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REGULATORY PROTOCOL OF MEASURES FOR THE CONTRAST AND CONTAINMENT OF CONTAGION RISKS FROM VIRUS COVID-19 IN THE PRACTICE OF DRAUGHTS



*REGULATORY PROTOCOL OF MEASURES FOR THE CONTRAST AND CONTAINMENT
OF CONTAGION RISKS FROM VIRUS COVID-19 IN THE PRACTICE OF DRAUGHTS*

Deliberation of FID Executive Board n. 29 of June 5th 2020

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REGULATORY PROTOCOL OF MEASURES FOR THE CONTRAST AND CONTAINMENT OF CONTAGION RISKS FROM VIRUS COVID-19 IN THE PRACTICE OF DRAUGHTS

The Italian Draughts Federation (F.I.D.), Sports Discipline Associated with the C.O.N.I.

- HAVING REGARD to the Resolution of the Council of Ministers of January 31st, 2020, of a 6 - month declaration of the state of emergency as a consequence of the health risk associated with the onset of diseases deriving from transmissible viral agents;
- SEEN the Legislative Decree no. 6 of February 23rd, 2020 converted with amendments by Law no. 13 of March 5th, 2020;
- HAVING REGARD to the Circular of the Ministry of Health of March 9th, 2020;
- GIVEN the Prime Ministerial Decree of April 10th, 2020 and April 26th, 2020;
- HAVING REGARD to the recommendations issued by the Ministry of Health on the anti-COVID-19 hygiene rules, the provisions of which are to be understood here;
- HAVING REGARD to the CONI, CIP, Torino Polytechnic report entitled "Sport restarts safely";
- GIVEN all the measures, indications and recommendations laid down by the measures issued by the competent national and local Authorities, which are referred here;
- RECEIVED the Guidelines issued by the Presidency of the Council of Ministers - Office for Sport with circular protocol no. 3180 of May 4th, 2020;
- RECEIVED the Guidelines issued by the Prime Minister's Office - Office for Sports issued on May 19th, 2020 pursuant to the Prime Ministerial Decree of May 17th, 2020;

ISSUES this *“Regulatory protocol of measures for the contrast and containment of contagion risks from the virus Covid-19 in the practice of Draughts”* (hereinafter simply Protocol) in order to provide to affiliated Clubs, to its Members and to anyone involved directly or indirectly in the sport of draughts indications, rules, recommendations and guidelines to resume sports training sessions aimed at reducing the risk of contagion from COVID-19. The Protocol is also deemed to be adoptable for sporting competitions when expressly permitted by the competent National Authority, and will be updated if necessary. The Protocol was drafted in compliance with the Guidelines pursuant to art.1, letters f, g of the Prime Ministerial Decree of April 26th, 2020, and art. 1 letter f of the Prime Ministerial Decree of May 17th 2020, aimed at providing the general indications and mitigation actions necessary to accompany the resumption of sport, following the lockdown for the Covid-19 emergency, which must be followed by all the subjects that manage, any title, sports sites, or in any case have responsibility for them and constitute the reference framework also for the further indications provided on the matter at regional level. The aforementioned Prime Ministerial Decree, which constitute a general and unitary policy and are of a temporary nature and closely linked to the COVID emergency, delegate and decline Sport for the individual sports disciplines to the respective National Sports Federations, to the Associated Sports Disciplines and to the Promotion Bodies sports, recognized by CONI and CIP, through specific application protocols. The detailed and individually elaborated documents will take into account the aforementioned Guidelines, the specificities of the individual disciplines and the technical-organizational indications aimed at guaranteeing the safety conditions by the associations and / or any other subject affiliated to the FID, the reduction of the contagion risk. The provisions of the Protocol apply from the date of entry into force of the same and are effective, taking into account any subsequent measures, until the cessation of the state of emergency linked to the spread of the COVID-19 virus.

INTRODUCTION

The risk assessment was carried out following the criteria set out in the Guidelines, identifying in particular the possible sources of contagion that can occur in the places where the activities are carried out, at any level, taking into account the organization of the places and the specific sports practice.

The training and preparation activity for the game of DRAUGHTS is also possible in FAD mode (distance training) which, for the entire duration of the COVID-19 emergency, remains the training mode strongly recommended by the FID to all Bodies and Sports associations.

It is also strongly recommended to carry out, where possible, an outdoor Draughts activity.

SPORT PRACTICE ANALYSIS

The game of Draughts takes place between two players, arranged on opposite sides of a board, which alternately move their "pieces". The pieces (pieces or kings) move diagonally, only on the dark squares not occupied by other pieces and have the possibility of taking (or "eating") the opposing ones, climbing over them. Captured pieces are removed from the board and excluded from the game. The player whose pieces are captured or who is unable to move on his turn to move has lost.

The practice of the game of draughts is therefore characterized by the coexistence of two players at a table on which a "draughts board" is placed, whose approved competitive size is equal to 50 cm (but it can also be 33 cm for the school activities), on which the pieces are placed, usually made of plastic or wood, which are moved alternately by the two players.

The beginning of the game (in the absence of health restrictions) is characterized by the usual gesture of the handshake with the mutual wish of "good game" by the two opponents. The most practiced specialties are divided into: (a) "international draughts" practiced on a board of one hundred squares, 50 of which are playable, with 20 starting pawns for each player; (b) "Italian draughts" which is the national specialty mainly played, practiced on a board of sixty-four squares, 32 of which are playable, with 12 starting pawns for each player; (c) "English checkers" (Checkers in international jargon) also practiced on a board of sixty-four squares, 32 of which are playable, with 12 initial pawns for each player.

