



Ministry of Sports, Culture and Heritage

**GUIDELINES FOR RESUMPTION OF SPORTING ACTIVITIES DURING THE
COVID-19 PANDEMIC.**

BY THE MINISTRY OF SPORTS, CULTURE AND HERITAGE.

AUGUST, 2020.

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List of Abbreviations

ADAK	Anti-Doping Agency of Kenya
CAK	Communications Authority of Kenya
DCOs	Doping Control Officers
KAS	Kenya Academy of Sports
SASDF	Sports, Arts and Social Development Fund
SK	Sports Kenya
WADA	World Anti-Doping Agency
FY	Financial Year
GoK	Government of Kenya
KAS	Kenya Academy of Sports
M&E	Monitoring and Evaluation
MTEF	Medium Term Expenditure Framework
MOH	Ministry of Health
PWD	Persons with Disabilities

FOREWORD

BY THE CABINET SECRETARY



In March, 2020, the Ministry of Sports, Culture and Heritage called for a cessation of sports competitions and group sports activities in the country following the reporting of the first positive cases of Covid-19 in Kenya.

Indeed, the sporting world came to a standstill with various major international competitions either put on hold, or cancelled altogether as the coronavirus continued to spread.

Principally, the world's greatest sporting showcase - the Olympic Games in Tokyo – initially scheduled for July 24 to August 9, was postponed to the same time next year.

In Kenya, we also saw the postponement of three major global sports events: WRC Safari Rally, the World Athletics Under-20 Championships and the Magical Kenya Open Golf Championships.

On June 30, I appointed the Resumption of Sports Advisory Committee to draw up protocols for the resumption of sporting activities in Kenya following the Covid-19 pandemic.

The Committee drew its membership from the Ministry of Sports, Culture and Heritage, the

Ministry of Health, Sports Health practitioners, Sports Stakeholders and other eminent professionals in the sports industry.

The key brief for the Advisory Group was to engage stakeholders, analyze the Covid-19 situation in the country, learn from other jurisdictions and offer advice on the best way forward as Kenyan sport prepares to resume.

The Advisory Committee, under the Chairmanship of the Chief Administrative Secretary in the Ministry, Hon. Hassan Noor Hassan, commenced its work immediately thereafter, engaging stakeholders, undertaking an environmental outlook and eventually proposing the Guidelines.

I would like to thank the Advisory Committee Chairman for the hard work that he and his team put up to make sure this report is complete and comprehensive despite the limited time for its delivery.

I would also like to thank my colleague in the Ministry of Health, Hon. Mutahi Kagwe for the support in developing, reviewing and approving these guidelines.

I call upon all stakeholders to comply to the guidelines which we shall keep reviewing from time to time as the Covid-19 Pandemic evolves.

Hon. Amb. (Dr.) Amina Mohamed, EGH, CAV

Cabinet Secretary

Ministry of Sports, Culture and Heritage

PREFACE

FROM THE CHIEF ADMINISTRATIVE SECRETARY



The guidelines for resumption of sporting activities during the covid-19 pandemic presents the State Department of Sport's approach to opening up and supporting the Sporting industry even as the Country tries to live with and mitigate the Corona pandemic. The State Department also continues to deliver on its mandate guided by the Ministerial Strategic plan, Kenya Vision 2030, and Medium Term Plans.

The Guidelines provides the State Department with an opportunity to ensure the resumption of Sporting activities with emphasis being placed on safety and well-being of all the participants.

The development of the Guidelines is a culmination of active engagement with relevant stakeholders by experts drawn from various sporting fields and Health sector.

I wish to thank the Advisory Committee and secretariat for their dedication in developing the guidelines under tight schedules. The Sports fraternity will benefit from adherence to the guidelines.

The success of these guidelines will require strict adherence to the laid down protocols, high level of coordination, dedication and personal drive by the implementers. Continuous monitoring and evaluation of the guidelines will be effected and efforts at administration level will be directed towards availing resources to facilitate enforcement of the same.

Hon. Hassan Noor Hassan, EBS.
Chief Administrative Secretary
Ministry of Sports Culture and Heritage

ACKNOWLEDGEMENT

BY THE PRINCIPAL SECRETARY



Since the coronavirus pandemic reached our shores and cessation of sports activities was enforced in March this year, there has been anxiety among Kenya's sports stakeholders on when there would be resumption of play. Indeed, our sportsmen and women have lost massive income and opportunities following the global sports lockdown and it's heartening to see the world of sports open up gradually and cautiously.

As a ministry, we have moved with speed to initiate food and cash stimulus programmes to cushion our sportsmen and women against the adverse effects of Covid-19, with an initial injection of Sh50 million with additional support of about Sh20 million from the corporate sector.

The Advisory Committee on the resumption of sports activities in the country has engaged, and continues to engage, key stakeholders including sports organizations, individual sportsmen and women along with coaches, officials and fans, and have collected views on ideal protocols that we need to institute before resumption of sports activities.

