

## New Protocols for Sports Safety under Amber

Effective: 7<sup>th</sup> February 2022

**ALL eligible individuals will be required to be 100% VACCINATED, to participate in training and sports activities, inclusive of technical officials.**

It will also be required of facility owners as a team of entry, must have the CareFiji QR code registered and displayed, conduct VAX checks and Masks are to be worn at all times.

In organised Sporting events and venues - **ONLY FULLY VACCINATED** are allowed to participate and enter facilities. The unvaccinated staying away, protects all.

### Keys:

#### Level A - Play Safe Stage (solo)

- **WELLNESS ACTIVITIES**
- **INDIVIDUAL TRAINING**

#### Level B - SPORTS UNDER AMBER – All Good to go with key restrictions for CONTACT and NON CONTACTS sports events and training

- **NO SPECTATORS AT VENUES**
- **NO UNVACCINATED ATHLETE OR OFFICIALS**
- **UNVACCINATED CHILDREN UNDER 18 MAY ENTER FACILITIES TO TRAIN (NO COMPETITIONS) MUST BE ACCOMPANIED BY VACCINATED ADULT**
- **NO INTER ISLAND TRAVEL FOR TOURNAMENTS AND COMPETITIONS**

#### Level C - SPORTS UNDER AMBER – All Good to Go Full Out stage with key restrictions for CONTACT SPORTS and NON -CONTACT SPORTS

- **80% Venue Spectator Coverage**
- **Return to tournaments and competitions**
- **Inter-island travel allowed**
- **Masking required for spectators**
- **Everyone over 18 years is expected to be fully vaccinated**
- **Under 18 Unvaccinated children are allowed to compete as long as they are accompanied by a vaccinated adult.**
- **All to continue with physical distancing requirements**
- **Gyms and Fitness Centres restricted to 80% capacity.**

|                   | Level A  | Level B  | Level C  |
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| <b>MOH Levels</b> | Under Alert Level A, there is High risk the disease is not contained. Under Alert Level A you cannot do any Sports or recreation activities. <b>LOCKDOWN</b> | Effective 11 January 2022<br>Subject to Approved Protocols of NSO<br><b>-FULLY VACCINATED ATHLETES AND TEAM OFFICIALS ONLY</b> | Effective 7 February 2022<br>Subject to Approved Protocols of NSO<br><br>-Everyone over 18 years old is expected to be fully vaccinated. |

## Safe Sports Guidelines

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|   | <p>Activities can be conducted by individuals of a sport, such as an athlete or in pairs of the same bubble. Following principles to abide by:</p> <ul style="list-style-type: none"> <li>-Stay home</li> <li>-Work and learn from home if you can</li> <li>-Make your business and training COVID-19 safe. – Individual and in own bubbles.</li> <li>-Stay with your containment areas, and divisional boundaries until further travel advice is available</li> <li>-Keep your bubble as small as possible</li> <li>-Wash your hands often with soap and cough into your elbow (mask up when doing activities outside your home.</li> <li>-If you're sick, stay home and get advice from a MOH Immediately</li> </ul> | <p><b>UNVACCINATED CHILDREN UNDER 18 MAY ENTER FACILITIES TO TRAIN (NO COMPETITIONS) MUST BE ACCOMPANIED BY VACCINATED ADULT</b></p> <ul style="list-style-type: none"> <li>-Fulfilling all other health and safety obligations.</li> <li>-All Gyms &amp; Swimming Pools Open</li> <li>-Gated and indoor venues only</li> <li>-Masking</li> <li>-Temperature Check</li> <li>-Hand Hygiene</li> <li>-Double vaccinated</li> <li>-Vaccination Authentication Exercise – VAX – Check</li> <li>-Care Fiji App – BlueTooth On.</li> <li>-Care Fiji Checking in QR Scan</li> </ul> | <ul style="list-style-type: none"> <li>-Social Distancing remains</li> <li>-Masking is required for spectators</li> <li>-80% Spectator Capacity</li> <li>-80% Capacity for Gyms and Fitness Centres</li> <li>-Under 18 years unvaccinated children allowed to compete</li> <li>-Inter-Island Travel for competitions and tournaments allowed</li> <li>-Return to tournaments &amp; competitions.</li> </ul> |
| <p><b>FIJI LEGAL FINES FOR CONTACT SPORTS</b></p> | <p><b>[LEGAL NOTICE NO. 52] PUBLIC HEALTH ACT 1935 - Public Health (Infectious Diseases) (Infringement Notices) Regulations 2021</b></p> <p>Contact sports engagement 11. Any person who fails to comply with an order in relation to contact sports engagement commits a fixed penalty offence.</p> <p><b>SCHEDULE 1 (Regulation 2): FIXED PENALTY OFFENCES AND FIXED PENALTIES</b></p> <ul style="list-style-type: none"> <li>• Regulation Fixed Penalty Offence Maximum Penalty: \$10,000 / 5years</li> <li>• Fine Imprisonment Fixed penalty for natural persons: \$100.00</li> <li>• Fixed penalty for persons other than natural: \$2000.00</li> </ul>   |  |   |
| <p><b>General Description</b></p>                 | <p>Activity that can be conducted by a solo athlete or by pairs</p>  | <p>As per Level A plus: Indoor/outdoor activity that can be</p>  | <p>GREEN ALERT: Full sporting activity that can be conducted in groups of</p>   |



