

Morningside Arena

Covid-19 Elite Athletes Operating Procedures



Updated: 24th August 2020

Lee Bailey – Covid Officer

Introduction

At Morningside Arena we treat the health and safety of our staff with upmost respect and importance. We are committed to following all relevant guidelines from Government and our professional governing bodies.

The contents of this document are compiled from the Government advice for Elite Athlete Training based within the Morningside Arena, Leicester. The following document aims to address all areas of risk associated with the day to day functioning of the Arena, in order to proceed with Elite Athlete Training taking into account the restrictions surrounding the Covid-19 Pandemic.

Protocols for Attending Arena

The following process and measures will take place for all Elite Athletes and coaches training at Morningside Arena.

All training sessions will be strictly controlled by the TotalTickets system <https://booking.leicesterarena.co.uk/c/221> accessed in advance via the internet, and bookings must be made at least 24 hours prior to the session commencing, and are not transferrable. If having made a booking and no longer able to attend the athlete/ coach should email covidofficer@leicesterarena.co.uk. There will be no access to the arena to anyone who has not made a booking via this system and has a valid ticket, and no appointments will can be booked direct with the Arena.

Training sessions will be initially limited to 3 players per basket, with only 1 court in operation. This will ensure only a maximum of 6 people are in the arena at any time. The TotalTickets system will control these capacities. We will update procedures and notify you as to changes to these restrictions, as time and our guidelines allow. Social distancing guidelines must be adhered to at all times by all.

The training procedures allowed are set out in the Training Plan (Appendix 1)

Pre appointment Questionnaire

Prior to any training session each Elite Athlete will undertake a screening questionnaire, which is part of the booking process through the TotalTickets system.

This questionnaire will be utilised to screen the athlete for any specific risk factors associated with Covid-19 or to identify any clients that may present a high risk of infection.

Any clients displaying symptoms of Covid-19 will not be admitted, including:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

Clients who have had contact with any persons with Covid-19 or displaying the above symptoms within the last 14 days will not be provided with a training session.

This questionnaire will be completed before each training session until such time as Government guidance deems it unnecessary.

Consent

All athletes that attend the arena will agree to a COVID-19 waiver (Appendix 2) with clear information about the current risks associated with attending the training session in person, and the risk mitigation measures put in place.

This information will be provided as the Terms & Conditions of the booking, and have to be agreed through the online booking process.

Athlete Exclusions

Following Government and Public Health England guidelines we also will not be offering any training session to any athletes who are in the high risk or shielding categories, such as:

- Solid organ transplant recipients.
- People with specific cancer and undergoing active treatment, immunotherapy or those who received bone marrow transplants or stem cell treatments within the last 6 months
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).
- People on immunosuppression therapies sufficient to significantly increase risk of infection.
- Women who are pregnant with significant heart disease, congenital or acquired.

Access to Morningside Arena

Athletes who have booked a training session, and have been accepted, will be provided via email confirmation of the booking, and also electronic information as to the procedures to follow to reduce any infection risk to a minimum.

Entry to the Arena will be permitted only if you have a prescheduled appointment.

Use of the Arena car park and bike storage facilities will be unchanged with clients asked to respect any social distancing requirements as per the Government guidelines.

Athletes will use the main arena entrance

Morningside Arena, 31 Charter Street, Leicester LE1 3UD

Email: covidofficer@leicesterarena.co.uk

Phone: 07375404928

On entering the Arena athletes will be required to have their temperature taken and recorded along with having their training session ticket scanned in and out after the session.

Athletes will carefully clean hands with alcohol-based product before entering the arena, following the guidelines issued by Government (Appendix 3)

Athletes will be encouraged to try not to use the toilet facilities if possible.

Toileting facilities will be limited to one unisex disabled access toilet to limit the risk of infection and if used please inform the COVID Officer to ensure they can be cleaned as per the Arena process.

Coach/Spectator Viewing Area [No Spectators at these sessions]

Minimal Seating will be available within the arena and these will observe the government guidelines on social distancing, ensuring chairs are spaced at a minimum of 2 metres apart.

Athletes will be required to maintain two meters from anyone else within the waiting area.

Thermal Temperature Checks

Staff will undergo daily temperature checks, taken using an infrared thermometer, before commencing any face to face or hands-on interaction, to ensure they do not have symptoms.

Athletes will have their temperature taken using an infrared thermometer before entering the Arena to ensure they do not have symptoms.

In the event that an Athlete presents with a temperature of > 37.8 degrees the training session will not proceed, and the COVID-19 Officer will provide the client with the up to date Government advice in order to minimise any further risk to self or others.

