



Committed : United

PROTOCOLS & GUIDELINES



Post COVID-19 return for football activities

NFABD



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**NFABD POST COVID-19
RETURN TO FOOTBALL ACTIVITIES
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RETURN TO FOOTBALL ACTIVITIES PROTOCOL & GUIDELINES

Preamble

In line with the de-escalation of some restrictions from 16 May 2020, as announced by the Minister of Health, with certain conditions, as part of a gradual plan to lift physical and social distancing measures, as the COVID-19 situation in Brunei is under control.

And as explained by the Minister of Culture, Youth and Sports, that in the first phase, driving schools; gyms and fitness centres; indoor and outdoor sports facilities; golf courses; restaurants, cafés and food courts; stalls and markets will be allowed to re-open with 30 % of their normal capacity at one time. But entries to most of these premises will be limited and controlled by the BruHealth App with QR Code and they must also check the body temperatures of their customers before they are allowed to enter the premises.

In anticipation and as preparation for return to training, Brunei Super League matches and other football activities, the NFABD Taskforce on Post Covid-19 has come up with the proposed draft Protocol & Guidelines which is based on experiences gleaned from five nations with professional football namely; South Korean K-League, Germany's Bundesliga, England's EFL, Danish Superliga, Turkey FF and Spain's La Liga.

The NFABD will duly submit this draft protocol & Guidelines to the Ministry of Health and Ministry of Culture, Youth & Sports for their vetting process and follow all their advice and final approval accordingly.

It is NFABD's objective as the Guardian of the Game in Brunei Darussalam that the safety aspect, which values each individual life, be given the utmost importance for a safe return to once again playing & enjoying the beautiful game of football nationwide.

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OBJECTIVES

To establish a protocol that aims to minimize and control the risk of COVID-19 spread amongst the members of football team and other personnel involved upon their return to training and competition.

Therefore, the protocol seeks to consider both on-pitch and off-pitch risk-factors for the health of the players, club members and other personnel involved in the conducting of football training and match day competition.

Abide by the Recommendations & Guidelines concerning COVID-19 set by the Ministry of Health and Ministry of Culture, Youth & Sports to limit and control the spread COVID19 in the community and the protection of the players, club members and other personnel involved in football.

BASIC PRINCIPLES

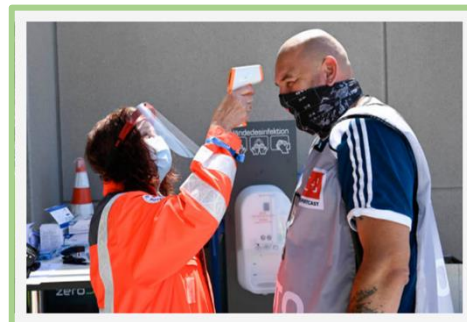
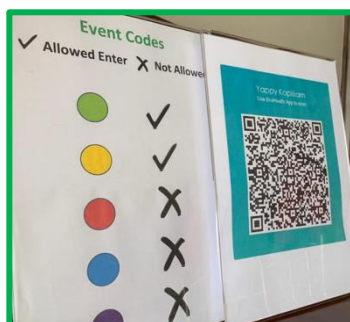
The basic principles underlying these protocols are as follows: -

- ❖ Guarantee safety of all Players and their immediate Family Members
- ❖ Guarantee safety of all Coaching Staff & Team Officials
- ❖ Guarantee safety of all Referees & Competition Staff who come into contact with players & coaches
- ❖ Guarantee safety of fans/spectators who watch the matches in the stadiums or venues