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|  | <p>where at least 2m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g., running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g., ergometer, weights). Online coaching and resources (e.g., videos, play books)</p>                                | <p>conducted but only for team athletes and officials either in competition or training. Conditional on events and training being conducted within gated and indoor facilities Individual training in gyms, pools, tracks, fields, parks, public space is permitted conditional on Ministry of Health and Medical Services Standard guidelines under the COVID-19 restrictions as of 26 January 2022</p>   | <p>any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g., rugby scrums) permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities</p>               |
| <p><b>General Hygiene Measures</b></p> | <p>No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitizers, soap) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor). Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p> | <p>Gated and Enclosed Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. 'Get in, train and get out' — be prepared for training prior to arrival at the venue (minimise need to use/gather in change rooms, bathrooms). Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitizers/soap) on entry and exit to venues, as well as pre, post and during training and competition. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain a distance of at least 2m while training.<br/><b>NO SOCIAL GATHERING OR GROUP MEALS ETC</b></p> | <p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. If any massage beds being used, hygiene practices to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Follow the protocols and rules of the facility operators.</p> |



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|   |  | <b>DURING AND AFTER EVENTS.</b>   |  |
| <b>Spectators, additional personnel</b>   | No spectators, unless required (e.g., parent, carer)   | <p><b>-NO SPECTATORS AT VENUES</b></p> <p><b>-NO UNVACCINATED PERSONNEL</b></p> <p><b>-UNVACCINATED CHILDREN UNDER 18 MAY ENTER FACILITIES TO TRAIN (NO COMPETITIONS) MUST BE ACCOMPANIED BY VACCINATED ADULT</b></p> <p><b>-NO INTER ISLAND TRAVEL FOR TOURNAMENTS AND COMPETITIONS ATHLETES, OFFICIALS AND MEDIA ONLY.</b></p>  | <p>Only Eligible Individuals will be allowed into sporting venues</p> <p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p> <p>Dependent on Ministry of Health and facility operator guidelines.</p> |
| <b>Exercise Level Protocols for Each Stage (return to Training and Recreational Activity)</b> |  |   |  |
| <b>Level Descriptor</b>   | <p>Level A Considerations</p> <p>Exercise and recreation are an important part of maintaining our health and wellbeing. However, there's a very high risk of transmission if we meet others, touch common equipment or surfaces, or need rescuing or medical care.</p> <p>You can do activities that are local and safe. Only exercise alone or with people in your bubble. You need to keep a 2-metre distance from people who are not in your bubble, and you are strongly encouraged to wear a face covering. The most important thing is to stay safe. Do low risk activities, so you don't need</p> | <p>At Level B you can do your usual sport and recreation activities if you can do them safely. But if you are sick, stay home.</p> <p>When exercising in public, keep a 2-metre distance from people you don't know if possible and masking. Do not share towels and water bottles.</p> <p>Take precaution when using other publicly accessed drinking fountains/dispensers. You can do activities like.</p> <p>-Walking, biking, or jogging on public areas</p> <p>-Swimming in public swimming pools, but there will be restrictions.</p> <p>-Going to the gym but there will be restrictions</p> | <p>GREEN LEVEL, you can do your usual sport and recreation activities. There are no limits on gathering sizes.</p>   |