Infection Control Policy

The control any potential infection risk within the Morningside Arena will be met by the implementation of infection control measures at all times.

Infection control and subsequent infection risk mitigation measures within the Morningside Arena will be adjusted to follow the current guidelines from Government and our professional governing bodies.

General Infection control Measures

All appointments within the arena will be booked in advance, and staggered, reducing the risk of contact within the Arena.

The ticket will give you access arrival time between 10am -1pm, whilst adhering to social distancing guidelines.

Entry and exit to the building will be accessed via the main arena entrance

On arrival to reception , the Covid Officer will tell you which doors to be used for entry into the Court, again reducing the need for any unnecessary surface contact with door handles.

Toileting facilities will be available for athletes who will be encouraged where possible not to use the arena toilets

No changing & shower facilities will be available at the arena.

Designated toileting facilities will be identified to reduce the infection control measures needed to keep facilities always clean.

Equipment

Equipment within the arena will be kept to a minimum with all non-essential equipment and soft furnishings are to be removed.

Basketballs will be allocated to each individual who will be responsible for cleaning the ball as per the procedures set out below (Appendix 4). The athlete will retain this ball and take it home and bring it to next session.

Chairs will always be kept at a minimum of 2 metres distance to adhere to social distancing measures where possible.

Between sessions any reusable equipment, such as couches, chairs, equipment, will be specifically cleaned with the appropriate disinfectant, following both Government and manufacturers guidelines, to ensure effective decontamination between use.

Updates:

It is recognised that this document will be adjusted and amended to ensure that Morningside Arena follows the current advice as set out by Government and relevant professional bodies in respect to managing Covid-19

Latest Update: 24th August 2020

Appendix 1

Stage 1 Training Plan
Players training effectively in isolation
Players come dressed to play
Players use own ball
No access to changing rooms for Players
Initial stretching and warm-ups will not include floor stretching
Running drills confined to single half court
Any use of small weights in warm-up will be brought by player
Maximum of 3 players per half court
Players minimise any close interactions
No 1-on1 play
Shooting drills from all locations within half-court
Players can rebound for 1 other player, but must first sanitise hands, wear gloves and sanitise hands and ball after rebound session
Balls cleaned every 30 minutes
Rebounding drills off backboard by same player
No contact or engagement with any other player
Dribbling drills confined to half court
Using own towels for wipe downs
No access to the Gym

Appendix 2

Covid-19 Waiver

1. I acknowledge the contagious nature of the Coronavirus/COVID-19 and that Government and public health authorities still recommend practicing social distancing.
2. I further acknowledge that Morningside Arena put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.
3. I further acknowledge that Morningside Arena/ Leicester Riders cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others.
4. I voluntarily seek use of the facilities provided by Morningside Arena, and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures by the Arena to reduce the spread while attending my appointment.
5. I attest that:
 - a. I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
 - b. I have not travelled internationally within the last 14 days.
 - c. I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
 - d. I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non contagious public health authorities.
 - e. I am following all Government recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.
6. I hereby release and agree to hold Morningside Arena harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the Arena, or that may otherwise arise in any way in connection with any use of the Arena facilities.
7. I understand that this release discharges Morningside Arena from any liability or claim that I, my heirs, or any personal representatives may have against the Arena with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or

in connection to, use of the Arena. This liability waiver and release extends to the Arena together with its owner, partners, volunteers and employees.

Appendix 3

Best Practice: how to hand rub

Duration of the process: 20-30 seconds.

