

APPROVED, Appendix 3

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Krasen Kralev MINISTER OF YOUTH AND SPORTS

### **Guidelines for the application of anti-epidemic measures**

#### **I. Sports facilities and sports facilities ) of the sports sites and facilities to create the following organization for observance of the anti-epidemic measures:**

1. Place in prominent places in all premises, at the entrances and exits of the sports sites / facilities the present instructions;
2. Conduct a mandatory filter at the entrance, measuring the body temperature of all, persons with fever are not allowed;
3. Create an organization at the entrance to the training hall athletes, coaches and officials to clean their lynxes with lynx disinfectant, and the detectives to be provided at the front door;
4. In the training hall are allowed 1 person per 4 square meters, but not more than 20 people at a time;
5. In the locker rooms to create an organization not to allow the use of lockers located next to each other, to limit the number of athletes who can be in the locker room at the same time and not to allow crowds;
6. Athletes use only personal towels;
7. Disinfectants and disinfectants for appliances shall be provided;
8. Maximum hygiene is ensured through strict procedures for regular cleaning and disinfection, at least 4 times a day, performing wet cleaning and disinfection of floors and surfaces, incl. on all contact surfaces that can be touched;
9. Employees protect themselves with a face mask, helmet or barrier, and if necessary with gloves;
10. The employees are instructed to monitor the manifestation of symptoms by the athletes, the coaches and the officials;
11. The owners / tenants of the sports sites and facilities shall appoint an employee to be responsible for the implementation and observance of the instructions;
12. Information boards shall be placed in a prominent place, informing the athletes, coaches and officials about the obligation to observe physical distance and hand hygiene when visiting the training hall;
13. Natural ventilation of the facility is recommended;
14. To perform regular, at least 4 times a month, cleaning of the filters of the ventilation and air-conditioning installations;
15. Provide the staff with a work package, including disinfectant for rye; latex disposable gloves; face mask or helmet, and provide contact information to a person to call an emergency;
16. Persons other than athletes, coaches and officials directly responsible for their training are not allowed in the training halls;

17. In case of collective and individual sports events of a training nature, outdoors and indoors, it is allowed for athletes under the age of 18 to be accompanied by one attendant.

**II. The staff of the training halls observes the following anti-epidemic measures:**

1. They always maintain a safe distance of 1.5 m between colleagues and a distance for the athletes according to the specifics of the sport;
2. When sneezing and coughing, in case a napkin cannot be used, use the bend of the elbow, not the palm. If a napkin is used, it is immediately discarded in a safe place;
3. Wash your buttocks as often as possible with soap and water. Hands should always be washed after coughing, sneezing or blowing your nose, before eating and after going to the toilet;
4. Clean the contact surfaces of the used sports equipment and devices with disinfectants, meeting the requirements of the health authorities;
5. Toilets, changing rooms, waste containers, common areas, appliances, rooms and other facilities shall be cleaned and disinfected at least every two hours:
6. Office equipment, mice, keyboards used by staff shall be disinfected periodically and obligatory in case of change of employees;
7. Employees who feel ill and have complaints such as colds, runny nose, sneezing, sore throat, mild cough or fever, stay at home;
8. Employees should contact their personal doctor when symptoms worsen (difficulty breathing, fever);
9. Employees must stay at home if there is a sick person in their home.

**III. Athletes, coaches and officials should be familiar with the following measures:**

1. They should be familiar with hygiene measures and training conditions in the gym;
2. Individuals who eat symptoms such as colds, runny nose, sneezing, sore throat, mild cough and fever should not visit the gym;
3. Follow the instructions of the employees;
4. Disinfect their hands on arrival in the hall;
5. Be sure to bring your own towel, which they use in the hall;
6. Dispose of their own rubbish or waste in appropriate bins;
7. After using a sports device or device, clean the contact surfaces using the disinfectants provided for this purpose;
8. Train with clean sports shoes and clothing intended only for the gym;
9. Avoid touching eyes, mouth and nose;
10. Avoid direct contact with secretions or splashes from sneezing and coughing.

#### **IV. Conducting sports competitions. Audience:**

1. When holding outdoor sports competitions, an audience of up to 1000 spectators is allowed, when the seats are occupied not more than 50%, when accommodating the spectators people at least in 1 seat and observing a physical distance of 1.5 m ;

2. When holding indoor sports competitions, an audience is allowed with accommodation of the spectators at least in 1 seat and with observance of a physical distance of 1.5 m, with occupancy of the seats not more than 50 %;

3. Collective and individual sports events with a competitive nature indoors and outdoors are allowed media representatives while providing a distance of at least 1.5 m between journalists. The accommodation of journalists is organized so that there is no direct contact between journalists and athletes, providing a distance of at least 3 meters between journalists and athletes;

4. When holding sports competitions, the host club shall establish the following organization for compliance with the anti-epidemic measures:

b) if possible, an entrance / entrances / shall be set aside only for the audience, different from the one used by the competitors, coaches, officials and officials;

c) a rice disinfectant meeting the requirements of the health authorities shall be placed at the entrance (s) intended for the public;

d) at the entrance / entrances for the public and in the indoor sports facilities and facilities, the host club provides a sufficient number of officials who monitor the application / protection by the spectators of the anti-epidemic measures, according to the present instructions;

e) the officials conduct a mandatory filter at the entrance, as everyone's body temperature is measured, persons with fever are not allowed; spectators with obvious symptoms of colds, runny noses and coughs are not allowed in the gym;

f) all members of the audience must, when entering the sports hall, during their stay in the sports facility and until the moment of leaving the hall, be required to "wear a disposable or reusable face mask or other means covering the nose and mouth;

g) officials should not allow the use by spectators of thombi, musical instruments and other devices having a sound effect the use of which requires the removal of spectators' masks;

h) officials should not allow the use of choreography by spectators, which involves the handing over of flags, posters or other objects from person to person;

i) officials should not allow the consumption of food and drink during the entire stay of spectators in the gym;

j) officials should not allow the accumulation of large number of spectators to the playing area and the controlled free area around the playing area;

k) officials should not allow spectators to access the playing area. staff, coaches, officials and officials on any occasion, including autographs, photographs, etc.;

l) after the end of the match, officials should ensure that spectators at the sports facility leave as quickly as possible, without allowing people to congregate at compliance with anti-epidemic measures;

m) officials who monitor spectators' application / compliance with anti-epidemic measures must be provided by the host club with a protective mask, helmet / barrier and gloves;

n) in the corridors and stands of the sports facility, if possible, one-way traffic shall be introduced. Signs indicating the direction of movement of the spectators are also placed;

o) there are toilets only for spectators, other than those used by the competitors, the coaches, the officials and the officials and the location of the which does not require spectators to enter the area designated for access only by athletes, coaches, officials and officials. The toilets are disinfected every 45 minutes, according to an approved schedule and with preparations that meet the requirements of the health authorities;

p) in case of impossibility to provide such toilets for spectators in the sports hall, the provision of chemical toilets, placed in a suitable place next to the sports facility, is admissible;

q) Disinfection of spectator seats before and after disinfection, corresponding to each meeting, shall be carried out using only methods and preparations as required by the health authorities.