The recommendations herein come at a crucial time as we continue to lay the groundwork for

the resumption of play, with Nairobi set to host the World Athletics Continental Tour meeting on September 26 at the refurbished Nyayo National Stadium and the Magical Kenya Open Golf Championships from November 12 to 15 at the Karen Country Club.

The discipline with which we restart sports will play a key role in giving confidence to global players in the sports industry to visit Kenya for these two major competitions, and indeed for subsequent events, including the WRC Safari Rally and World Athletics Under-20 Championships whose new dates will be announced shortly.

We also need to take cognizance of the fact that Kenya's Covid-19 cases on the rise, hence the need for cautious optimism as directed by His Excellency the President Uhuru Kenyatta in his July 6 address to the nation when he opened up internal travel restrictions.

I wish to commend our Hon. Cabinet Secretary, Hon. Amb. (Dr.) Amina Mohamed, EGH, for her leadership, and the Chairman of the Advisory Group, the Chief Administrative Secretary in the ministry, Hon. Hassan Noor Hassan, for guiding the committee through tight deadlines.

We hope this report will guide our sports stakeholders well through this uniquely difficult period, and ensure the safety of all players in our sports industry.

Joe Okudo, CBS,
Principal Secretary, State Department of Sport.

1.0 GUIDELINES/PROTOCOLS

1.1 DEFINITIONS OF TERMS IN THE PROTOCOL

Term	Definition/Description
Coronavirus (COVID-19) disease	Coronavirus disease 2019 (COVID-19) is an infectious disease caused by a newly discovered corona virus, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Its common symptoms include fever, cough, fatigue, shortness of breath, and loss of smell and taste.
Risk	Refers to a chance that some unfavourable event will occur. It is a condition in which there is a possibility of adverse deviation from a desired outcome that is expected or hoped for.
Risk Assessment	The overall process or method of identifying hazards and risk factors that have the potential to cause harm, analyse and evaluate the risk associated with that hazard (risk analysis, and risk evaluation).
Mitigation	Reducing risk of loss from the occurrence of any undesirable event. Mitigation means to minimize degree of any loss or harm.
Protocol 9	A system of official rules and systems for acceptable behaviours for particular occasions.
Team sport	Is a sport where individuals are organized into opposing teams which compete to win
Individual sport	Is a sport in which participants compete as individuals to win
Contact sport	A sport in which the participants necessarily come into bodily contact/interaction with one another
Non-Contact sport	A sport in which the players are physically separated such as to make it nearly impossible for them to make physical contact/interaction during the course
Infected Person	Is a person who has had a positive PCR (laboratory) test confirming the presence of COVID-19.
Potentially Infected Person	Is someone who: <ul style="list-style-type: none"> • Has symptoms or signs suggestive of COVID-19 • Is awaiting results of testing following a close contact
Close Contact	Is someone who has: <ul style="list-style-type: none"> Had contact with an infected person (being contact within 1 metre and for >15 minutes); Provided direct care to an infected person without using proper personal protective equipment; Stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time; Travelled in close proximity with (that is, within 1 m separation from) an infected person in any kind of conveyance.
Quarantine	This is the restriction of activities of or the separation of people who are not ill but who may have been exposed to an infected person or disease.

Isolation	This is the separation of ill or infected persons from others to prevent the spread of infection or contamination.
Frontline Staff	The staff involved directly in the event logistics and deal with the athletes, equipment, apparel etc.
Covid-19 Hotspots	Is an area earmarked based on probability of high degree of spread and people's response to the call for home stay.

1.2 Objectives of these Guidelines

These Guidelines aim to achieve the following objectives:

- i. Ensure that sport events are planned and executed in line with relevant best practice and in accordance with the Ministry of Health and WHO rules and regulations;
- ii. Provide a framework for the detection, isolation and management of a positive COVID-19 infected person(s) or contacts of persons participating in sports;
- iii. Identify and share best practice for event management in the context of the COVID-19 pandemic, ensuring collaboration and exchange with all sport stakeholders as well as other sporting authorities;
- iv. Provide relevant health guidance for all key sports stakeholders; and
- v. Ensure compliance of the established guidelines and protocols to guarantee health and safety of participants.

1.3 Plans for modifying and varying engagement in sporting activities

Sports stakeholders are advised to be prepared to have plans in place to modify execution of sporting activities should any of the following occur:

- i. Infections occurring to athletes and the larger sporting fraternity;
- ii. Inability to maintain COVID-19 prevention and response protocols;
- iii. Inability to track and/or isolate athletes, athletes support personnel and staff;
- iv. Changes to public health guidelines regarding congregants; and
- v. Changes to local legislation, regulations and Ministry of Health COVID-19 guidelines.

1.3.1 Preliminary Activities

Resumption of any sport and recreation activity will be preceded by a thorough interrogation on the following key and necessary areas:

- i. Information sharing with the communities; and

- ii. Information sharing and education for athletes, athlete support personnel, officials and venue staff.
- iii. All Sports Federations/Organisations to domesticate these guidelines in line with those from International Sports Governing bodies and Ministry of Health.

