



# *Return-to-Educate COVID-19 Protocol - Nigeria*

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Football Coaches Association of Africa Nations (FCAAN) is committed to providing a safe and professional environment for all coaches, players, staffs, and educators. To this end, FCAAN has adopted these policies and procedures intended to provide health and safety standards. These are required by all coaches, educators, staffs, and players in all our courses across the country in order to ensure the welfare and protection of all parties. We created these policies and procedures after careful considerations of global best practices as well as that of the Presidential Task Force on COVID-19 (PTF), Nigeria Centre for Disease Control (NCDC), and Federal Ministry of Youth and Sports Development. **GENERAL HEALTH**

## **GENERAL HEALTH**

If you are confirmed or suspected to have COVID-19, please practice self-quarantine measures and contact your physician and/or NCDC immediately. Do NOT attend and/or participate in any FCAAN course or activities, if you have any of the following symptoms listed below:

1. Have been exposed to COVID-19 in the past 14 days
2. Sore throat
3. Shortness of breath/difficulty breathing
4. Fever >100.4 Fahrenheit OR 38 Degree Celsius
5. Chills/feeling cold
6. Headache
7. Sinus congestion
8. Cough persistent and/or productive
9. Body and/or joint aches and soreness
10. Nausea/Vomiting
11. Diarrhea
12. Rash



## GENERAL HYGIENE

- Everyone should avoid handshakes, hugs, or any physical contact as much as possible, during FCAAN course.
- Everyone should avoid touching of the eyes/mouth/nose as much as possible
- During the course try not to spit and/or cough – if you must follow the recommendation stated here in this document.



## COURSE REGISTRANTS/CANDIDATES

- Candidates should stay home, if they are sick or have recently had close contact with a person with COVID-19 and should not attend and/or return to courses until medically cleared.
- Any candidate who cannot attend should immediately contact their instructor through the course social media group platform.
- Temperature will be taken at each course center, however candidates are advised to take their own temperature before attending any of FCAAN courses. If feeling unwell, candidates should NOT attend the course.
- Candidates should wait in their cars or far away from the classroom entrance in order to stagger arrival times and ensure social/physical distancing in and around the door ways. This should also apply at the conclusion of the course.
- Course centers will have a general area for candidates to wash and sanitizer their hands; however every candidates should bring a mask or face covering, personal hand sanitizer, practice covering coughs, and sneezes with a tissue, and encourage hand washing for at least 20 seconds.
- All candidates must wear a mask or face covering during course instruction unless there is more than 6 feet (about 2 meters) between the next closest coaches. This applies to both indoor and outdoor settings. The only exception is when candidates are serving as players on the pitch.
- Candidates should have extra masks or face coverings.
- Must wash hands and/or use hand sanitizer before the start of every session and before transitioning to the next course segment or end of day.
- Use of shared objects (markers, pencils, pens, equipment, learning aid, documents) should be limited when possible or cleaned between each use.
- Candidates should not change seating locations within the classroom for the duration of the course.
- No handouts or shared documents will be used. Candidates will be emailed or provided information on how to download and bring their own copies.

## COURSE STAFFS AND EDUCATIONS

- Staff and educators should stay home if they are sick or have recently had close contact with a person with COVID-19 and should not return to courses until medically cleared.
- Temperature will be taken at each course center, however staff and educators are advised to take their own temperature before attending any of FCAAN courses. If feeling unwell, staff and/or educators should NOT attend the course.
- Staff and educators should have extra masks or face coverings.
- Course centers will have a general area for candidates to wash and sanitizer their hands; however staff and educators should bring a mask or face covering, personal hand sanitizer, practice covering coughs, and sneezes with a tissue, and encourage hand washing for at least 20 seconds.
- All staff and educators must wear a mask or face covering during course instruction unless there is more than 6 feet (about 2 meters) of distance between the next closest coaches. This applies to both indoor and outdoor settings.
- Must wash hands and/or use hand sanitizer before the start of every session and before transi-

tioning to the next course segment or end of day.

