



**Laureus**<sup>™</sup>  
SPORT FOR  
GOOD

# Return to Sports Activity Guide

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## *Who are we?*

We are a collective of not-for-profit organisations that partner with Laureus Sport for Good Foundation in Brazil. Though we work in different areas of Brazil, and with different types of sports and communities, our collective mission is to promote human and social development through sport and social support.

Laureus Sport for Good supports organisations that use sports as a tool for social change and engage children and young people in activities tackling violence, discrimination, and social disadvantages worldwide.

In 2020, in light of the Cov-19 pandemic, we were all forced to suspend our in-person activities and begin a new way of working, focusing on both emergency support - helping families made vulnerable by the loss of employment or other sources of income - and adapting to offer activities online—an innovation for the majority of Brazilian organisations. It's important to note that beyond its newness, the online model is also a challenge due to the fact that in Brazil access to internet is neither widespread nor democratic, meaning we have all had to take huge efforts to make sure our children and young people can access support. Nevertheless, we have been able to meet the challenge and maintain our relationships with our communities.

Despite the extreme circumstances caused by the pandemic, in the second half of 2020 we believed it was necessary to collectively draw up safety guidelines for organisations to return to their in-person activities and services as soon as possible given that without our activities, and whilst most schools remain closed, children, young people and their families are left even more vulnerable.

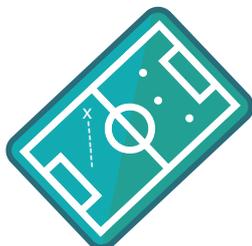
This document was born out of this concern for families and the need to plan our next steps. We envision this as a living document, open to any adaptations individual organisations consider necessary, given that we all work in different contexts and that new scientific understanding about how to practice sports in times of Cov-19 may require frequent updates.

We hope it is useful and allows organisations a safe and successful return to in-person activities.