1.3.2 General Guidelines

- i. Respective Sports Organizations must ensure the disseminate information about COVID-19 as released by the Ministry of Health to Athletes, athlete support personnel, officials, staff and volunteers;
- ii. All organizers and venue operators should appoint COVID-19 contact persons (preferably sports officers) and response teams;
- iii. Ensure the availability of hand washing facilities, sanitizers and thermometers at the training and competition sites;
- iv. All venue operators should ensure safe environments, carry out regular cleaning and disinfection of venues, associated fixtures and equipment
- v. Officials, the media personnel and all staff working in sports venues during events will all have to take the Covid-19 tests;
- vi. No press conference will be allowed except flash interviews for athletes. Such interviews will be conducted respecting the social distancing of 1.5 meters and more;
- vii. Handshakes, hugs to celebrate achievements during and after events will be prohibited;
- viii. Exchange and sharing of uniforms will be prohibited;
- ix. Team event organizers should gather teams in one place prior to and until the end of the championship. The organizers will keep records and contact information of all the athletes and any other person for ease of contact tracing;
- x. Any suspected cases of COVID-19 to be processed in line with the guidelines provided by the Ministry of Health;
- xi. There will be signage at every entrance and strategic locations to remind all persons of the COVID-19 measures; and
- xii. Body temperature checks shall be conducted to all persons at the time of entry to the venue. Anyone with a body temperature reading above 37.5 will not be allowed into any sporting venue.

1.3.3 Venue preparedness;

- i. Identification and appointment of COVID-19 Sport champions and response personnel/teams;
- ii. Health checks, testing and screening for athletes, athlete support personnel, sport officials, venue staff, sport goods suppliers and any other persons authorized to facilitate sports as and when identified;

- iii. Fully endorsed action plans by organizers, which must align to this and other international guidelines; and
- iv. Monitoring and Evaluation Tool for return of Sport and Recreation programmes during the COVID-19 period.

1.3.4 Preparation to make the transition

With the easing of Covid-19 restriction by the executive, timely and speedy preparation by completing the tasks identified below will position each sport to resume gradually:

Complete **risk assessment** of the transition to be made;

This should include factors such as preparation of outdoor training environments and in later phases, indoor and competition environments. Consideration of management of numbers involved, strategies to limit time and maintenance of social distancing to reduce person to person contact, cleaning of equipment and any shared facilities used (e.g. toilets), sanitation provision for participants and identification of a safe space for isolation of an individual should they become unwell, are among aspects to be considered.

Develop a detailed **protocol** to demonstrate how risks are managed and mitigated at an operational level in order for resumption.

Provide education to participants in order to set expectations and promote the desirable behaviours that will need to be displayed.

1.4 PROTOCOLS FOR IMPLEMENTATION AND ENFORCEMENT

The State Department of Sports and its stakeholders together with Public health officials will oversee the implementation and compliance with these protocols. The County Governments in consultation with the State Department of Sports shall be responsible for inspection of sports facilities within their Counties and issuance of certificates of compliance before commencement of any sports activities and trainings. Sports Kenya shall be responsible for inspection of Sports facilities within its control.

Each Sports Organization shall be form a **“Safe return-to-training Committee”** by federations to oversee the preparedness activities, and shall incorporate medical personnel and a Sports Liaison Officer (appointed by the Principal Secretary of Sports) in their committees.

Specific guidelines for managers of indoor facilities

Managers of sports facilities are responsible for ensuring compliance with the health guidelines issued by the Ministry of Health. The managers must work in collaboration with the sports organizations, if applicable:

- i. To ensure that social distancing guidelines are followed, solid partitions can be installed in certain areas (e.g. reception, in front of the markers) or between the pieces of equipment (e.g. equipment in the gym);

- ii. Changing rooms accessibility is restricted in order to promote social distancing between people;
- iii. Access to showers in the changing rooms is restricted, provided social distancing guidelines are followed and the area is disinfected after every use; and
- iv. Access to non-essential common areas that lend themselves to gathering is restricted and loitering around the entrance and exit is prohibited.