The game can be played with the help of a special Draughts clock (competitive and high level competitions) or without (usually for youth categories up to 11 years and for school activities up to first grade secondary schools). In the case of the use of a clock, usually digital, this is activated alternately by the two players. The duration of the matches is variable, but based on the expected duration, it can be classified into three different levels: 1) Standard time; 2) Rapid; 3) Blitz; the duration of which can be divided as follows:

Italian draughts, Checkers and others on the 64 squares:

- Standard time, duration between 1 hour and 3 hours;
- Rapid, duration between 18 and 30 minutes;
- Blitz, duration between 10 and 15 minutes.

International draughts and others on the 100 squares:

- Standard time, duration between 2h 30' and 5h and 30';
- Rapid, duration between 22 and 35 minutes;
- Blitz, duration between 12 and 17 minutes.

At least one of the competition official (the main referee) is always present during the different phases of the game, usually assisted by one or more collaborators (Referees), who together make up the so-called Direction of the competition, whose components supervise the regular course of games and on the application of the regulation, continually moving between the various game tables.

During the training time, the technician (instructor or trainer) can directly intervene at the game table to give technical advice and provide specific information, or through the magnetic wall-mounted didactic draughts board, or via Multimedia Whiteboard or video projector connected to a computer.

Normally, in the competition venue there are athletes and in some salient phases of the games some spectators, similarly, during draughts trainings at schools or Clubs; in addition to athletes and technicians, may be present, more rarely, some accompanying persons.

Borrowing from the Guidelines the danger factors associated with the dangerousness of the virus and the transmission mechanisms present in the scientific literature, both by air and by contact, it is possible to identify non-exhaustively the possible sources of contagion within the venue sporting activity. In the case of sporting events of great participation, such as student youth activities, in the various phases, spectators and technicians are usually spaced and kept at a distance (stands or reserved spaces) also in order to avoid any disputes and doubts about any suggestions otherwise possible.

As sources of possible contagion within the sports site must be necessarily taken in consideration the organization of places, sports practice, as well as the presence of different people.

From what is briefly described, it is clear that there is no "physical contact" intended in the strict sense, meaning, "contact between the bodies of athletes". On the other hand, there is a minimum "proximity" in the frontal direction, between the two players, less than 1 meter, represented by the width of the plate and the table on which it is placed to allow the game.

In this phase the possible way of transmission, and contagion, is by "air".

Another possible way of transmission in this phase is of "contact" represented by the use of "sports equipment" by both players, such as the board, pieces and clock.

In training sessions, some players may be replaced by other players or by the coach who follows multiple athletes and boards. Both ways of transmission of the contagion are repeated with similar methods in the use of spaces, in possible contact, in the use of the equipment present, in the moments of halting or entrance and exiting.

The analysis conducted is general, not exhaustive, and cannot be, given the diversity of the individual locations that may have a varied size and architecture. The in-depth analysis will be carried out by the Legal Representative of the Draughts Clubs or by the Body which, where the actual conditions deviate significantly from those analyzed in this Protocol, will have to personally evaluate the appropriateness of adopting further measures always to reduce the risk of contagion.

GENERAL MANDATORY RULES

All subjects involved in the sport of Draughts and the management of affiliated Clubs and bodies recognized by the FID, or where the activities are organized, are required to comply with the general rules of containment of contagion already issued by the Competent Authorities and in force on the date of publication of the Protocol and subsequent amendments that may occur both nationally and regionally.

Any person involved in the exercise of the sport of Draughts and the management of the affiliated Clubs and the bodies recognized by the FID or where the playing activities are organized, is held in

any case, aware of the legal consequences in case of violation, not to go at the training or gaming venue:

- ✓ Following the measurement of body temperature equal to or greater than 37.5 ° C;
- ✓ if subjected to the quarantine measure or positive to the virus;
- ✓ if you have symptoms of respiratory infection;
- ✓ if you have a family member with the symptoms of COVID-19 infection;
- ✓ if he is in self-isolation or lives in a family in self-isolation.

The physical presence at the venue where the dowy activity of persons, including non-members, is carried out, is possible only after they have read the general mandatory rules (shown at the site of the activity with evidence) and in the absence of risk factors listed above.

It should be remembered that the Ministry of Health Circular of March 9th 2020 defines "close contact", not in the physical sense of actual contact, but in the sense of close contact, with respect to the risk of a probable or confirmed case of Covid -19, the close presence in direct contact (face to face) at a distance of less than 2 meters and lasting more than 15 minutes, relative to a person who has been in a closed environment (for example classroom, meeting room, waiting hall of the hospital) and therefore can also be assimilated to spaces intended for training and play.

In doubtful cases, the Legal Representative or the person to whom the organization of the activity is formally delegated, may proceed to specific anamnestic evaluation.

GENERAL PREVENTION AND PROTECTION MEASURES

Following the specificities that emerged from the risk analysis phase, it is possible to define a set of prevention and protection tools aimed at risk managing itself. It is emphasized that prevention and protection measures should not be understood as alternatives but as minimum endowments for the purpose of contrasting contagion in relation to the current epidemiological situation in progress.

At present, the main recommended infection prevention measures are:

- ✓ Physical spacing fixed at least 1 meter between people, always protected by protective masks, limiting stopping frontally and avoiding the same for a duration of more than 15 minutes;
- ✓ Hand hygiene (thorough washing with soap and water and / or through the use of a sanitizing hydro alcoholic solution dispenser);
- ✓ Hygiene and sanitization of surfaces and playground equipment;
- ✓ Prevention of the dispersion of the so-called "droplets" (droplets of breath expelled by infected people through saliva, coughing, sneezing or even just talking) through the use of masks, always in all gaming environments;
- ✓ Prevention of the dispersion of the so-called "droplets" during the game phases (training and competition) through the use of personal protection masks and visors for all technicians, match officials and especially for athletes during matches or front training sessions lasting more than 15 minutes; the protective visors can also be replaced by special transparent dividing panels, with a suitable "slot" (opening in the lower part) (H = 15-18 cm) useful for the movement of the pieces;
- ✓ Prevention of the dispersion of the so-called "droplets" by maintaining a front distance between the contenders of 1 meter and allowing support on the table in the reflection phases exclusively to the player who is responsible for moving.