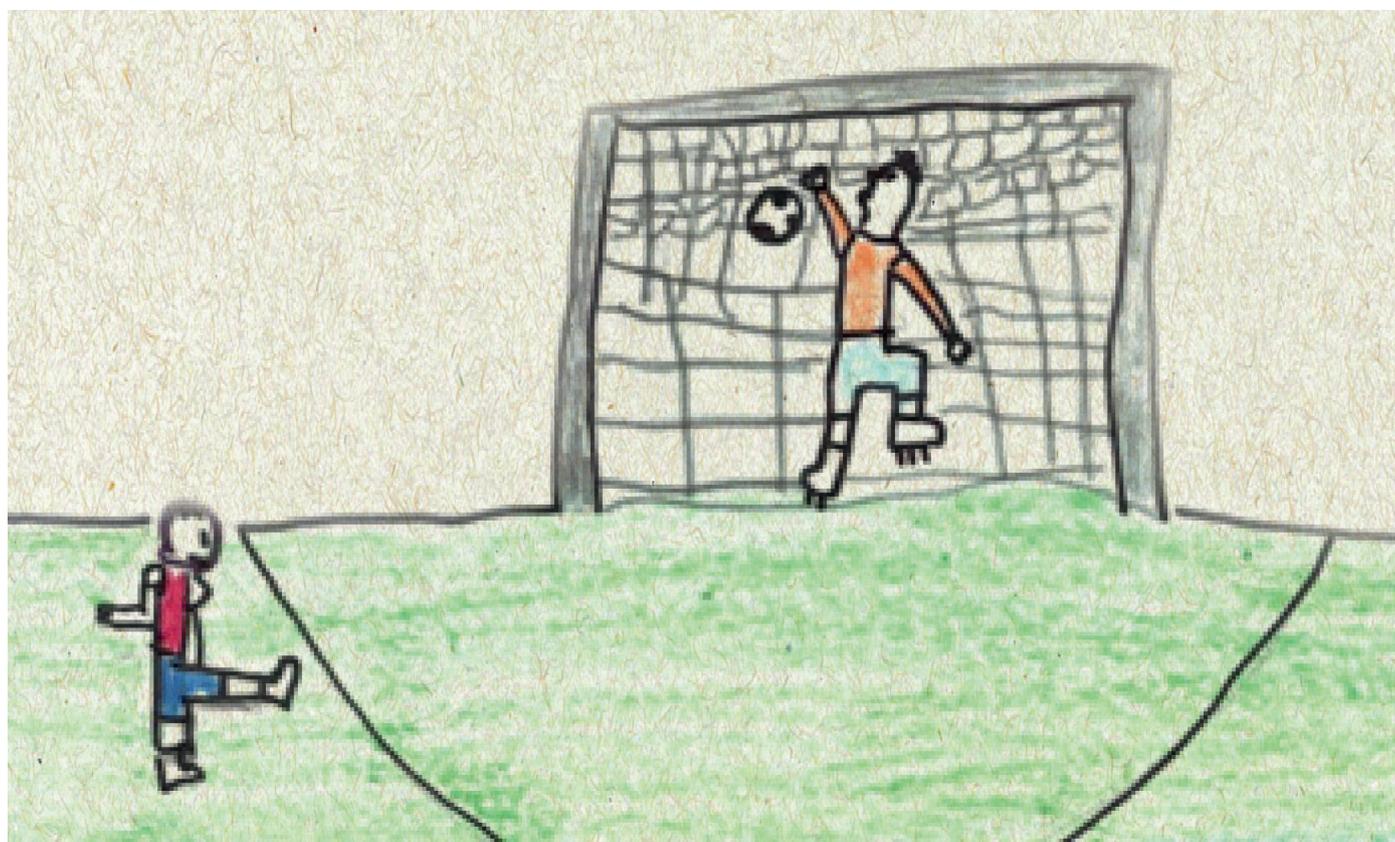
## Organisations

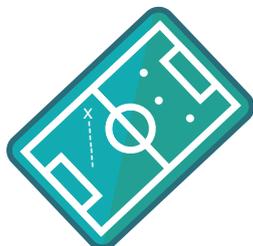




## *Why this guide?*

- ▶ Because we want to ensure the return to in-person social and sports activities is done in a safe manner for all participants, coaches and teachers, and does no harm to the communities supported by the partner organisations of Laureus Sport for Good in Brazil;
- ▶ Because we know that with all the passion, adrenaline, and socialising inherent in sports, it's of the utmost importance that we have safety protocols and guidelines to reduce the risk of contamination;
- ▶ Because we want to promote the exchange of experiences between sports for development organisations in Brazil, as well as share knowledge with other organisations throughout the world.

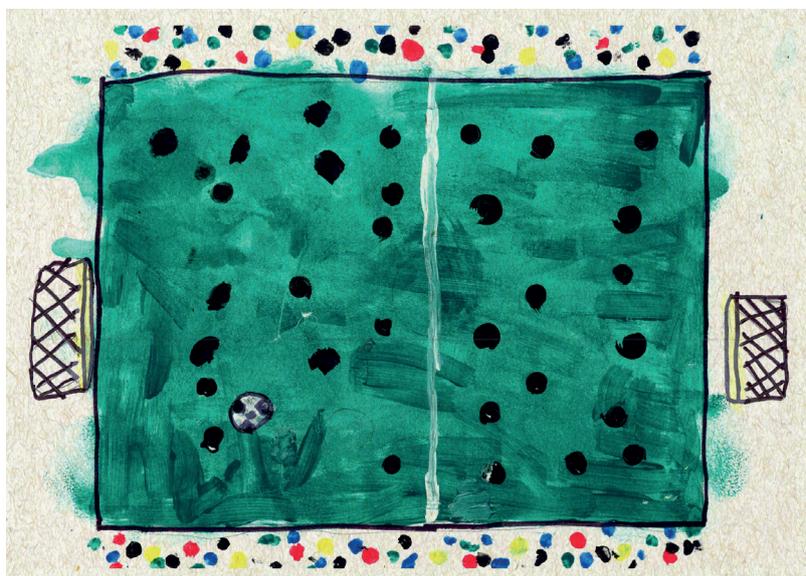




## *And for what?*

- ▶ For guiding organisation on how to ‘prepare the field of play’ and on which rules to put in place to ensure the safety of children, young people, and their families;
- ▶ For participants to know how to “warm-up” before arriving on the field and which rules they should follow to keep themselves safe;
- ▶ For the families of participants to be able to “cheer for their team”, supporting them on and off the field: we believe that support and trust from families is essential for the safe and successful return to in-person activities;
- ▶ And finally for those who support our NGOs to know that the organisations that follow this guide take the health of our participants, families, and communities to be the highest priority, and that we carry out our work in line with the latest public health and personal and collective safety guidelines;

It is important to reiterate that this guide is a reference, a document to inspire and contribute to the development of protocols for return that are adjustable to and viable for the reality of each organisation. These individual organisational protocols should preferably take into consideration the input of specialists in public health and should, in our opinion, be collectively discussed and adapted developed by each organisation’s teams. Therefore, it was not our intention to create a closed document, but to stimulate debate and research that will lead to safe returns at the appropriate moment given each partner organisation’s specific context.





