

TWELVE SUGGESTIONS TO AVOID THE SPREAD OF THE CORONAVIRUS IN SPORTS VENUES

It is considered appropriate to draw the attention of sports doctors and all parasanitary personnel to some simple, but fundamental hygiene and health standards, to be considered by companies and custodians of sports facilities both in the locker rooms, in common areas and services hygiene systems, designed to prevent the spread of coronavirus during competitions and training.

These rules must be clearly displayed to everyone and respected not only by athletes, but also by companions, referees, coaches, managers, masseurs, spectators and professionals.

1) Do not drink from the same bottle / glass neither in competition nor in training, always using disposable glasses or a nominal or otherwise personalised bottle, and do not exchange other items (towels, bathrobes, etc.) with your companions.

2) Avoid consuming food in the changing rooms.

3) Put personal items and clothing in bags, avoiding leaving them exposed in the changing rooms.

4) Immediately throw paper tissues or other used materials such as plasters, bandages, etc. into the appropriate containers.

5) Wash your hands thoroughly as often as possible: hand washing and disinfection are decisive to prevent infection. Hands should be washed with soap and water for at least 20 seconds and then, after rinsing them thoroughly, they should be dried with a disposable towel; if soap and water are not available, a 60% alcohol-based hand sanitiser can also be used.

6) Do not touch your eyes, nose or mouth with unwashed hands.

7) Cover your mouth and nose with a tissue - preferably disposable - or with your arm, but not with your hand, if you cough or sneeze.

8) Air all rooms as often as possible.

9) Periodically disinfect tables, benches, chairs, hangers, floors, taps, showers and toilets with bleach or chlorine based disinfectant solutions, solvents, 75% ethanol, paracetic acid and chloroform.

10) Invite people who experience symptoms of an ongoing respiratory infection and / or fever to leave the premises immediately and notify the social doctor and / or medical officer of the federation or call the assistance numbers.

11) For those who have not yet been vaccinated against the flu, take the flu vaccine as quickly as possible, in order to make diagnosis and management of suspected cases easier.

12) Inquire from athletes and corporate staff if there have been any contacts in person or within their family with people who have returned from China or other countries at risk or in quarantine.