

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

Ref. No. Gen/08/2020 Dated: 20th May 2020

To:

The Chairman / Presidents / Secretaries
Affiliated District Athletics Associations / Units.
U.P. Athletics Association

Dear Members of Athletics Fraternity & Dear Athletes, Coaches & Support Staff,

Greetings from Athletics Uttar Pradesh,

The Standard Operating Procedure (SOP) have been written with a focus on infectious disease outbreak of **Coronoa Virus** (COVID-19). The instructions in this SOP are listed with the sole purpose of keeping you **SAFE & HEALTHY** during present COVID-19 situation.

You **MUST** follow these instructions religiously during the lockdown as well as during the training period, as and when it restarts. Please be aware that your safety and well-being is of utmost importance and resumption of training and competitions has become secondary in the present context.

The SOPs adhere to all the advisories and guidelines stipulated by the Central and State Governments and are devised to the safety and well-being of all our Athletes / Coaches / Support Staff and others involved directly or indirectly in imparting Training.

Please remember, if you are safe, then only you can continue to train.

Although, as of Monday, 18th May 2020, there are relaxations in the Rules & Regulations of Lockdown, you are **STRICTLY** advised to remain inside the protected environment of your place of stay and inside your lovely Homes & Hostels.

~ STAY SAFE STAY FIT *~*

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

Yours Sincerely For U.P. Athletics Association

P.K.Srivastava Hony Secretary



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ATHLETICS UTTAR PRADESH

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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

BEFORE YOU GO TO TRAINING DO NOT GO FOR TRAINING you are having Flu-like ✓ Make sure you are well aware of your timings for outdoor training symptoms such as Sneezing, Coughing, difficulty in Breathing & Weight Training session. and Fatigue etc. ✓ Speak to your Coach, Group ✓ IF you have been in close Athletes before leaving your contact with someone around room so everyone is present at you who showed abovethe venue on time & there is no mentioned Flu-like symptoms or delay. tested positive for COVID-19 in last 14 days. ✓ Leave your room exactly 5 mins. before your scheduled training. ✓ Inform immediately your coach & the Hony Secretary of District ✓ Use of disposable gloves by Athletics Association or U. P. athletes is highly recommended. Athletics Association about your For Relay Athletes practicing sickness or if you have come in Baton exchange, use of Hand contact with any sick person. **Gloves** is mandatory. ✓ IF the training has been ✓ Always wear full sleeves T-shirts, tights, shirts whenever stepping cancelled by your coach or in-charge out of the room. centre due to unavoidable circumstances.



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DURING TRAINING AFTER TRAINING ✓ Maintain a safe & isolated ✓ Apply your personal Hand distance of minimum 2 meters Sanitiser. from others while walking to the Training ground and during the ✓ Check your belongings carefully and make sure it has not been Training. touched by others, similarly, do ✓ Carry your own Water bottle, not touch anything that does not Energy drink etc. as well as your belong to you. own personal Hand Sanitiser, Paper napkins, Towels etc. ✓ Rush back to your Hostel Room as soon as your training is over ✓ Do not Exercise / Train / Walk in and do not hang around in groups & do not take help of groups. other Athletes / Coaches. ✓ Take shower immediately once ✓ Do not shake hands or hug other you reach your room. Athletes. Coaching Staff members. ✓ Put used clothes for washing. immediately & do not wear same ✓ At any point of time you feel ill, clothes after shower. immediately report to your coach, support staff. ✓ Use of Sauna / Ice Bath / Swimming pool facilities should ✓ At best, avoid using public Toilets be avoided. & Wash-Rooms. ✓ Relax and Re-asses your health after sometime, report to your ✓ Do not Sneeze or Cough without covering your Mouth and Nose. Coach or Secretary / responsible Official of District **Athletics** ✓ Do not spit on the ground. Associations / Athletics Uttar Pradesh immediately if you feel ✓ Always use dustbin to throw any sick. waste such as empty water bottles, paper napkins etc. √ Keep your personal Hygiene level high at all times. ✓ Do not call any person from outside in the Training Area or ✓ Do not take Mental Stress & enroute Training Area / Hostel / keep in touch with your Family Dining Hall. Members. Friends remotely through Mobile Phones, Video conferencing.



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SAFE USE OF EQUIPMENT

- ✓ 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.
- ✓ 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

- ✓ 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

- 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.

- ✓ 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

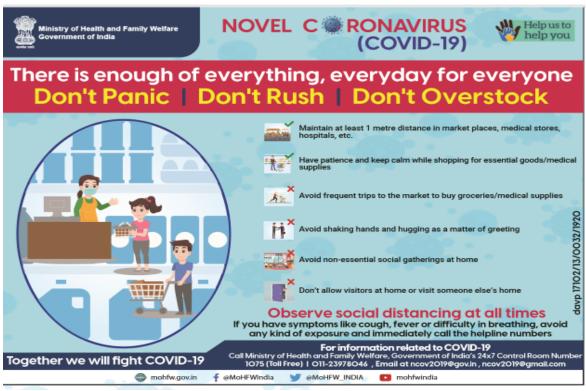


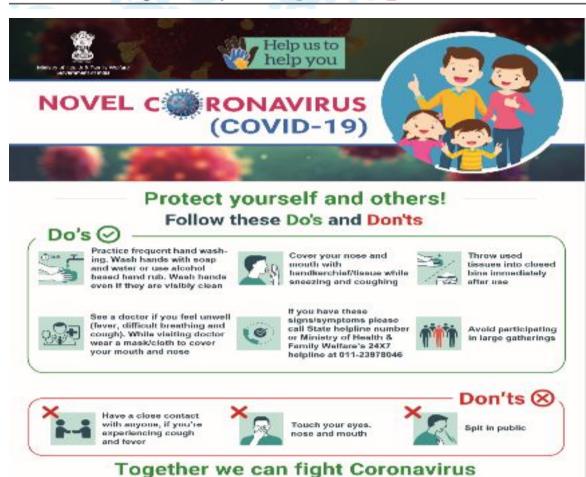
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4. BE INFORMED, BE SAFE







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

For Athletics Uttar Pradesh Sincerely yours

*P.K.Srivastava*Hony Secretary
20th May 2020

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