1.4.1 Venue Guidelines

Venue operators will be expected to ensure that the sporting environment is safe with reference to the following:

- i. Booking in advance, online or over the phone be preferred. Where this is not possible, and a venue has staff available to take bookings, consider mandating contactless transactions to avoid handling reservation documents and cash;
- ii. Identification and appointment of COVID-19 contact persons who will be responsible for responses on venue preparedness and related actions;
- iii. Allocation of exclusive drop-off, pick-up and parking areas for athletes, athlete support personnel, officials and staff;
- iv. Clear designation of entry and exit points;
- v. Screening and Health Checks to be conducted to ascertain statuses of all persons attending with any suspected COVID-19 cases being handled as prescribed in the Ministry of Health guidelines;
- vi. All visitors, staff, officials, athlete support personnel and non-active athletes to wear face masks throughout their time at the venue;
- vii. Keeping a temporary record of clients and visitors for 30 days, in a way that is manageable, and assist the Ministry of Health to trace contacts in case any of the participants turns positive for COVID-19;
- viii. Promotion of Positive Social Attitudes and Behaviour – Signs and Messages that create awareness on combating the spread of COVID-19 to be posted at high visible stations, entrances, exits, sport support rooms as well as electronic information boards. Consideration should be made on how these safety messages should reach persons with hearing or vision impairments;
- ix. Appropriate set up and marking of seating areas for athletes, athlete support personnel and officials. This should be done with due consideration for social distancing;
- x. Cleaning of objects and equipment. Where practical, it should be mandatory that cleaning and disinfection be carried out before, between use and after use;
- xi. Cleaning and disinfecting of handrails and gates;

- xii. Cleaning and disinfection of equipment storage areas;
- xiii. Provision and arrangement of sport support rooms. These shall be availed in satisfactory states with regard to adequate ventilation and social distancing;
- xiv. Adequate Supplies - constant water supply, hand washing facilities, soap, paper towels, tissues, no-touch foot pedal trash cans, sanitizers;
- xv. Adequate supply of PPEs for venue staff undertaking cleaning and disinfection;
- xvi. Provision of more waste disposal facilities and safe removal of waste before, during and after events;
- xvii. Enhancing cleaning and disinfection of busy areas;
- xviii. Development and display of venue policies and information boards;
- xix. Provision of isolation, quarantine and medical rooms;
- xx. Provision of medical services – it is recommended that properly equipped and manned ambulances be stationed at the venue. All such ambulances to have adequate PPE;
- xxi. Venues to be disinfected after completion of each sporting activity; and
- xxii. All participants accessing the venue should have proper PPE.

1.4.2 Swimming Pools/Aquatic Venues

- i. All water sports with high aerosol levels such as swimming to remain closed
- ii. Saunas, steam rooms, and hot tubs should remain closed.

1.5 Pre-Competition Guidelines

Event Management Planning: Planning meetings shall be convened by event organizers for purposes of check listing the preparedness of the venue. A maximum of two (2) physical meetings is recommended and they should last not more than one hour otherwise teleconferencing and virtual meetings are encouraged. During such meetings, it is encouraged that they be held in line with general government protocols for conducting meetings, events and workshops.

Testing of athletes and other actors to be undertaken seventy-two hours into the competition.

1.5.1 In-Competition Guidelines

During the competitions including, any tournaments, matches, leagues and or games, athletes and all other sports stakeholders are advised to follow the following: -

- i. Inactive athletes, athlete support personnel and officials should be allocated designated areas where social distancing must be observed.
- ii. All but active athletes and event officials will be required to wear face masks
- iii. It is recommended that athletes be allowed to take health breaks to allow personal hydration;
- iv. Proper personal hygiene shall be observed at all times. Handshakes, high-fives, hugging shall not be permitted;

- v. All other health and safety requirements must be followed;
- vi. Athletes, athlete support personnel and officials should refrain from sharing water coolers, drinking stations, water bottles and other drinking devices;
- vii. Participants' personal effects to be kept to a strict minimum (e.g. water bottle and towel) and are not to be left just anywhere. Specific areas may be designated for this purpose;
- viii. Spaced blocks of activities (staggered schedules) should be encouraged. These staggered schedules allow enough time for the staff to clean between groups of participants;
- ix. Media Centre, Tribunes and Staff - All media staff must wear their facemasks while working. Non-essential staff should not be allowed to events. Printing and distribution of printed materials should be kept at a minimum to limit the risk of indirect contamination.

1.5.2 Post-Competition Guidelines

At the finality of any sport activity, all athletes and stakeholders be required to observe all existing regulations on public health and social measures to control spread of COVID-19 in the following aspects:

- i. Transportation of athletes to be carried out as guided by the Ministry of Transport and Infrastructure
- ii. Cleaning and disinfection of the used venue and all equipment;
- iii. Collection and proper disposal of waste;
- iv. Post-competition tests for Covid-19 and Anti-Doping will be conducted in line with respective guidelines; and
- v. Post- event meetings to be kept at a minimum. Event organizing co-partners to prepare an event report to be filed with the relevant authorities.

1.5.3 Considerations for PWDs and other Vulnerable Groups

- i. Alternative formats of communication for all vulnerable groups e.g. electronic information boards, braille, sign-language enhanced signage;
- ii. Dedicated COVID-19 compliant training sites for para-athletes and others with underlying medical conditions;
- iii. Special attention for the PWD handlers/guides;
- iv. Dedicated sanitation measures and care of sport and locomotion equipment;
- v. Dedicated parking spaces for PWDs
- vi. Enhanced accessibility to public areas and amenities
- vii. Enhanced, well designed and unobstructed entry and exit routes for PWDs

1.5.4 Guidelines for indoor facilities

- i. Frequently touched surfaces (doorknobs, sinks, etc.) must be cleaned several times a day. Frequency of cleaning and disinfection to be determined based on the amount of traffic
- ii. Fitness rooms and gyms are disinfected and aired out after each session. The schedule provides time between training sessions or matches for full disinfection when required, depending on the type of physical or sports activity; and
- iii. There should be proper and sufficient ventilation with air not being blown directly to people.