CHECK HEALTH STATUS

1. Obligations to conduct a COVID19 test and submit the result to NFABD up to a week before joining team (all Players, Officials, Referees, Competition Staff).
2. Every team and staff must fill in the checklist form prepared by NFABD and it must be submitted to the Competition department 48 hours before match day.
3. All players & officials must register with the BRUHealth App and obtain QR Code before accessing to training or match venues.
4. Upon arrival at venue, temperature measurement to record body temperature should be done outside the perimeter gate itself.
5. Those whose **BRUHealth App** shows red, blue or purple code shall not be **permitted to enter** the training or match venue and should immediately proceed to get themselves tested for COVID19 as per guidelines issued by Ministry of Health.
6. Only those whose BRUHealth App shows Yellow or Green code shall be permitted to enter the training or match venue
7. Anyone displaying these symptoms; fever, cough, sore throat, difficult respiration, feebleness, reduced sense of smell and taste, etc. should immediately report to the team doctor and should immediately proceed to get themselves tested for COVID19 swab test as per the guidelines issued by Ministry of Health.
8. There shall be proper record keeping and contact details of everyone who enters into a training or match venue.



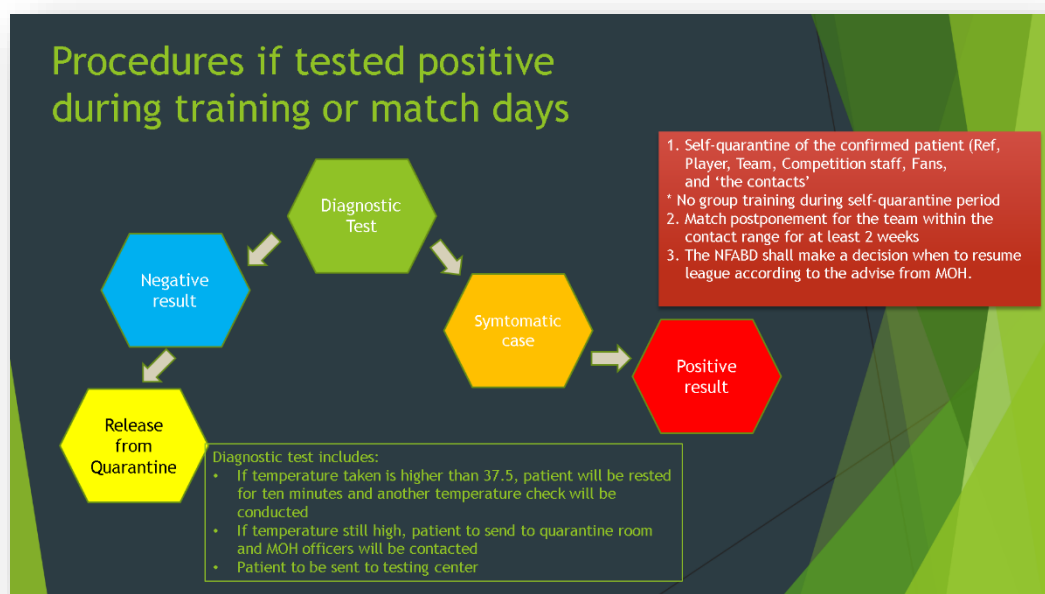
GUIDELINES FOR PLAYER WHO TEST POSITIVE FOR COVID19

1. Inform the team doctor immediately if there are signs of symptoms, go immediately to the Test Centre for COVID19 testing comes out.
2. Immediately start self-isolation in the form of quarantine in order to not expose teammates or family members.
3. The occurrence of person with symptoms to the team. Players and staff who have had contact with the person should voluntarily report to the officer in charge of the team.

Negative → Release the person with symptoms.

Positive → Comply with the Quarantine Guidelines set for confirmed cases by the Ministry of Health Brunei.

4. Refrain from strenuous physical activities in the case of sickness. Concrete return to training dates should be cleared with the health authorities first.
5. The Ministry of Health Brunei determines concrete procedures for individual who is quarantined or put in self-isolation.
6. If more than one teams players or officials test positive, then NFABD should call for an Emergency Meeting of the Competition Committee to decide to the status of the league; to continue or suspend the league for a period of time or ultimately cancel the league for this season. Convey the decision to the Ministry of Health immediately.
7. During the Post Covid19 season if a player refuses to play for a team or parents of young players do not give permission for the child to participate in the league, the team should respect his decision and not include him into their team list.