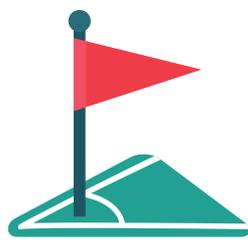
## *Pre-season: When should we go back to practice?*

We know that this is the most difficult decision. How can we think about returning in a country that continues to face approximately one thousand deaths per day?

This decision requires significant reflection. We recognise that each context is different and that it would be impossible to create rigid criteria for return. For this reason, we've provided these minimum guidelines for members of this collective to take into account when making the decision to return.

What should each organisation be prepared to do before returning?

- ▶ Evaluate your capacity to ensure a safe environment (to provide personal protective equipment, to purchase hygiene and cleaning materials, to offer adequate—preferably outdoor—space, to maintain accessibility for participants with disabilities)
- ▶ Consider those who have been left most vulnerable (those with health problems, those with disabilities) when planning: will you be able to provide the support they need whilst maintaining a safe environment?
- ▶ Train team members in best practices against the transmission of Cov-19
- ▶ Monitor and analyse the reopening of similar public and private entities (schools, sports centers, federations, committees)
- ▶ Consult public health professionals who can advise the organisation and its participants
- ▶ Adapt activities to this new context with a willingness to modify plans in order to prioritise everyone's health and safety



## *Preparing the field (according to each organisation's services and needs)*

So you've decided to return, let's prepare the field!

To prepare the field of play, what and wherever it may be, take the following into consideration:

- ▶ Does your organisation have access to an open, outdoor space, accessible to participants with disabilities, where you could practice?
- ▶ What materials and equipment will be necessary to ensure the sanitation of the space and the hygiene of people participating?
- ▶ How will you go about the daily cleaning of spaces, materials and athletic equipment?
- ▶ How will you control the use of facilities (bathrooms, showers, changing rooms)?
- ▶ What forms of communication (posters, pamphlets, videos, banners) will you use to promote best hygiene practices?
- ▶ What forms of communication will you use to inform participants and their families about the new rules of the game?
- ▶ How will you create a strict schedule of practices and lessons, with a limited number of participants?
- ▶ What plans do you have in place in the case of contamination/transmission during activities? (It is important that the organisation has access to local (state or municipal) public health guidelines in cases of contamination and that appropriate steps are carried out in a timely manner to quarantine those who have contracted the disease, inform and distance people they may have come in contact with, carry out tests, and possibly suspend activities again).

### *Attention*

The answers to these questions are the first steps in planning a successful return. This part of the planning processes should be shared with partners (schools, other sports NGOs, donors), who should be made aware of all implemented changes.

You should also involve your team in developing these plans, train them to take appropriate actions and keep your ears open to new information and changes.



## *Warm up (Measures for children, adolescents, youth and families)*

It is important to remember that the warm up happens before anyone enters the field. Here we will discuss how to prepare your participants and their families. Your organisation will need to think about constant communication strategies, the production of informative material and how to directly and indirectly relay new information to your participants so that the rules, changes, and precautions of the return are understood and properly followed.

This being the case, discuss the following issues with participants and their families:

- ▶ If you are in a high risk group (pre-existing illness or disability), seriously think before returning to in-person activities and never hide information - transparency is key at the moment!;
- ▶ Similarly, if you live with someone with a chronic illness that could potentially put them at a high risk of Cov-19 related health complications, seriously think before returning to activities. If you do return, use a mask during all activities and on the way to and from home, clean your shoes before entering your home, take a shower right away, and separate your clothes to be washed;
- ▶ Hygiene is important—wash your hands with soap and water or use alcohol gel before entering the field or the classroom and your home;
- ▶ Gatherings and social situations are what this virus likes most—do not arrive early (five minutes at most) and do not linger at the end of practice;
- ▶ We Brazilians like being close to others, but we know that every hug, kiss, or close contact raises the risk of contamination for you and your family;
- ▶ Information and communication are the keys to success— you and your families should always read all of the warnings, information, messages, and any and everything else sent by the organisation



## *Game day!*

The referee has blown the whistle, but what are the new rules?