1.5.5 Resumption to training

From 12 days of total inactivity, it is necessary to start all over again to regain the physical fitness. It is recommended to resume training in phases:

Phase 1	Phase 2	Phase 3
The first period will be dedicated to medical and athletic tests (3 to 4 days).	Players could resume training individually for 7 days before training in small groups for a week.	Then would come the collective training.

1.6 Categorization of sport and recreational activities

The resumption to sport will take place in each of 6 categories of sports. Sports within these categories are found in **appendix I**.

It is important to recognise that Executive decisions regarding any easing of restrictions will mean that groups of sports will likely move forward at different times. They may also remain within different phases for variable time periods.

For each category, the transitions are graduated and the sequence will be:

RED to **STEP 1 AMBER** to **STEP 2 AMBER** to **STEP 3 YELLOW** to **STEP 4 GREEN** **STEP 5 GREEN** and **6 GREEN**

Movement from one to the other will be authorized by the Cabinet Secretary for Sports Culture and Heritage of Sports upon satisfactory monitoring and evaluation outputs and informed by the overall guidelines provided from time to time by the MOH. At the Commencement of these protocols all sports organizations will begin undertake step one activities.

Each **STEP** contains a mix of general conditions and sport specific conditions to guide activity. Each subsequent **STEP** builds on those before.

Resumption Steps

The following steps are recommended for a slow return of sporting activities:

- i. **Phase 1:** Medical and Fitness Tests
- ii. **Phase 2:** Individual outdoor field-based or in-door gym conditioning
- iii. **Phase 3:** Team training
- iv. **Phase 4:** Domestic competition - no spectators
- v. **Phase 5:** Cross border - no spectators
- vi. **Phase 6:** No restrictions - spectators present

The aim is for each organizer is to develop a detailed operational plan under each of the 6 phases presented. The Ministry of Sports, Culture and Heritage will be give individual guidance to organizers who need it.

1.6.1 Six (6) key steps in resumption of Outdoor Recreation

Step	Allowable activities
1	i. Health tests

	<ul style="list-style-type: none"> ii. Physical Conditioning iii. Psycho-social training
2	<ul style="list-style-type: none"> i. Jogging, walking, cycling, hiking permitted ii. Observe all travel Covid-19 protocols iii. Groups of maximum 6 people iv. Maintain social distancing at all times. v. Prevent congregations of people vi. No organised events vii. Indoor facilities closed with restricted access to ablution facilities viii. Avoid running into each other
3	<p>As for STEP 2 and in addition:</p> <ul style="list-style-type: none"> i. Maximum of 10 people ii. No mass gatherings / events iii. Hiking, cycling, walking and jogging permitted iv. Up to 4 people in indoor activities v. Social distancing to be maintained at all times vi. Indoor facilities should comply to public health measures vii. Prevent crowding
4	<p>As for STEP 3 and in addition:</p> <ul style="list-style-type: none"> i. Maximum of 30 people ii. Outdoor Recreation Centres open iii. Group size dependent on size of indoor space.
5	<p>As for STEP 4 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor activities for more than 30 people ii. Social distancing still be observed iii. Indoor activities for more than 30 people iv. Events can take place but with restrictions in total numbers of people involved
6	<p>As for STEP 5 and in addition:</p> <ul style="list-style-type: none"> i. No restrictions on outdoor recreation activities ii. Return to full use of outdoor recreation facilities iii. Spectators able to attend live events on a restricted basis.

1.6.2 Six (6) key steps in resumption of Water Sports:

General guidelines

Have valid Covid-19 free certification for the core staff not more than 14 days old from a recognised government approved facility and subsequently maintain the prescribed guidelines by the MOH, Ministry of Sports Culture and Heritage and other relevant agencies on Covid-19 prevention.