PREPARATION OF TRAINING & MATCH VENUES

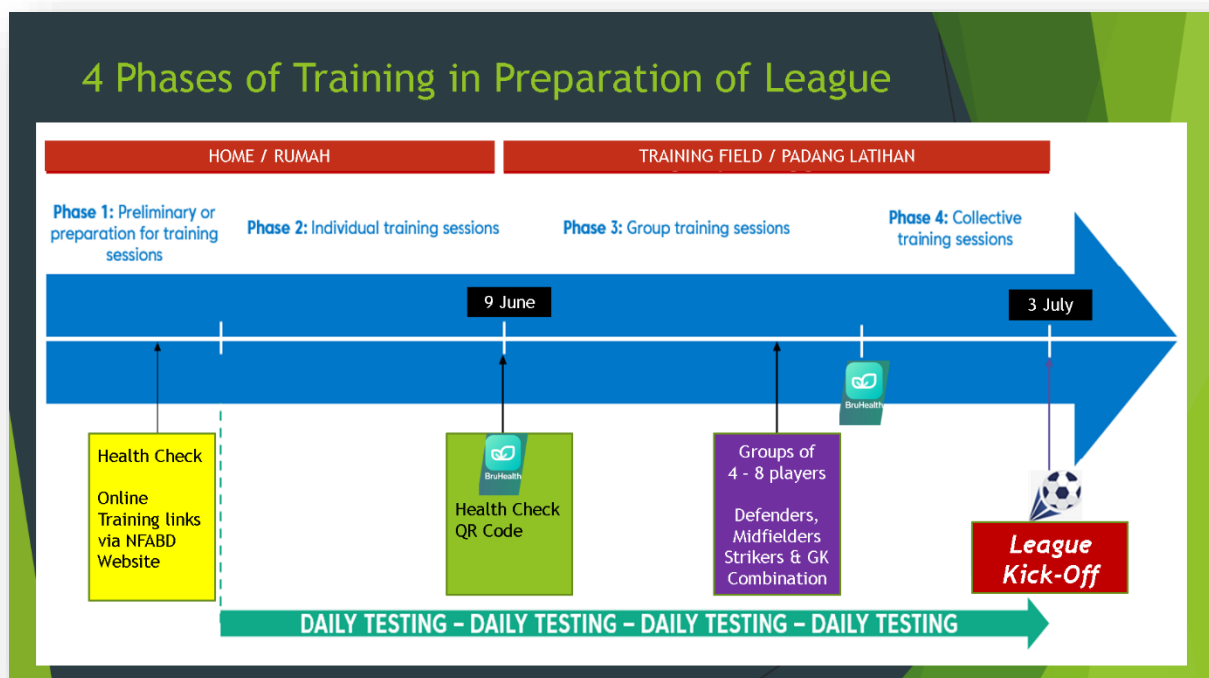
1. Complete disinfection of the stadium 3 hours before the opening, sterilize and provide sanitizer and antibacterial filter at major facilities.
2. Places for focused disinfection (where there are many unspecified contacts) doors handle, handrail, door knob, armrest, switch, door, elevator button and ticket machine, etc. should be sanitized every hour.
3. Provide tissue and trash basket with cover so that people can throw away used tissue after coughing and sneezing.
4. Establish support and cooperation system with the local public health care centres, police station and fire station, etc.
5. Operation staff mandatory to wear masks and gloves/be familiar with the guideline in case of COVID 19.
6. Prepare sufficient Hand Sanitizer bottles to be place at various strategic places like entrance to training venue/Stadium, tunnel entry point to pitch, toilets, dressing rooms, etc.
7. All Training equipment and footballs to be sanitized and cleaned thoroughly.
8. Team Bench and Fourth Officials tables & chairs to be sanitized and cleaned before & after training and also during half-time.
9. Goalposts and Corner Flags to be sanitized and cleaned.