The use of these actions, as risk mitigation measures in Draughts game venues, are every time compatible with the Draughts Sport activity. In particular, the use of masks and visors is compatible with the metabolic load and with the sporting gesture.

In addition to the listed measures, it is considered appropriate that further mitigation measures, which act in a coordinated way to allow more effective management, may also be taken.

Based on specific results of the sport analysis and the risk assessment carried out on the Draughts activity as sport, the following organizational, procedural and technical measures are identified.

MANAGEMENT OF ENTRANCE, PERMANENCE AND EXITING OF ATHLETES AND OTHER SUBJECTS

- People with respiratory infection symptoms cannot access the sports or training center of an organization;
- Persons with a body temperature of 37.5 ° C or higher cannot access the sports or training venue of an organization;
- At the entrance to sports or training venues, it is necessary to measure the temperature of all people (preferably the use of a "non-contact infrared thermal scanner");
- People without masks with adequate shape and adherence to cover the face from the chin up to above the nose cannot enter the structures;
- The Presidents of the Clubs, the Legal Representatives of bodies or their delegates, must ensure that all their members (licensed and otherwise) wear masks during their stay in the premises and during training or competition sessions, maintaining the expected physical distances;
- The Presidents of the Clubs, the Legal Representatives of the premises of the Bodies or their delegates will have to ensure that hand sanitization devices are present at the entrance of the premises, inside the playing venue and on every jury's table;
- The Presidents of the Bodies or their delegates must guarantee, in concert with the competition officials, that they will be able to impose sanctions and the immediate expulsion, that all the athletes in the race wear masks and protective visors (not mandatory in the case of transparent dividing panels interposed between the contenders) during all the game and training phases that foresee a frontal stay of more than 15 minutes;
- Competition officials must ensure compliance with the general protection and prevention measures and may impose penalties (a first warning, a second warning with a lost game) and immediate expulsion (for serious cases) or expulsion from the competition to the third warning (assigning in the event of expulsion all the lost matches, for the purpose of any rating), with particular attention that all athletes during the competition wear masks and protective visors (not mandatory in the case of transparent dividing panels interposed between the contenders) during all phases of play and training that require a frontal stay of more than 15 minutes and that the support on the game table, in the reflection phases, is carried out exclusively by the player who is responsible for moving;
- Athletes under the age of 18 cannot access the premises unless accompanied by a parent or by those who have parental responsibilities, who must comply with the Protocol;
- Promote regulated entrance / exiting times and procedures (possibly deferred or at least staggered) so as to avoid contacts and gatherings in the common areas as much as possible (entrances, waiting rooms, rooms dedicated to the activity, etc.) and, in any case, to quota the steps so that the physical distance of at least 1 meter is always respected between anyone;

- At the entrance, a dispenser with sanitizing gel must be available with the obligation of sanitizing the hands for all people who access the office; near the official's table a poster with instructions from the Ministry of Health for the correct washing of hands with sanitizing solution must be clearly displayed;
- For each day of activity, the legal representative of the Clubs, the Body or its delegate will have to draw up a list of the people present in the venue, that is, athletes, instructors, coaches and other people. The list must be kept for at least 30 days.

DISTANCE AND HYGIENE RULES IN THE VARIOUS PHASES OF SPORT ACTIVITY

- Handshake and any physical contact between those present at the sports or training venue are prohibited (the usual gesture may be replaced by a nod and / or the symbolic gesture of union of both hands by each player);
- To ensure, however, the distance of at least 1 meter between the players, the board must be placed on tables with a side depth of not less than 1.20 meters, allowing support on the table in the reflection phases only to the player who belongs the move;
- During matches or front training sessions lasting more than 15 minutes (all matches excepting the Italian Draughts Blitz games), in addition to the mask, the players must wear protective visors; it will not be mandatory to use visors if the game tables are equipped with special transparent dividing panels, with a suitable "slot" (opening at the bottom) (H = 15-18 cm) useful for moving the pieces;
- The tables may have a size of less than 1.20 meters, but in any case not less than 1 meter only by being able to use dividing panels or carrying out outdoor activities;
- Players or spectators, who approach the table to watch the games, will not be able to stop for more than 1 minute and will still have to stay in an area at the distance of at least 1 meter between anyone always equipped with masks is ensured;
- Players have to frequently sanitize their hands with sanitizing solution, which they will personally procure and which will always be available to them for exclusive and personal use; the Clubs or organizing body of an event may, however, provide for specific personal mini-devices or for each table to be made available to athletes, in order to prevent any possible risk of contagion; the sanitization of the hands will have to be carried out, before making a move, in case of involuntary contact of own exposed parts of the body (e.g. face, nose, mouth, etc.) and in any case, before meeting new opponents and before repositioning at the table after getting up and at the end of each training or round. It is forbidden to bring your hands to the eyes, nose and mouth during the entire duration of the game; in case of need, provide a new hand sanitization first;
- The use of video projection or the use of a multimedia whiteboard or a magnetic didactic mural, which only the instructor and the coach can use, is strongly recommended for the didactic and presence training phases;
- Instructors and coaches must wear, in addition to the mask, a splash guard visor designed to further contain the issue of "droplets" and avoid, as far as possible, to approach the table at a distance of less than 1 meter.

MANAGEMENT OF SYMPTOMATIC CASES

It will be the legal representative of the Club or the organization:

- Identify in the training or play venue a space dedicated to the possible isolation of those who manifest the onset of symptoms attributable to COVID-19 during sports activities.
- Develop a procedure for the management of the athlete or other person present on the sports site who may experience symptoms attributable to COVID-19 during sports activities.
- Draw up a list of the people present to be shown in the event of a request from the Health Authority.