- ▶ Training spaces and classrooms should be open, ventilated, and cleaned before and after each session of activities;
- ▶ Coaches and teachers must use masks at all times;
- ▶ Do not play loud music so people have no need to shout;
- ▶ Shared equipment must be cleaned after each use;
- ▶ Hand sanitation is essential—always keep alcohol gel and/or soap and water and paper towels close to where sporting activities take place;
- ▶ Each sport and class will make its own changes—it's important that coaches and teachers ensure that the changes are clear;
- ▶ When possible, players should remain at a distance of at least one meter from each other; if necessary, change the sport to guarantee everyone's safety;
- ▶ Individual activities should be prioritised; if there is close contact, players should train in designated, recurring “bubbles” to prevent gatherings;
- ▶ Avoid hugs, handshakes and high fives and kisses, even when you score!



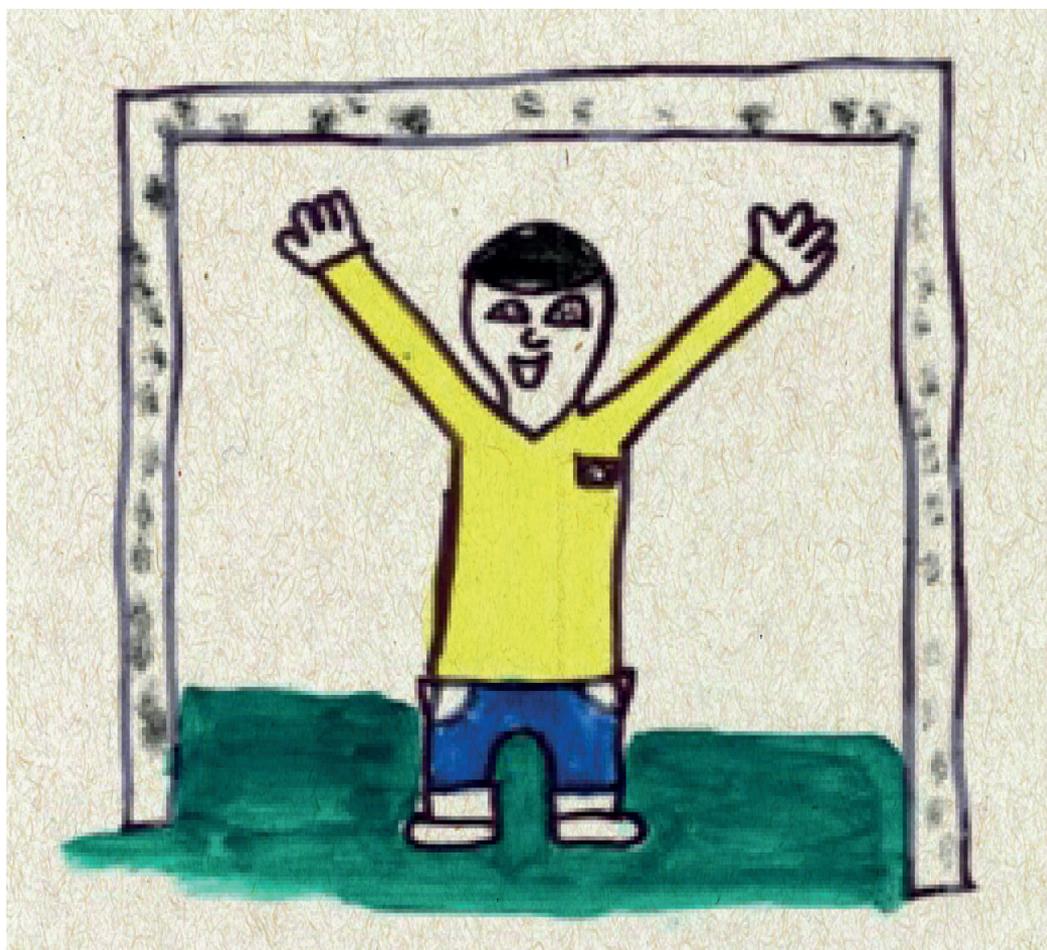


## *Time out!*

During periods of rest, everyone still needs to stay aware and vigilant; the virus doesn't let you relax too much!

After lessons and practices:

- ▶ Maintain distance between participants, coaches and teachers;
- ▶ Avoid gatherings at water fountains, faucets, bathrooms and where food is served;
- ▶ Sanitise rest areas; don't lie down on mats, pads, or other places without first cleaning them;
- ▶ Keep your belongings (cellphones, cups, water bottles, book bags) close to you;
- ▶ Seek out open, ventilated, clean **and accessible** spaces;
- ▶ Sanitise your hands after each activity and before touching equipment, materials, or structures like doors, handrails, light switches, windows and others.