TRAINING

The rationale behind the training is to ensure that the players are fully prepared at an optimal fitness level before the league kicks-off. The four phases of training are as follows: -

- ☑ Phase I : Individual Preparation for training session
 - ☑ Phase II : Individual training sessions
 - ☑ Phase III : Group Training Sessions
 - ☑ Phase IV : Collective/Team Training Sessions
1. Security at entry gates controls stadium access for players and team officials who are absolutely required for training only.
 2. Obligatory BruHealth App and QR Code of all players and team officials prior to entry into the training grounds.
 3. Temperature control at entry point of venue before accessing to training ground.
 4. Closed training sessions takes place without the fans or media.
 5. Keep hand disinfectant at entrance to stadium especially before entry onto training grounds.
 6. All players & staff to drive to training ground in own car.



7. Teams to bring their own equipment for training like footballs, cones/markers, etc. which should be disinfected and hygienically cleaned before and after training.
8. Only personalized (non-shared) labelled drinking bottles are allowed.
9. Team meetings only with sufficient distance 2m apart and in sufficiently large spaces e.g. on stands or field or open space area.
10. Coaches & Team Officials to wear face mask during training except when giving instructions.
11. Players get dressed for training and after training change into dry clothes and shower at home.
12. Club medical staff like physiotherapist work with face masks and consequently with hand disinfectants. Alternative includes disposable hand gloves (with a new pair after every contact to a player).
13. Players Individual Training sessions for fitness and ball control can be done in available open spaces at home or training ground.
14. Its recommended for Small Group Training session with 5 - 8 players and 1 - 2 Coach/Trainers.
15. Social Distancing with a space of 2m apart shall be observed for players during small group trainings.
16. No close contact activities like tackling or close dribbling be allowed during these small group training sessions.



GUIDELINES FOR MATCH DAY

1. Both team managers must arrange different arrival times of each team bus (Recommendation: arrive 10 minutes apart) for sufficient time to check health.
2. Team (players, technical staffs and operating staffs) are required to wear masks in the stadium.
3. Players do not wear masks during the training and match.
4. The substitutes and other technical staffs on the bench should wear masks during the matches.
5. All team members (players, technical staff and operating staff) and all Match Officials (Referees, MC, RA, etc.) should refrain from close range conversation and physical contact, such as handshakes.
6. No excessive spitting or blowing of nose.
7. No sharing of personal goods with others such as water bottles and towels, etc.
8. Refrain from eating food in the locker room and keep the minimum distance of 2m from each other.
9. Provide a personal water bottle for each of the players in the stadium. No sharing.
10. No exchange of jersey.
11. Mandatory to wear a mask during official press conferences and media interviews.
12. No excessive goal celebration with physical contact.

Pre-Match Ceremony

1. In the tunnel, all players should sanitize their hands, while waiting for signal to march-in to pitch for team line up.
2. After marching in, face one another and give a nod, no handshakes.
3. Face one another and give a nod => Take a group photo => Coin Toss => Kickoff.
4. No events for VIP including handshakes with players.



RE ENTRY FOR THE SECOND HALF

1. Mandatory to use hand sanitizer in the tunnel.
2. Refrain from unnecessary conversation between the players.
3. Players can enter pitch as they leave dressing room. No need to gather at tunnel entrance.
4. No team huddle/scrum between the players before the kick off.

AFTER THE MATCH

1. Stand in the half line and give a nod to one another.
2. No handshakes and conversation.
3. No contact with the fans when leaving the stadium like handshakes, autograph, photograph, receiving gift from fans, etc.

BALL BOYS, MEDICAL STAFF, COMPETITION STAFF

1. Mandatory to wear masks and disposable gloves.
2. Comply with the recommendations for preventing infection such as hand sanitization and eating only after allowing safe distance, etc.
3. Clean match balls with sanitizer before, half-time and after the game.
4. When entering the pitch ensure 2m distance from each other in the tunnel area.