HYGIENE PRACTICES

Within the site, the ability to comply with the following hygiene requirements must be guaranteed:

- Wash your hands frequently, also through special disinfectant gel dispensers;
- Maintain the interpersonal distance of at least 1 meter in the waiting and resting phases;
- Maintain an adequate minimum interpersonal distance, however not less than 2 meters in the case of frontal activities without personal (masks and visors) or general protections (dividing panels);
- Never touch your eyes, nose and mouth with your hands;
- Sneezing and / or coughing in a tissue avoiding contact of the hands with respiratory secretions; if you do not have a handkerchief available, sneeze into the inner fold of the elbow;
- Avoid leaving clothing worn for physical activity in places shared with others, but store them in backpacks or personal bags and, once back home, wash them separately from other clothing;
- Always drink from disposable glasses or personalized bottles;
- Immediately dispose of paper tissues or other used materials (well sealed) in suitable containers;
- Sanitization of all premises before reopening according to the indications provided by the Competent Authorities;
- Preventive sanitization also of air conditioning systems and, where there is no air recirculation function (eg open window or other outdoor air recirculation system, according to current national regulation), they cannot be used for air conditioning of the rooms;
- Wear contagion prevention devices for access to the planned training and play activities;
- Upon access, everyone must sanitize their hands with hydroalcoholic solutions made available to them for this purpose;
- Maintain the interpersonal distance of at least 1 meter during the activity and in the waiting and resting phases;
- Do not consume food in the training or competition venue;
- Ensure an adequate air change of at least 10 minutes every 60 minutes, inside the premises where training and / or teaching or play activities take place.

For the purposes of implementing good hygiene practices, the following must be available to the people present:

- Information procedures posted in the access areas, in the activity areas, in the restrooms;
- Sanitizing gel dispenser;
- Collection containers dedicated to potentially infected waste (disposable tissues, masks / respirators) and relative sealing bags;
- Indications on the correct methods and times of ventilation of the premises;
- Specific air filtering activities in high density closed rooms of people or activities, for example through air purifiers equipped with HEPA filters intended to decrease the amount of aerosols;
- Information on daily cleaning and periodic sanitization;
- Prohibit the exchange between people present of devices such as smartphones, tablets, etc. and sports equipment; alternatively adequate sanitisations must be provided.

In addition, those who practice the activity have the obligation:

- To disinfect their personal belongings and not to share them (visors, flasks, handkerchiefs, test tools, etc.);
- To arrive at the site already suitably dressed for the activity that will take place or in such a way as to use common spaces to change and equipped with sealing bags for the collection of potentially infected waste;
- Not to touch objects and fixed signs.

In addition, the Clubs or the host organization may consider making contagion prevention tools, gloves and masks available for people who do not have them at the time of access, to prevent the impossibility to access.

Likewise, the Clubs or the host organization may evaluate the opportunity to involve and appoint an ad hoc medical contact to support during sports activities for the prompt and correct management of critical issues.

CLEANING AND SANITIZATION OF PLACES AND EQUIPMENT IN THE TRAINING SITE

On the basis of the risk assessment linked to the places that characterize the sports site, a specific plan must be prepared which identifies the minimum mandatory procedures to be applied to guarantee the periodic cleaning and sanitation of the sports venue.

"Cleaning" means cleaning with a solution of water and detergent; by "sanitization" we mean instead the cleaning with special disinfectant solutions, in order to ensure the places a lower risk of infection.

In choosing the products to be used for cleaning, in the absence of other indications from the health authority, it is necessary to take into account what is indicated in Circular 5433 of the Ministry of Health of 22/02/2020.

The cleaning plan includes, listed in a non-exhaustive way:

1. The surfaces of the areas dedicated to sports;
2. The surfaces of the rooms used by external users;
3. The common areas, lobbies and corridors;
4. The toilets;

5. Play equipment (board, checkers, timepieces);
6. The support table of the plate;
7. Chairs and / or stools;
8. Partition panels or personal protection visors;
9. The elevators, where present, including the push-button panels;
10. The parts most frequently touched by beverage and snack vending machines (if any).

It will also be necessary to ensure the correct cleaning of the grids, ducts, air intakes of the ventilation and air conditioning systems (where present), as well as the development of specific instructions regarding the cleaning of these components must be defined by the person in charge of the headquarters, in agreement with the maintenance technician and fixed according to the type of system.

Generally:

- For the surfaces most frequently touched, activities must be carried out on a daily basis, twice a day in the case of multiple training or game sessions in morning and afternoon, or in afternoon and evening;
- For game equipment, cleaning must be done at the end of each training session or game (game).

Sanitization must be carried out before the first opening and, periodically thereafter; the periodicity of the sanitization will be established by the Legal Representative of the Club or the Body in relation to the characteristics and methods and times of use of the premises.

In addition, specific intervention and sanitation procedures must be provided in the event that one of these suddenly manifests symptoms; in this case, you also need:

- A. Proceed to remove the people present.
- B. Immediate closure of the headquarters.
- C. Provide for an extraordinary sanitization / decontamination of the premises frequented, including the premises used for its temporary insulation. The intervention of the operators for sanitation must be preceded by a complete ventilation of the premises.
- D. Due to the possible survival of the virus in the environment and on the surfaces for a long time, the places and areas frequented by the person, as well as the equipment used and the surfaces frequently touched, must first of all be completely cleaned with water and detergents common, subsequently decontamination must be carried out with disinfectants based on sodium hypochlorite 0.1% or with 70-75% alcohol for surfaces that can be damaged by sodium hypochlorite.
- E. During sanitizing operations with chemicals, ventilation of the rooms must be ensured and the presence of athletes, companions and technicians is prohibited.
- F. Proceed with the communication to the Health bodies competent for the territory of the list of people present.
- G. Carry out all other legal obligations that may be required.