Step	Activities
1	<ul style="list-style-type: none"> i. Health tests ii. Physical Conditioning iii. Psycho-social training
2	<ul style="list-style-type: none"> i. Outdoor activities for less than or equal to 6 people ii. Observe all travel COVID-19 protocols iii. Maintain social distancing at all times. iv. Training combinations/pairs must comply with social distancing. v. Prevent congregations of people vi. Higher risk water-based activities not allowed as they may lead to increased pressure on emergency services vii. Swim in open water. Outdoor pools remain closed. viii. Indoor facilities closed with restricted access to ablution
3	<p>As for STEP 2 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor water based activities with maximum 10 people ii. Water-sport team squad training allowed up to a maximum of 10 athletes /staff iii. Water Sports Centre Indoor activities restricted to max. 4 people iv. Maintain social distancing at all times. v. Indoor facilities should comply to public health measures vi. Prevent congregations of people indoors vii. Instructor to client ratio to reduce to 1:6
4	<p>As for STEP 3 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor water based activities for max. 30 people ii. Water sport team sport training allowed up to a maximum of 30 athletes/staff iii. Indoor activities possible with a maximum of 30 people. Group size dependent on size of indoor space. iv. Maintain social distancing at all times.
5	<p>As for STEP 4 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor activities for more than 30 people

	<ul style="list-style-type: none"> ii. Social distancing still be observed. iii. Indoor activities for more than 30 people iv. Events can take place but with restrictions in total numbers of people involved. v. Full training in water-sports vi. Leisure Centres and Public Aquatic Centres open
6	<p>As for STEP 5 and in addition:</p> <ul style="list-style-type: none"> i. No restrictions on water-sports activities ii. Return to full use of sporting facilities iii. Spectators able to attend live events on a restricted basis.

1.6.3 Six (6) key steps in resumption of Non-Contact Sports

Step	Allowable tasks
1	<ul style="list-style-type: none"> i. Health tests ii. Physical Conditioning iii. Psycho-social training
2	<ul style="list-style-type: none"> i. Outdoor activities for a max. 6 people ii. Observe all travel Covid-19 protocols iii. Maintain social distancing at all times iv. Prevent congregations of people v. No organised contact sport team training vi. Individuals arrive, train/practice and leave
3	<p>As for STEP 2 and in addition:</p> <ul style="list-style-type: none"> i. Team sport training allowed for max. 10 athletes / staff ii. Skill drills and tactical drills with no close contact iii. Indoor activities for up to 4 people iv. Maintain social distancing at all times. v. Indoor facilities should comply to public health measures vi. Prevent congregations of people indoors vii. Retain records of people attending
4	<p>As for STEP 3 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor activities for up to 30 people ii. Team sport training allowed for up to 30 athletes / staff iii. Indoor activities possible with numbers up to 30 people. Group size dependent on size of indoor space iv. Maintain social distancing at all times.
5	<p>As for STEP 4 and in addition:</p> <ul style="list-style-type: none"> i. Outdoor activities for a max. of 30 people. ii. Social distancing still be observed.

	<ul style="list-style-type: none"> iii. Indoor activities for more than 30 people iv. Leisure Centres and indoor leisure facilities open v. Full training in lower risk contact sports place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators vi. Some events may take place behind closed doors’
6	<p>As for STEP 5 and in addition:</p> <ul style="list-style-type: none"> i. No restrictions on lower risk contact sport activities ii. Return to full use of sporting facilities iii. Spectators able to attend live events on a restricted basis.

1.6.4 Six (6) key steps in resumption of Contact Sports (Low Risk)

Step	Allowable tasks
1	<ul style="list-style-type: none"> i. Health tests ii. Physical Conditioning iii. Psycho-social training
2	<ul style="list-style-type: none"> i. Outdoor activities - groups of less than or equal to 6 people ii. Travel as guided by ministry of transport protocols iii. Maintain social distancing at all times iv. disinfect surfaces and equipment regularly between use by different participants / groups v. Prevent congregations of people vi. Avoid running into each other vii. Indoor facilities closed with the exception of restricted access to small shared facilities e.g. storage area / toilet/ through - ways. These should be disinfected regularly with sanitation products
3	<ul style="list-style-type: none"> i. Team sport training allowed up to a maximum of 10 athletes / staff ii. Skill drills and tactical drills with no close contact iii. Indoor activities less than or equal to 4 people iv. In all cases, maintain social distancing as far as possible - any contacts should be brief v. Indoor facilities used must have public health measures in place vi. Prevent congregations of people indoors vii. Retain records of people attending
4	<ul style="list-style-type: none"> i. Outdoor activities - groups of less than or equal to 30 people ii. Team sport training allowed up to a maximum of 30 athletes / staff

	<ul style="list-style-type: none"> iii. Indoor activities possible with increased numbers up to a maximum of 30. iv. Group size dependent on size of indoor space. v. In all cases, maintain social distancing as far as possible - any contacts should be brief
5	<ul style="list-style-type: none"> i. Outdoor activities for larger numbers more than 30 where social distancing cannot be easily maintained and multiple short contacts likely. ii. Indoor activities for larger numbers more than 30 where social distancing cannot be consistently maintained but contacts are limited or mitigated iii. Any conditions on gatherings will apply e.g. size iv. Leisure centres and indoor leisure facilities open – may initially be on restricted hours v. Full training in lower risk contact sports vi. Competitive sport can take place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators vii. Some events may take place ‘behind closed doors’
6	<ul style="list-style-type: none"> i. Close physical contact sports resume full training and full competition (without modification) ii. Return to full use of sporting facilities iii. Spectators able to attend live events on a restricted basis.