REFEREES

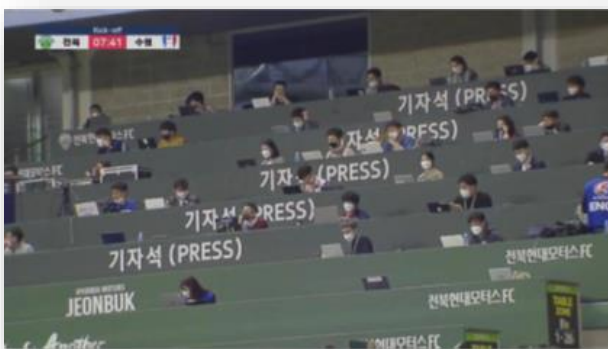
1. All the referees and assessor report to stadium separately, Referee Department will coordinate with Competition Department to replace only the affected person or all other Referees (eg AR1 & AR2, 4th Official and including Referee Assessor), if necessary.
2. Referee Department will not appoint the affected patient(s) for the next 14 days and until they go for further test and results are negative before being appointed again.
3. When conducting field inspection, face mask is to be worn and physical distancing is to be observed, at all times.
4. All Refereeing Equipment must be sanitized before use.

5. Social Distancing of 2m should be observed at all time in the venue.
6. Individual Warming Up to prepare for match.
7. Referees team must wear the face mask when inspecting the players at the tunnel and when marching in the field of play.
8. Once the toss of coin completed, the Referee, AR 1 & Ar 2 can remove the face mask except the 4th official.
9. In the match, referees should refrain from making physical contact with any player or official.
10. Each team allowed 5 substitutes but only 3 interchange allowed for each team.
(to be reviewed).
11. Referees should observe social distancing when discussing issues that arise in the field of play or during report writing.
12. Referees should return to the Referees Room individually and refrain from shaking hands with each others, players and teams officials.



MEDIA

1. Mandatory to have a body temperature check at the separate media gate.
2. All the media members to wear masks in all areas of the stadium from the media gate; no access without a mask.
3. No prior interviews with coaches and players.
4. No access by any media to the team areas such as locker rooms and mixed zones.
5. Route of photographers and teams should not be overlapped.
6. Media tribune Seating should observe Social Distancing at least 2m or 2/3 seats apart.
7. After the match Flash Interviews with coaches and/or players should take place in the open field area near the tunnel with 2m distance between media and coach/player.
- 8.
9. Seating in press conference room shall observe social distancing 2m apart.
10. Post match flash interviews to be held in place of post match press conference.



FANS IN THE STADIUM

1. No entry allowed for persons who have symptoms and persons who are not wearing a mask.
2. Keep a record of the basic information (name/contact information) of the spectators when they register at entry gates.
3. Observe Social Distancing of at least 1.5m between the spectators as they enter & leave the venue.
4. Guide audience to use hand sanitizer when entering or leaving.
5. Mandatory to keep a distance of at least 1.5m radius between the seats(in every direction).
6. For cheerleaders, keep a distance of at least 2m from the spectators and wear masks and gloves.
7. Number of seats in stadium limited to 30% capacity and to follow as per guidelines issued by Ministry of Health and Ministry of Culture, youth & Sports Brunei.
8. Or all competition match play is to be conducted behind closed doors with no attendances and only with the minimum number of persons present to organize it successfully.

Cut outs from Cardboards: 16 May
Bundesliga, Germany



30,000 crowd : 5 June
V-League, Vietnam



OTHERS

1. No vendors or hawker stalls inside or outside stadium perimeter.
2. In open fields, fans watching from outside field (E.g. Barakas Sports Complex) at roadside should maintain social distancing of 2m between each other.

FINAL REMARKS

It should be noted that this protocol is prepared on the Probability of resuming the remaining games. Most Important responsibility is “individual responsibility”. Each club shall monitor themselves, Stay in touch and be in constant communication with the National Football Association of Brunei Darussalam (NFABD).

This protocol represents at this very moment the recommended guidelines adapted and tailored according to the situation in Brunei Darussalam, which is based on 6 different countries and/or their professional league bodies namely:- South Korean K-League, Germany’s Bundesliga, England’s EFL, Danish Superliga and Spain’s La Liga and Turkey Football Federation.

But this protocol will be subject to a continuous process of improvement by being corrected and updated in accordance with the general health situation in Brunei darussalam and the recommended guidelines from the Brunei Ministry of Health and Ministry of Culture, Youth& Sports authorities and also the development and the availability of new safety protocol & procedures.



End of protocol

Thank you.

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