene level high at all times.✓ Do not take Mental Stress & keep in touch with your Family Members, Friends remotely through Mobile Phones, Video conferencing.

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SAFE USE OF EQUIPMENT	
<ul style="list-style-type: none">✓ Practice caution with the equipment. Sanitize all hand held implements prior and after use e.g. Shots, Javelins, Discus, Hammer, Markers, Batons etc.✓ Clean equipment with a disinfectant spray at the conclusion of training.	<ul style="list-style-type: none">✓ Although there is no specific evidence that equipment can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.

RESPONSIBILITIES OF COACHES
<ul style="list-style-type: none">✓ Respective coaches will be responsible for maintaining social distancing.✓ Use of clean & disinfected equipment during training sessions; supply & requirement of disinfectants must be timely reported by the Coach to concern authorities.

DEALING WITH OUTSIDE WORLD & EVERYDAY LIFE	
<ul style="list-style-type: none">✓ Maintain SOCIAL DISTANCE at all times.✓ Try to clean your rooms yourselves.✓ Do not leave your hostel rooms except for Training / Medical / Rehabilitation purposes.✓ Visit to Barber shops / Saloons / Beauty Parlours / Shopping Malls is STRICTLY prohibited.✓ Do not eat outside or order food parcels.	<ul style="list-style-type: none">✓ Wear a MASK before leaving your room.✓ Carry a small bottle of hand sanitiser if visiting ATM and use sanitiser after operating ATM machine.✓ Avoid touching Couriers / Parcels / Letters delivered to you and always sanitise such articles before using them.✓ Try not to touch any surfaces, but if you do so, sanitize your hands as soon as possible.

3. IMPORTANT RESOURCES

- All athletes must download Government of India's "AAROGYA SETU" App for tracking COVID-19 positive cases near you as well as assessing your own Health time to time to control spread of Coronavirus in India.

Download "AAROGYA SETU" now, click - <https://www.mygov.in/aarogya-setu-app/>

- For any COVID-19 emergency, you may contact Govt. of India (MoHA) on Toll Free number at- 1930

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4. BE INFORMED, BE SAFE



Ministry of Health and Family Welfare
Government of India

NOVEL CORONAVIRUS (COVID-19)

Help us to help you

There is enough of everything, everyday for everyone
Don't Panic | Don't Rush | Don't Overstock



-  Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.
-  Have patience and keep calm while shopping for essential goods/medical supplies
-  Avoid frequent trips to the market to buy groceries/medical supplies
-  Avoid shaking hands and hugging as a matter of greeting
-  Avoid non-essential social gatherings at home
-  Don't allow visitors at home or visit someone else's home

Observe social distancing at all times
If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

For information related to COVID-19
Call Ministry of Health and Family Welfare, Government of India's 24x7 Control Room Number 1075 (Toll Free) | 011-23978046, Email at ncov2019@gov.in, ncov2019@gmail.com

Together we will fight COVID-19

mohfw.gov.in | [@MoHFWIndia](https://www.facebook.com/MoHFWIndia) | [@MoHFW_INDIA](https://twitter.com/MoHFW_INDIA) | [mohfwindia](https://www.youtube.com/channel/UCmohfwindia)

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Ministry of Health and Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others!

Follow these Do's and Don'ts

Do's

-  Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean
-  Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
-  Throw used tissues into closed bins immediately after use
-  See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose
-  If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 011-23978046
-  Avoid participating in large gatherings

Don'ts

-  Have a close contact with anyone, if you're experiencing cough and fever
-  Touch your eyes, nose and mouth
-  Spit in public

Together we can fight Coronavirus



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The infographic is titled "NOVEL CORONAVIRUS (COVID-19)" and "Protective measures against Coronavirus". It features a family illustration on the right. Key instructions include: maintaining a 1m distance, washing hands with soap and water or 60% alcohol sanitizer, avoiding touching eyes/nose/mouth, throwing tissues in bins, covering nose/mouth when sneezing, and avoiding mass gatherings. Contact information for helpline (1075) and O11-23978046 is provided, along with email addresses and social media handles.

Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus

A distance of at least 1 meter is necessary to ensure safety for all

- Wash your hands with soap and water regularly
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Wash hands before touching eyes, nose and mouth
- Throw used tissues into closed bins immediately after use
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

1075 (Toll Free) | O11-23978046
Email to: ncov2019@gov.in, ncov2019@gmail.com

mohfw.gov.in | [@MoHFWIndia](https://www.facebook.com/MoHFWIndia) | [@MoHFW_JNDIA](https://twitter.com/MoHFW_JNDIA) | [mohfwindia](https://www.youtube.com/channel/UCmohfwindia)

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~* STAY SAFE STAY FIT *~

"PLEASE READ EACH & EVERY INSTRUCTION OF THIS SOP CAREFULLY"

For Athletics Uttar Pradesh
Sincerely yours

P.K.Srivastava
Hony Secretary
20th May 2020