1.6.5 Six (6) key steps in resumption of Contact Sports (High Risk)

Step	Allowable tasks
1	<ul style="list-style-type: none"> i. Health tests ii. Physical Conditioning iii. Psycho-social training
2	<ul style="list-style-type: none"> i. Outdoor activities - groups of less than or equal to 6 people ii. Travel as guided by ministry of transport protocols iii. Maintain social distancing at all times iv. disinfect surfaces and equipment regularly between use by different participants / groups v. Prevent congregations of people vi. No organised contact sport team training vii. Individuals arrive, train/ practice and leave viii. Avoid, running into each other

	<ul style="list-style-type: none"> ix. Indoor facilities closed with the exception of restricted access to small shared facilities e.g. storage area / toilet/ through ways. These are disinfected regularly with sanitation products
3	<ul style="list-style-type: none"> i. As for STEP 2 and in addition: ii. Team sport training allowed up to a maximum of 10 athletes / staff iii. Skill drills and tactical drills with no close contact - e.g. no tackling, wrestling, rucks, mauls, lineouts, scrums or contact sparring iv. Technical drills with e.g. bags, pads, paddles, shields Shadow sparring permitted v. Indoor activities \leq 4 people, in all cases, maintain social distancing - any contacts should be brief vi. Indoor facilities used must have public health measures in place vii. Prevent congregations of people indoors viii. Retain records of people attending
4	<ul style="list-style-type: none"> i. As for STEP 3 and in addition: ii. Outdoor activities - groups of \leq 30 people iii. Team sport training allowed up to a maximum of 30 athletes / staff iv. Indoor activities possible with increased numbers up to a maximum of 30. v. Group size dependent on size of indoor space. vi. In all cases, maintain social distancing as far as possible - any contacts should be brief
5	<ul style="list-style-type: none"> i. As for STEP 4 and in addition: ii. Outdoor activities for larger numbers $>$30 where social distancing cannot be easily maintained and multiple short contacts likely. iii. Indoor activities for larger numbers $>$30 - social distancing should be maintained iv. Any conditions on gatherings will apply e.g. size v. Leisure Centres and indoor leisure facilities open – may initially be on restricted hours vi. Modified training in higher risk contact sports vii. Modifications (removal of close physical contact in a temporary capacity) may allow a form of competition to take place in some sports viii. Any competition to take place with restrictions in total numbers of people involved – athletes / coaches / staff / officials and spectators ix. Some events may take place ‘behind closed doors’
6	<ul style="list-style-type: none"> i. As for STEP 5 and in addition: ii. Close physical contact sports resume full training and full competition (without modification) iii. Return to full use of sporting facilities

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| | iv. Spectators able to attend live events on a restricted basis. |
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1.6.6 Spectators

To keep in line with the COVID-19 WHO and MOH guidelines, spectators will not be allowed into the playing fields unless all protocols have been achieved to level 6 of the guidelines for every sport discipline. Strict adherence to the same will be enforced for the safety of all participants. However, adequate preparations will be made to avail alternative online and live forums for fans to enjoy their sports.

1.6.7 Athletes, Officials and Staff

- i. Ensure temporary, part-time or contract workers and athletes at the facility are properly trained in COVID-19 prevention policies and have necessary supplies and PPE;
- ii. Transportation of athletes and athlete support personnel shall follow guidelines by the Ministry of Transport and Infrastructure, however consideration for alternative methods that avoid use of pooled transport and public transport is highly recommended;
- iii. Resumption of training – should be phased upon establishment of physical qualities. Initial individual training should be followed by a progressive and calibrated introduction of group trainings culminating to full team engagement for team sports;
- iv. Set up of seating areas for athletes, athlete support personnel and officials- These shall be arranged in accordance with social distancing requirements, such areas will have been appropriately cleaned and disinfected before use;
- v. Cleaning and disinfection of surfaces, objects and equipment shall be done in accordance with the Ministry of Health Guidelines for cleaning and disinfection;
- vi. Health Checks, testing and screening – medical checks and testing should be done at least seventy-two hours before resumption and on the first day of training. Periodic tests must be carried out as guided by the Ministry of Health and respective International Sports Organizations; and
- vii. Provision of medical services – It is recommended that properly equipped and manned ambulances be stationed at the venue.

1.6.8 Guidelines for personal trainers and coaches

- i. Personal trainers/coaches can work with no more than 5 clients outdoors, providing they are maintaining social distancing.
- ii. You can meet with different clients in a single day as long as it is in gatherings of no more than 6 and you are maintaining social distancing.

1.6.9 Specific guidelines for participants, accompanying persons and staff

All are advised to adhere to the Ministry of Health protocol for dealing with people who develop symptoms while at the facilities. The people in charge are expected to familiarise with the protocol therefore sensitization on the protocol will be key: That notwithstanding, the following measures may be taken:

- i. Isolate, call 719 and contact the nearest health authorities;
- ii. Wear a face mask.