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|   | <p>rescuing or medical care. Now is the time to take up new activities or expose yourself or your bubble to any risk. Use your common sense – stay local, stay safe.</p>  |   |  |
| <p><b>Monitoring and Evaluation</b></p> | <p>Certification to resume sport at Level A must specify the requirements listed above. Any sport may begin at this safety stage as the first step towards getting back into sport. Reports of engagement of this level must be produced by the NSO responsible aligning to the MY&amp;S reporting framework. The NSO takes full responsibility of their sport being played at any part of Fiji at the following levels.</p> <ol style="list-style-type: none"> <li>1. Elite</li> <li>2. National</li> <li>3. Provincial</li> <li>4. District (Community Sports Associations)</li> <li>5. Clubs</li> <li>6. Educational Institutions</li> </ol> | <p>Monitoring of teams, athletes and officials entering sporting facilities and venues will be the responsibility of the Event organisers (NSO, Community Sports Association and Clubs) They must ensure every person entering is FULLY VACCINATED INCLUDING CHILDREN. All tournaments and competitions must provide their participants vaccination details to the venue manager and event organisers at least 1 week prior to competition or tournament. NO Competitions OR tournaments for unvaccinated children UNDER 18<br/>NSO, Community Sports Associations and Sports Clubs responsibilities: Certification to progress to Level B may be granted upon satisfactory compliance to Level A and clearance by MOH to take sport to this level. Reports of engagement of this level must be produced by the NSO, Community Sports Associations and Sports Clubs responsible</p> | <p>Certification to progress to Level C may be granted upon satisfactory compliance to Level B and clearance by MOH to take sport to this level. Reports of engagement of this level must be produced by the NSO responsible aligning to the MY&amp;S reporting framework. The NSO and /or event organiser takes full responsibility of their sport/event being played at any part of Fiji at the following levels.</p> <ol style="list-style-type: none"> <li>1. Elite</li> <li>2. National</li> <li>3. Provincial</li> <li>4. District (Community Sports Associations)</li> <li>5. Clubs</li> <li>6. Educational Institutions</li> </ol> |

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|                      |   | <p>for aligning to the MY&amp;S reporting framework. The NSO, Community Sports Associations and Sports Clubs takes full responsibility of their sport being played at any part of Fiji at the following levels.</p> <ol style="list-style-type: none"> <li>1. Elite</li> <li>2. National</li> <li>3. Provincial</li> <li>4. District (Community Sports Associations)</li> <li>5. Clubs</li> <li>6. Educational Institutions</li> </ol>  |   |
| <b>M&amp;E Roles</b> | <p>Certification Administration<br/> <i>Checks</i> - FNSC &amp; FSC<br/> <i>Approval</i> -Ministry Health and Medical Services<br/> <i>Certification &amp; Monitoring</i> -Ministry of Youth and Sports.<br/>           Level Protocols &amp; Covid 19 Guideline Designs - NSO<br/>           Implementation<br/>           Monitoring - Any organisation/institution /community structures that conducts the sport as part of its program.</p> | <p>Venue Manager and Event Organisers to consult with Community Police as and when required<br/>           Certification Administration<br/> <i>Checks</i> - FNSC &amp; FSC<br/> <i>Approval</i> -Ministry Health and Medical Services<br/> <i>Certification &amp; Monitoring</i> - Ministry of Youth and Sports.<br/>           Level Protocols &amp; Covid-19 Guideline Designs – NSO and Community Sports Associations and Sports Clubs<br/>           Implementation<br/>           Monitoring - Any organization/venue managers/event organiser/institution/community structures that conducts the sport as part of its program.</p> | <p>Certification Administration<br/> <i>Checks</i>- FNSC &amp; FSC<br/> <i>Approval</i> - Ministry Health and Medical Services<br/> <i>Certification &amp; Monitoring</i> - Ministry of Youth and Sports.<br/>           Level Protocols &amp; Covid 19 Guideline Designs - NSO<br/>           Implementation<br/>           Monitoring - Any organisation/institution/community structures that conducts the sport as part of its program.</p> |