## *Yellow card! Red Card!*

Precautions and prohibitions for each group to take.

Children, adolescents and youth:

- ▶ If you come into contact with a person suspected of having Cov-19 in the last 10 days, inform (or ask your family to inform) your coaches and teachers, and do not come to classes or practices;
- ▶ If you feel ill (fever, aches, fatigue, coughing or sneezing) in practice or class, inform your coach or teacher and follow their instructions until you can return home;
- ▶ The corona virus is no joke! Even if you aren't in a high risk group, do not make childish jokes or make fun of people who are more worried or afraid than you;
- ▶ Spitting is prohibited. If you need to cough or sneeze, cover your mouth with your elbow.

Families

- ▶ If you think someone in your household has Cov-19, please, contact the organisation and do not send your children to activities until you are sure that they are healthy;
- ▶ Never withhold information, and always pass on messages quickly and clearly. Your child's spot in the organisation will not be lost;

Coaches and Teachers

- ▶ If you notice someone with symptoms or hear stories or anecdotes that describe symptoms, remove the participant from the communal space, and take them to an open, ventilated space to keep them isolate while you communicate with their family. The family should come get the participant and keep the organisation informed about the evolution of symptom;
- ▶ Do not be worried about taking strict actions—if we cannot guarantee a safe space, blow the whistle before the 90 minutes is up!



## Checklist of Recommendations

Individual and Group Sports		
Topic	Possible Actions	Who is responsible?
<b>Social Distancing</b>	<ul style="list-style-type: none"><li>- Consult your federation to find out what procedures your organisation should follow</li><li>- Adapt spaces, rules and number of participants, remembering the most important thing is the health and safety of your participants</li><li>- Use tape or chalk to mark the ground to remind participants of adequate distances</li><li>- Restrict waiting spaces, substitute benches and technical areas where coaches normally stay</li></ul>	<b>Coordinators and Coaches</b>
<b>Equipment</b>	<ul style="list-style-type: none"><li>- Never reuse materials without disinfecting them before;</li><li>- Separate equipment that doesn't need to be used</li><li>- Store materials in protected, but airy locations</li><li>- If possible, provide participants with equipment that they keep for individual use</li><li>- Any equipment (including that used by people with disabilities) should be disinfecting before and after use by the individual</li></ul>	<b>Coordinators and Coaches</b>
<b>Competitions</b>	<ul style="list-style-type: none"><li>- Consult your federation to find out what procedures your organisation should follow</li><li>- Organise transport and accommodation for small groups</li><li>- If possible, test participants before and after the event</li></ul>	<b>Coordinators and Coaches</b>
<b>Events that cause agglomerations</b>	<ul style="list-style-type: none"><li>- If at all possible, avoid running these events;</li><li>- If impossible to avoid, try online events, or activities in large, open spaces and with marked places that ensure social distancing</li></ul>	<b>Coordinators and Coaches</b>
<b>Kit</b>	<ul style="list-style-type: none"><li>- If kit stays in the organisation's possession, designate a place and closed container to store clean kit and to collect used kit;</li><li>- If possible, provide kit for participants' individual use and advise the family about washing;</li><li>- Do not allow any used items to be shared;</li></ul>	<b>Coordinators and Coaches, Admin and cleaning teams</b>
<b>Hygiene Stations</b>	<ul style="list-style-type: none"><li>- Distribute alcohol gel, soap and other cleaning products in open spaces, controlling access to these areas</li><li>- Make spaces accessible to all participants</li><li>- Put posters around cleaning areas with the rules and the number of people allowed at a time</li><li>- Create a product check routine so that you never run out of products at hygiene stations</li></ul>	<b>Coordinators and Coaches, Admin and cleaning teams</b>



## Individual and Group Sports

Topic	Possible Actions	Who is responsible?
<b>Cases of Illnesses</b>	<ul style="list-style-type: none"><li>- Make sure that a qualified person provides care, avoiding agglomerations</li><li>- If necessary refer the student to local health services</li><li>- Have transport on stand-by in case of any emergency situations</li><li>- Always involve the family in this process, from communication to follow-up to the health service</li></ul>	<b>Coordinators and Coaches</b>
<b>Monitoring of Covid Response</b>	<ul style="list-style-type: none"><li>- Hold regular meetings to assess the implementation of the response plan</li><li>- Find information/training for your team</li><li>- Consult participants and family members about their perception and suggestions regarding the plan;</li><li>- Record everything that happens and share reports with the professionals involved</li></ul>	<b>Whole team</b>



## *References*

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