PREVENTIVE ACTIVITY ATHELETES AND SPORTS OPERATORS

Self-declaration

As regards the activity to be carried out in gyms, as indicated by the FMSI (FMSI PROTOCOL FOR THE RECOVERY OF ATHLETES 'SPORTS ACTIVITY - Annex 2), all Athletes must be in possession of the specific certification of competitive fitness (Ministerial Decree 18 / 02/82) or non-competitive (DM 24/04/13) or of particular and high cardiovascular commitment (DM 24/04/13), currently valid.

Athletes at the resumption of training must submit a self-declaration (Annex 1) certifying the presence or absence of infection with SARS-COV-2 and risks of contagion for others as far as they are aware as well as for all the intended uses, including the control activities for which the local authorities are responsible.

FINAL PROVISIONS

The application of the aforementioned rules is entrusted to the President of the Amateur Sports Association / Society affiliated to the FID, as well as to the Body that organizes or hosts a sports event, which is solely responsible for the adoption of the measures identified in the Protocol.

In cases where the sports organization is not subject to the obligations under the Legislative Decree n. 81/2008 regarding the preparation of the Risk Assessment Document (DVR) and the appointment of the competent doctor, must, in any case, comply with this Safety Protocol.

The legal representative of the Clubs or of the affiliated body, as responsible for the adoption and observance of the provisions of the Protocol, is in any case entitled to adopt further measures aimed at limiting the risk of COVID-19 virus infection. with the possible help of a "competent doctor" appointed for this purpose.

Any more restrictive containment measures that may be adopted by the Regions and other Territorial Bodies in agreement with the Ministry of Health must also be observed, pursuant to and for the purposes of art. 3, paragraph 2, of Law Decree 23 February 2020 No. 13 containing "Urgent measures for the containment and management of the epidemiological emergency from COVID-19" in conjunction with art. 10, paragraph 2, Decree of the President of the Council of Ministers of April 26, 2020.

The legal representative of the Clubs or of the affiliated body that intends to organize a sporting activity or event is warmly invited to indicate the maximum number of athletes (and / or technicians, family members, spectators, etc.) allowed to participate, in based on the available spaces, in compliance with the aforementioned rules, also through pre-registration mechanisms.

Annex 1:

HEALTH AND INFORMATION STATUS SELF-DECLARATION

Dear

Club _____ placed in _____

Subject: health status self-declaration

I _____, born ___/___/___

In _____ (____), resident of _____ (____),

address _____ telephone number _____,

email _____, under myself responsibility,

DECLARE

- I'm aware of the contagion containment measures that have been in place as of today and adopted under Articles. 1 and 2 of the D.L. 25 March 2020, No. 19, concerning the restrictions on the possibility of moving individuals throughout the country, as well as the additional limitations placed by the President of the Regions where your Venue is located.
- It is that your access to your venue is part of one of the cases permitted by the same measures;
- To be not under quarantine or not being tested positive for Covid-19;
- In the last 14 days, I didn't have any contact with people who tested positive for Covid-19;
- (iii) not to have symptoms of respiratory infection and fever (greater than 37.5 degrees C);
- You have seen the contents of your Operating Manual in terms of combating SARS CoV-2 virus infection;
- Other declarations: _____

Date, ___/___/_____

Declarant's sign _____

Annex 2:**HYGIENE-SANITARY RULES AND GOOD PRACTICES BY FMSI (VERSION 30/04/2020)**

We present below some simple but essential health and hygiene standards, addressed to sports clubs and managers of sports facilities, that should be followed in the locker rooms, common spaces and hygienic services of the facilities in order to prevent the spread of the COVID-19 infection during competitions and training sessions. These recommendations should be clearly visible to all and should be respected by athletes, chaperones, referees, trainers, managers, massage therapists, audience and authorized personnel.

1. Do not drink from the same bottle/thermos/glass neither in competition nor in training, always use disposable glasses or a personal/personalized bottle. Do not exchange objects (towels, bathrobes, etc.) with other people.
2. Avoid eating inside the locker rooms.
3. Always store personal clothes and objects in your bags, without leaving them exposed in the locker rooms or in common containers.
4. Immediately dispose of paper tissues or other used materials, such as plasters or bandages, in the specific containers.
5. Wash hands accurately as often as possible: washing and sanitizing hands is essential to prevent the infection. Hands should be washed with water and soap for at least 20 seconds and, after a proper rinse, dried with a disposable hand towel. When water and soap is unavailable, it is possible to use a 60% alcoholbased hand sanitizer.
6. When using common hygienic services, avoid touching the water tap before and after washing hands, using a disposable hand towel to open and close it. Italian Federation of Sports Medicine www.fmsi.it
7. Promote the use of automatic dispensers with sanitizing solutions in the locker rooms and hygienic services.
8. Avoid touching your eyes, nose or mouth with unwashed hands.
9. When coughing or sneezing, cover your mouth and nose with a tissue, preferably disposable, or with your arm, never with hands.
10. Ventilate the rooms as often as possible.
11. Periodically disinfect tables, benches, chairs, racks, floors, faucets, handles, showers and hygienic services, with sanitizing solutions of bleach or chlorine, solvents, 75% ethanol, peracetic acid and chloroform.
12. In case of physical activity in swimming pools a constant monitoring of chemical (chlorine or other sanitizing solutions) and physical (for example, pH and temperature, which also influences the level of chlorination) parameters should be required.
13. Athletes who show visible symptoms of an ongoing respiratory infection and/or fever must immediately move away from the rest of the team, possibly isolating themselves, and warn the Team Physician (for professional sports) or the Federation Chief Medical Officer during sports gatherings, who will call the emergency numbers, when it is indicated. Those athletes should not go to an Emergency Room.
14. It is recommended to get vaccinated against the influenza as soon as possible, if subjects are not vaccinated yet, in order to facilitate the diagnosis and the management of suspected cases. It is also necessary to monitor subjects with gastrointestinal symptoms (not necessarily typical).
15. Keep informed about the athletes or authorized personnel's possible contacts (also in the family context) with people coming from risk or quarantined areas.