1.7 Guidelines for handling equipment and materials

- i. Given that it is difficult to avoid touching one's face, particularly in the context of physical and sports activities, it is recommended that shared objects and equipment be disinfected regularly.
- ii. Each participant should use his or her own equipment as much as possible. If this is not possible, the equipment should be changed regularly during the activity and washed with hot water and soap or an effective disinfectant between activities (e.g. balls)
- iii. If the players bring their own equipment (e.g. a ball), a person designated by the club must disinfect it before the players take it to the field.
- iv. Hands do not frequently touch some objects, such as cones and hurdles, during the sports activity. People should be asked to wash their hands after handling them.
- v. The sharing of team equipment and uniforms is not permitted. Federation/Clubs to make arrangements for regular cleaning and disinfection of equipment and team uniforms;
- vi. After the training session or match, kits should be removed and washed with regular laundry detergent.

1.8 Anti-Doping COVID-19 Guidelines

Anti-doping procedures under COVID-19 pandemic situation are extensively described by the World Anti-Doping Agency (WADA) in the following document:

https://www.wadaama.org/sites/default/files/resources/files/20200506_ado_guidance_resuming_testing_en.pdf. In addition to these specific guidelines, the number of tested athletes should be limited to the minimum requirements and make sure that the waiting and processing rooms are large enough to accommodate, athletes, accompanying persons, and anti-doping staff whilst maintaining social distancing.

1.9 Food and Beverage Services

Food service operations, including juice bars, snack bars, and other enterprises must be run in accordance with Ministry of Health guidelines for Hotels and restaurants.

1.10 Monitoring and Evaluation

The Cabinet Secretary will establish a monitoring and evaluation Committee. The committee will:

- i. Ensure compliance with the risk assessment tool that forms the basis for intervention measures;
- ii. Draw lessons from experience in order to adjust intervention strategies;
- iii. Improve the design/nature of the guidelines;
- iv. Examine the guidelines rationale;
- v. Determine the adequacy of the guidelines to overcome the identified constraints;
- vi. Compare the actual outcome of the guidelines and identify the reasons for shortfalls or achievements.

1.11 Penalties

Failure to adhere to the guidelines will lead to the following:

- i. Suspension Revocation of the registration certificate
- ii. Prosecution of the offenders under the existing laws;

1.12 Review of the Guidelines

These guidelines shall be reviewed:

- i. On a monthly basis or;
- ii. Upon changes in guidelines as announced by H.E President Uhuru Kenyatta or the Ministry of Health;
- iii. If and when a need arises through an addendum by the Cabinet Secretary for Sports Culture and Heritage.

Description	Activities/Actors/Requirements
What should be monitored?	<ul style="list-style-type: none"> ● Risk Assessment ● Promoting Positive Social Attitudes and Behavior ● Healthy Environments ● Healthy Operations
Data collection methods	<ul style="list-style-type: none"> ● Conversation ● Interviews ● Observation ● Questionnaires ● Reviews of official records
Time frame for data collection	Monthly
Data collectors	<ul style="list-style-type: none"> ● Part-time employees / Volunteers ● Health Officials ● Sports Officers ● Support Services Staff
Progress reporter(s)	<ul style="list-style-type: none"> ● COVID-19 Action Team
Feedback provider	<ul style="list-style-type: none"> ● COVID-19 Champion
Resources	<ul style="list-style-type: none"> ● Financial

Appendix I- Categorization of Sports and Recreational Activities

Outdoor Recreation	Water sports	Non-Contact Sports		Contact Sports (Low Risk)	Contact Sports (High Risk)
Mountaineering	Canoeing	Archery	Volleyball (all codes)	Football (all codes)	American football
Mountain-biking	Sailing	Athletics	Weightlifting	Hurling	Boxing
Angling	Rowing	Badminton (all codes)	Special Olympics	Hockey	Judo
Jogging	Surfing	Bowls	Equestrian	Ice hockey	Karate (all codes)
Team Building	Swimming (all codes)	Cricket	Wheelchair Rugby	Netball	Rugby (all codes)
Trekking	Water-Skiing	Cycling (all codes)	Ice Stock	Basketball (all codes)	Wrestling
Tug of War	Sailing	Darts	Catchall	Wheelchair basketball	Taekwondo
	Life Saving	Equestrian	Scrabble	Handball	Wheelchair rugby
	Polo	Fencing	Chess	Baseball	Kabaddi
		Golf (all codes)	Bowling	Softball	Tong-il Mo do
		Gymnastics	Para Athletics	Rope Jump	Kick Boxing
		Motor-sports	Para Powerlifting	Floor Hockey	Skating Football
		Shooting (all codes)	Roller Skating	Goalball	Amputee Football
		Skateboarding	Ajua	Billiards	Roll Ball
		Snooker	Horse Racing		Kungfu
		Squash	Bridge		
		Table tennis	Boccia		
		Tennis	Woodball		
		Table Tennis	Modern Pentathlon		