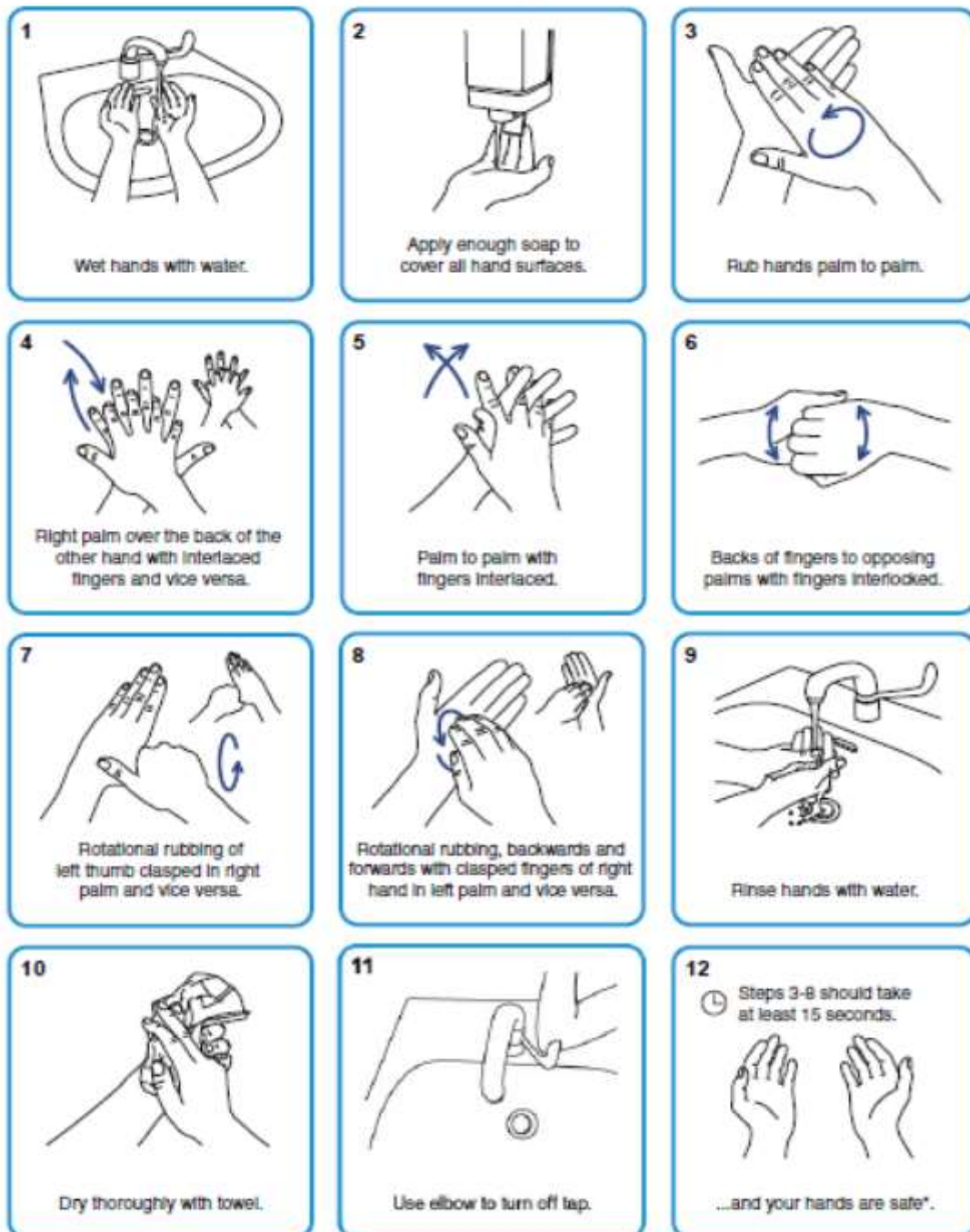


From: COVID-19. Guidance for infection prevention and control in healthcare settings

Appendix 3

Best Practice: how to hand wash

Steps 3-8 should take at least 15 seconds.



*Any skin complaints should be referred to local occupational health or GP.

Appendix

4

PRE AND POST PRACTICE
BASKETBALL CLEANING



Area/Description:	BASKETBALLS
Responsibility for Cleaning:	PLAYER
Engineering Assistance Required:	No

CLEANING EQUIPMENT REQUIRED

		
Bacticlean Trigger Bottle	White All Purpose	Water Trigger Bottle

REQUIRED P.P.E

Area Controls



Gloves



Designated Sanitiser Station

PRODUCT INFORMATION

Product Name	Description	Minimum Contact Time	Dilution
BACTICLEAN	SURFACE SANITISER	5 MINUTES	MANUAL DILUTION

- 1) PUT ON DISPOSABLE GLOVES
- 2) SPRAY WHITE JAY CLOTH WITH DILUTED BACTICLEAN PRODUCT
- 3) WIPE SURFACE OF BALL
- 4) SPRAY CLOTH AGAIN AND WIPE SURFACE OF BALL LEAVING IT TO DRY FOR 5 MINUTES BEFORE THE START OF AND AT THE END OF THE SESSION
- 5) IF THERE IS RESIDUE ON THE SURFACE OF THE BALL SPRAY WATER ONTO A CLEAN WHITE JAY CLOTH AND WIPE SURFACE OF BALL
- 6) DISPOSE OF USED CLOTHS IN BINS PROVIDED
- 7) WASH HANDS AFTER COMPLETING PROCEDURE