16. The sports medical examination is a fundamental screening tool. A careful anamnesis and objective examination are essential to identify subjects potentially at risk of infection or who show symptoms.
17. In case of national sports gatherings or international events, also abroad, it is always necessary to arrange for the presence of a Sports Medicine Physician who can evaluate in advance all the participants, indicating which subjects are at risk and consequently adopting the proper isolation measures, as specified by the appropriate management procedures.
18. For all Team Physicians and all the sports societies with athletes that participate to international events, it is necessary to carefully monitor all the countries of destination or departure.
19. In the locker rooms the access should be limited to the same authorized personnel.
20. On the field, the access should be limited to the personnel who is strictly necessary to the competition. Italian Federation of Sports Medicine www.fmsi.it
21. During Antidoping testing, in addition to disposable paper rolls to cover the table, provide sanitizing solutions to wash hands only after the test. Before the testing, hands must be washed only with water in compliance to WADA's regulation.
22. Health Supervisors/Team Physicians, especially for professional teams, must pay particular attention to the anamnesis, objective examination and temperature evaluation of both athletes and team personnel /technicians during training and pre-competition retreats, constantly updating the health profile of the athletes. Moreover, before the competition, Team Physicians of both teams must have a briefing to exchange information, while always respecting the professional secret.
23. Health Supervisors/Team Physicians of professional teams must verify beforehand the hygienic conditions of all the locker rooms, including those of the host team, of the referees and ball persons, as well as the room for the Antidoping testing.
24. Health Supervisors/Team Physicians of professional teams must actively participate to the organization of competitions abroad, verifying the logistics and foreseeing possible precautionary protection. Health Supervisors/Team Physicians must also guarantee their presence during the whole duration of the away game.
25. Particular and conscientious attention must be paid to young athletes, in compliance to State Regulations and Federation rules. Federations' awareness to take on unequivocal and coordinated directions should be promoted.
26. It is recommended that healthcare workers, paramedical staff, physicians and massage therapists, who are constantly in contact with the athletes, in particular in the case of professional teams, do not work contextually in other environments or have external activities that could be at risk of infection.
27. Notwithstanding the limitation described in the point number 2 regarding the necessity to avoid eating food inside the locker rooms, for professional sports it is also recommended to identify a specific area for the post-competition nutritional reintegration.
28. It is recommended to avoid the presence of television operators for shootings inside locker rooms before the competition, finding a shared solution in case of specific contractual obligation for professional sports.

Annex 3:

The following pages show some representative.

ILLUSTRATIVE POSTERS

Sport restarts safely - Presidency of the Council of Ministers - Office for Sport

Wash Your hands. With soap and water – World Health Organization

Management of entry, stay and exit of athletes and other subjects - Italian Draughts Federation

Distancing and hygiene rules in the various phases of sporting activity - Italian Draughts Federation



Sport restarts safely

Within the playing venue the possibility of carrying out the following hygiene practices is guaranteed:



WASH YOUR HANDS FREQUENTLY, EVEN THROUGH SPECIAL DISINFECTANT GEL DISPENSERS



MAINTAIN THE MINIMUM INTERPERSONAL DISTANCE OF 1 MT IN THE EVENT OF NO PHYSICAL ACTIVITY



ALWAYS DRINK FROM SINGLE USE GLASSES OR PERSONAL BOTTLES



NEVER TOUCH EYES, NOSE AND MOUTH WITH YOUR HANDS



SNEEZING AND / OR COUGHING IN A TISSUE AVOIDING HAND CONTACT WITH RESPIRATORY SECRETIONS; IF YOU DO NOT HAVE A TISSUE, SNEEZE IN THE INSIDE OF THE ELBOW



AVOID LEAVING IN PLACES SHARED WITH OTHER CLOTHES WEAR FOR PHYSICAL ACTIVITY, BUT STORE THEM IN BACKPACKS OR PERSONAL BAGS AND, ONCE COME BACK AT HOME, WASH THEM SEPARATELY FROM THE OTHER INDUMENTS



MAINTAIN THE MINIMUM INTERPERSONAL DISTANCE ADEQUATE TO THE INTENSITY OF THE SPORT YOU PRACTICE, HOWEVER NOT LOWER THAN 2 MT



IMMEDIATELY THROW TISSUES OR OTHER USED MATERIALS (WELL SEALED) INTO CONTAINERS

For the purpose of implementing good hygiene practices:

MAKE AVAILABLE A COLLECTION SYSTEM DEDICATED TO POTENTIALLY INFECTED WASTE (EX. DISPOSABLE HANDKERCHIEF, MASKS / RESPIRATORS)



IT IS FORBIDDEN ANY EXCHANGE BETWEEN SPORTS OPERATORS AND PERSONNEL IN ANY EVENT ON THE SPORTS SITE OF DEVICES (SMARTPHONES, TABLETS, ETC.) AND SPORTS EQUIPMENT

In addition those who practice the activity are required to:



DISINFECT YOUR PERSONAL EFFECTS AND NOT TO SHARE THEM (BOTTLES, TISSUES, TOOLS, ETC..)