- During the course AVOID handshakes, hugs, or any physical contact as much as possible.
- All equipment should only be touched by the educator. If there are more than one educator in a course, make sure hands are washed after finishing with the equipment and it is disinfested before use by other educators.
- Use interactive learning activities vs person to person activities (i.e. think, pair, share) in classroom presentations and lectures.
- No handouts or shared documents will be used. Candidates will be emailed or provided information on how to download and bring their own copies.
- Use of shared objects (markers, pencils, pens, equipment, learning aid, documents) should be limited when possible or cleaned between each use.

## INDOOR IN-PERSON CLASSROOM GATHERINGS

- Complete decontamination of facilities – lecture halls/classrooms (in and around).
- Infrared Thermometers will be available at the entrance.
- Seating is apart a minimum of the 6-feet (about 2 meters) social/physical distance recommendation in all directions.
- Modified layouts of the lecture hall or room including turning desks to face the same direction or creating distance between persons or skipping rows will be used when possible.
- Keep movement in the lecture hall or room as minimum as possible.
- Lecture halls or rooms with proper ventilation will be preferred as well as rooms with two (2) doors to allow one for entry and the other for exit of the room.
- Seats should be assigned before candidates arrive (marked with name tags).
- All facilities should support healthy hygiene behaviors by providing adequate supplies including soap, paper towels, disinfectants, and non-touch trash cans.
- All frequently touched surfaces (e.g. desk, door handles, sink handles, etc.) will be disinfected at least daily or between uses as much as possible.
- No food will be provided and individuals are encourage to bring their own water, writing materials, and other hygiene items such as hand sanitizer and disinfectant wipes.



## LECTURE HALL/ CLASSROOM SETUP



- When possible, prop open entryways or doors for proper ventilation
- Arrange desks/tables to maintain social/physical distancing (see pictures above)
- If possible, set up an area for hand sanitizing – this may include hand washing
- Wipe down all usable surfaces - anything that can or will be touched, with alcohol based disinfectant

## COURSE FIELD SESSIONS

- No youth player will be used in any FCAAN course until further notice
- Complete decontamination of facilities – pitch (benches etc.).
- Infrared Thermometers will be available at the pitch entrance.
- Candidates will serve as players in all FCAAN courses, until further notice
- All field sessions will follow the protocols of the Presidential Task Force (PTF) on COVID-19, Nigeria Centre for Disease Control (NCDC), and Federal Ministry of Youth and Sports Development, as it regards to indoor and outdoor sporting activities.



- Must maintain social/physical distance of at least 6-feet (about 2 meters) when possible.
- In courses when there are enough candidates to be observers, keep them socially/physically distant (maybe assign areas of the pitch using cones), clearly marked spaced apart for observers to stand and listen to instructions (i.e. Benches, waiting areas, etc.).
- Designate a staff or educator to care for the equipment. Make sure equipment is disinfected before each session. If courses are back to back plan to use different equipment for each course.
- Make sure disposal plastic bags and bins are available.
- Spectators are not allowed in any FCAAN course, including outdoor field sessions.

## ACCOMMODATION/ HOTEL FOR RESIDENTIAL COURSES ONLY

- Complete decontamination of the host Hotel – rooms, restaurant, bar, lobby, etc.
- Infrared Thermometers will be available at the entrance of the Hotel.
- Hotel entrances (as well as common spaces within the hotel) should support healthy hygiene behaviors by providing adequate supplies including soap, paper towels, disinfectants, and non-touch trash cans.
- Limit occupancy to two (2) (maximum) candidates and staffs accommodated in a spacious and well ventilated room.

## TRANSPORTATION TO AND FROM FOOTBALL PITCH ON

- All vehicles should have alcohol based sanitizers for use by drivers and passengers
- All passengers and drivers should present themselves for temperature test before boarding the vehicle
- All vehicles carrying candidates and staffs should be at 50% capacity
- All passengers and drivers should always wear mask or face coverings throughout the entire trip on the vehicle.
- All vehicles should have waste disposable bins
- Hand sanitizer should be used by all when exiting vehicles.



### References:

1. US Soccer Return-to-Education Recommendation
2. PA West Soccer Return-to-Play
3. South Texas Youth Soccer Return-to-Educate COVID-19 Protocol
4. Federal Ministry of Youth and Sports Development, COVID-19 Sports Code and Protocol