

# **STANDARD OPERATING PROCEDURE (SOP) FOR SPORTS ACTIVITIES - SHOOTING**

## **❖ SANITIZATION OF SHOOTING RANGES**

1. Hand sanitizers shall be made available at the entrance of range and a notice shall be displayed with guidelines on proper sanitization process
2. Sanitizers shall also be placed at entry points of rooms of officials, FOP, gymnasium, medical centre, dining hall/mess and other strategic points throughout the centre.
3. Every person within the range shall sanitize hands regularly as per guidelines displayed on illustrative notices throughout the range.
4. Wherever possible, windows shall be kept open and operation of A/C should be avoided. If used, A/C shall be operated between 24-30 degree centigrade with humidity levels maintained between 40-70%.
5. Handshakes and other forms of greetings, which need physical contact shall be avoided
6. Meetings with trainee groups shall be avoided as far as possible
7. For all discussions, which demand physical presence, trainees and staff shall strictly adhere to the social distancing norm of minimum 2 meters between each individual.
8. All packed supplies delivered at range shall be placed in an open area for a period of 24hrs (cardboard packing) or 72 hours (plastic packing) before usage. Unwrapped items like fruits or vegetables shall be washed under running water immediately after being delivered at range. Fruits and vegetables may be soaked in diluted vinegar; salt or lemon water for few hours and left to dry prior to consumption.
9. Organizers may refer to nutritionists and local Government advisories on procurement and serving of certain food types, e.g. non-vegetarian food, and accordingly the same may be provided to athletes.
10. Waste disposal staff shall ensure they are wearing face masks and disposable gloves at all times while handling trash bags or bins. Clothes worn during waste disposal shall be changed and cleaned after handling waste. Staff shall avoid direct contact with drivers and collectors and shall perform hand-hygiene after handling waste. In addition, all other Government guidelines pertaining to waste disposal shall be strictly adhered to.

11. All surfaces, which can potentially be touched by multiple individuals shall be cleaned and sanitized at regular intervals during the day by residential facility management staff.
12. Mandatory minimum 2 meters distance between tables and between individuals in serving area shall be maintained in canteen or mess. Distancing norms shall be followed in kitchen as well.
13. Socializing and group meals shall be avoided. Use of recreation area shall be avoided as far as possible and all surfaces and equipment in recreation area shall be disinfected at regular intervals.
14. ONLY ONE access point will be open for entry and exit to and from the centre respectively. The utilization of facilities by outside athletes shall be prohibited till relaxations are announced by Government based on local conditions.
15. All visitors or vehicles must have valid authorization issued by competent authority to enter the premise.

## ❖ **ATHLETE AWARENESS**

1. Prior to resuming sports activities at the ranges, each athlete shall be educated on COVID precautionary measures, which are to be implemented at the facility and during activities. Prior to commencement of activities, coaching staff shall reemphasize proper hygiene and health safety practices to all athletes as part of daily briefing
2. Athletes shall be trained in disinfection practices to allow them to disinfect their own rooms and prevent contamination.
3. Non-residential athletes and residential athletes returning to the centre shall be educated on the existing precautionary measures regarding usage of common facilities within the centre.
4. Provision shall be made for education material for athletes and other personnel to promote required behaviors (e.g. regular and thorough hand-washing, covering mouth and nose with a tissue or sleeve during coughing/sneezing). Some topics on which resources (preferably published by WHO) shall be made available are:-
  - a. Good hygiene for corona virus (COVID-19)
  - b. Hand washing guidance (**Annexure 6**)
  - c. Covering of coughs and sneezes (use and disposal of tissues)
  - d. Self-isolation (self-quarantine) for corona virus (COVID-19)
  - e. Advice for people at risk of corona virus (COVID-19)

5. Posters illustrating hygiene best practices and anti-COVID precautionary measures shall be displayed at clearly visible spots throughout the centre.
6. High performance/professional athletes and other personnel shall be educated on hygiene practices and required behaviors relevant to their sport and environment. Some mandatory precautionary practices include -
  - a. No sharing of drink bottles and towels.
  - b. No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions
  - c. No physical contact in the form of handshakes, hugs, high-fives etc.
7. Use of AarogyaSetuapp shall be made mandatory and the athletes shall be trained on effective usage of the app.
8. The delegation must have an adequate supply of masks and gloves and hand sanitizer.
9. Masks must be worn permanently while being at the shooting venue in crowded places. Maskscan be taken off only at firing lines.
10. Physical distancing guidelines must be followed at all times.
11. Disposable masks should be thrown out every day and reusable masks washed regularly.
12. Upon display of any symptoms, cough or fever, members must seek medical attention asap thenself-quarantine until obtaining a negative PCR.
13. All members of the delegation must follow the health regulations established by the Organizersin accordance with the instructions of the health authorities.

## ❖ **MANDATORY REQUIREMENT FOR THE ORGANIZERS**

1. To inform in advance the participants about the health regulations established in accordance with the instructions of the health authorities.
2. Not to hold the Opening and Closing ceremonies, as well as protocol events those presume mass participation or group photographing.
3. To provide all officials and volunteers with masks and gloves and hand sanitizer.
4. To install disinfectors at the entrance of the venue as well as in all zones on which may be visited by a lot of people.

5. To appoint a responsible person to monitor compliance with anti COVID-19 measures and regulations effective in the host country and not to allow mass gatherings in different zones of the shooting venue.
6. To determine the schedule of accreditation procedures, equipment control and visits to the armory so that to avoid mass gatherings and respect social distance of 2 meters by participants of the competitions.
7. To install protective screens between the shooting positions in the qualification hall.
8. To respect 5 meters distance between the border of the judges' zone and spectators in the Qualification hall.
9. No spectators should be allowed.
10. The organizers should allot the lanes in such a way that one lane is left vacant between the two shooters.
11. To have signs conspicuously posted throughout the venue reminding all individuals to maintain physical distancing and comply with the correct and consistent use of masks.
12. To measure the temperature of everyone who enters the territory of the shooting venue.
13. The Organizers must organize transportation and meals of participants according to the health regulations established in accordance with the instructions of the health authorities.
14. The Organizers have the right to initiate any additional measures necessary to protect the health of the participants, officials, representatives of mass media and TV, as well as of the spectators.

## ❖ **DISINFECTION OF RANGE EQUIPMENTS**

1. The monitors and shooting tables which will be used at respective lanes should be disinfected after every relay.
2. The mats which will be used in 50M shooting range should be disinfected after every relay.