ARRIVE ON THE PLAYING VENUE ALREADY DRESSED IN SUITABLE WAY FOR THE ACTIVITY THAT WILL BE PRACTICED OR IN A WAY TO USE COMMON SPACES TO DRESS AND EQUIPPED WITH SEALING ENVELOPES FOR THE COLLECTION OF POTENTIALLY INFECTED WASTE



DO NOT TOUCH OBJECTS AND FIXED SIGNAGE

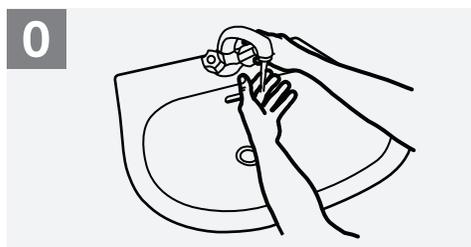
Follow the detailed instructions for your discipline issued by the National Sports Federations and Associated Sports Disciplines, as well as by the Italian Sports Medical Federation



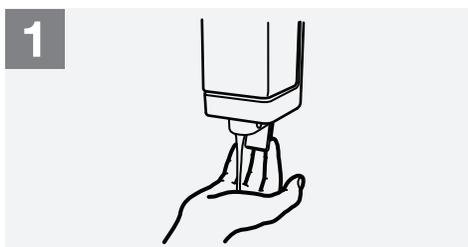
Wash your hands

WITH SOAP AND WATER

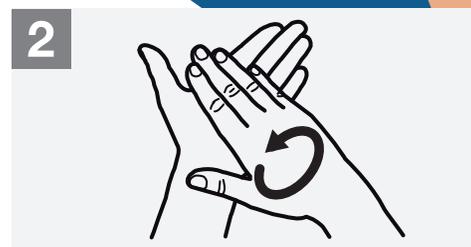
 Duration of the entire procedure: 40-60 seconds



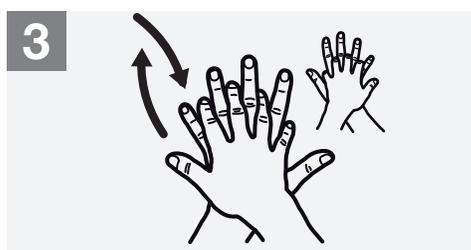
0 Wet hands with water;



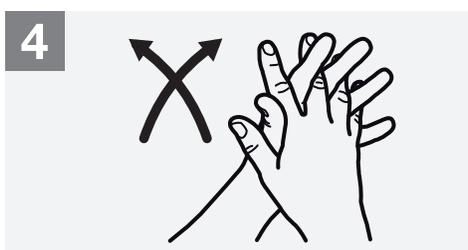
1 Apply enough soap to cover all hand surfaces;



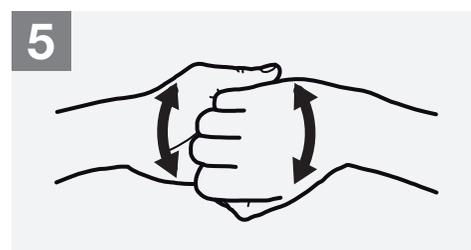
2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



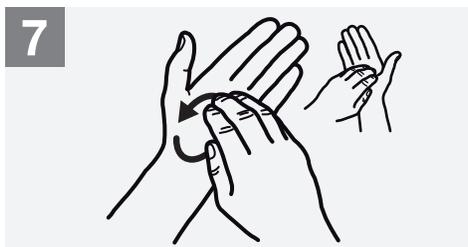
4 Palm to palm with fingers interlaced;



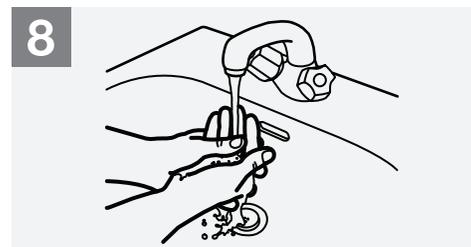
5 Backs of fingers to opposing palms with fingers interlocked;



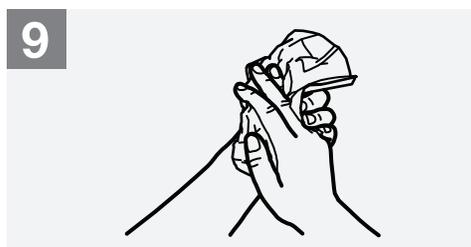
6 Rotational rubbing of left thumb clasped in right palm and vice versa;



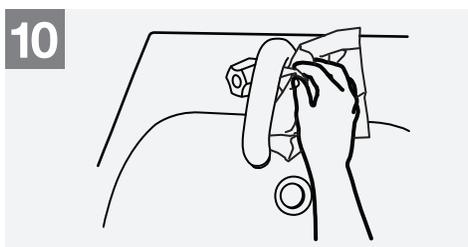
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



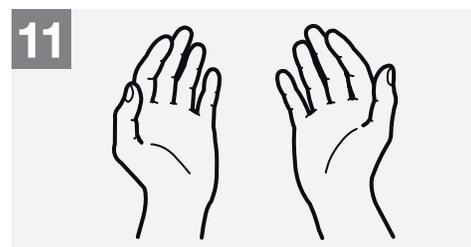
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

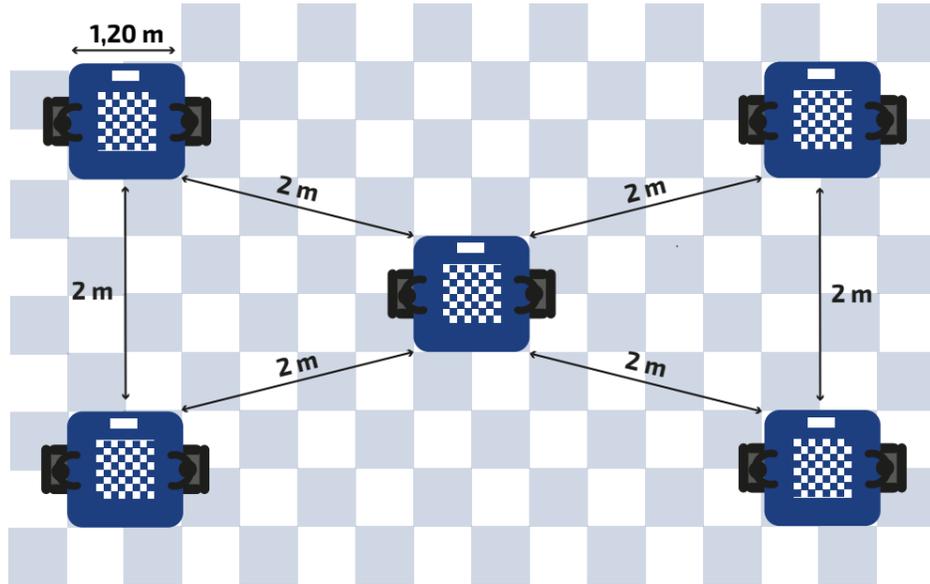
Having clean hands reduces the spread of diseases like COVID-19

MANAGEMENT OF ENTRY, STAY AND EXIT OF ATHLETES AND OTHER PEOPLE

-  Persons with respiratory infection symptoms cannot access the sports or training venue of an organization.
-  Persons with a body temperature of 37.5 °C or higher cannot access the sports or training venue of an organization.
-  Entry is guaranteed only with masks.
-  Ensure that hand sanitizing devices are present at the entrance of the playing venue and on each game or jury table.

-  Encourage regulated entry / exit times and procedures (possibly deferred or at least staggered) in order to avoid contacts and gatherings as much as possible.
-  At the entrance, a dispenser with sanitizing gel must be available with the obligation of sanitizing the hands for all people who access.
-  For each day of activity, the legal representative of the Club, of the Body or its delegate will have to draw up a list of the people present at the venue, such as athletes, instructors, coaches and other people. The list must be kept for at least 30 days.
-  Maintain an adequate minimum interpersonal distance, however not less than 2 meters in the case of frontal activities without personal (masks and visors) or general protections (dividing panels).

LAYOUT OF PLAYING TABLES



DISTANCE AND HYGIENE RULES

The handshake and any physical contact among players or other present at the playing venue or training center are forbidden (the usual gesture may be replaced by a nod of the head and / or the symbolic gesture of union of both their own hands by each player).




To ensure, the distance of at least 1 meter between the players, the board must be placed on tables with a side depth of not less than 1.20 meters, allowing, in the reflection phase, the lean on the table exclusively to the player who has to make a move.

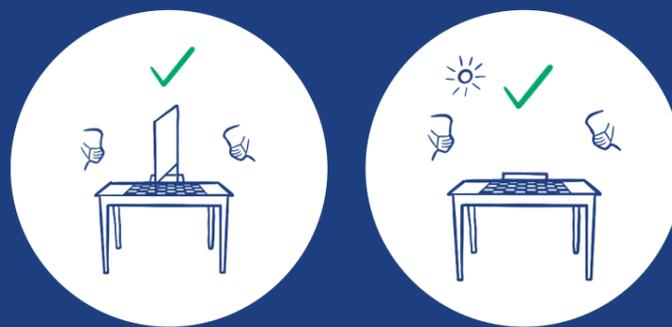




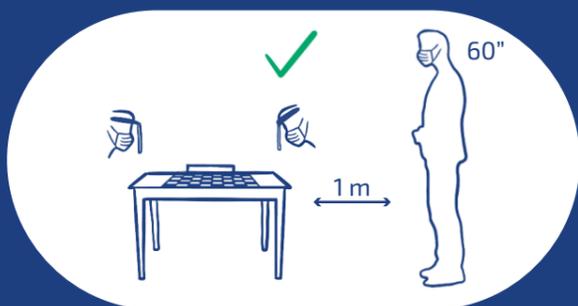

During games or frontal training lasting longer than 15 minutes (that is, all matches except the draughts on 64 squares Blitz games), in addition to the mask, the players must wear protective visors; it will not be mandatory to use visors if the game tables are equipped with special transparent dividing panels, with a suitable "slot" (opening at the bottom) (H = 15-18 cm) useful for moving the pieces.



The tables may have a size of less than 1.20 meters, but in any case not less than 1 meter, only by being able to use dividing panels or carrying out outdoor activities.



Players or spectators, who approach the table to watch the games, can't stop for more than 1 minute and will still have to stay in an area where is guaranteed a distance of at least 1 m between people, always equipped with masks.



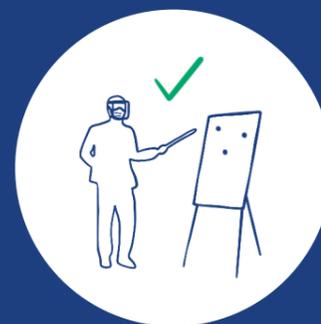
Players must frequently sanitize their hands with a sanitizing solution, appropriately made available from the Club or Body, in order to prevent any possible risk of contagion and, in any case, before meeting new opponents, before returning to the table after getting up and at the end of each training session.



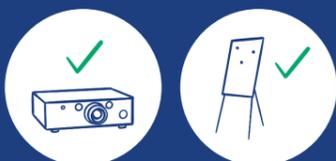
Durante tutta la durata del gioco è vietato portarsi le mani agli occhi, al naso e alla bocca; in caso di necessità provvedere prima ad una nuova igienizzazione delle mani.



The instructors and trainers must wear, in addition to the mask, a visor designed to further contain the issue of "droplets" and avoid, as far as possible, to approach the table at a distance of less than 1 meter.



o During a training it is strongly recommended the use of video projection or a multimedia whiteboard or a magnetic mural board, which only the instructor and the coach can use.



It is not allowed to consume food in the training center or in the playing venue.



It is necessary to ensure an adequate air change of at least 10 minutes every 60 minutes inside the playing venue.