

# Hygiene and Sanitation Guidelines

Prepare to Play and Return to Play  
Guidelines.



# Hygiene and Sanitation Guidelines

<https://sportnz.org.nz/covid-19/sector-advice/hygiene-and-sanitation-guidance/>

COVID-19 spreads through respiratory droplets produced when an infected person coughs or sneezes. A person can acquire the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

A keyway you can protect staff, volunteers, and participants from the risk of exposure to COVID-19 is by implementing appropriate cleaning and disinfecting measures for your Centre/Venue/facility.

- Centres must have a written plan for safe operation in place - **COVID-19 Prepare to Play - Event & Activity Health and Safety Plan – template**
- Water, soap, and paper towels/drier should be made available for participants to wash and dry their hands **or** use hand sanitiser (containing at least 60% alcohol). NNZ recommend Centres encourage participants to bring their own sanitiser to trainings and games.
- Participants should sanitise or wash and dry their hands before and after playing and exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.
- Centres should close all water fountains.

## Facilities – Key Cleaning Tips

Please ensure the facility is regularly and thoroughly cleaned. Consider the facility and what is frequently used and touched by anyone who uses it. The virus can be spread from person to person or by touching unclean equipment or surfaces. To stop the spread, focus efforts on cleaning areas where the virus is more likely to spread. Regular cleaning of facilities will minimise the spread of infection by reducing visitors contact with contaminated surfaces.

- Schedule regular cleaning.
- Ensure the use of suitable cleaning products.
- If using reusable cloths, these should be disinfected and then dried after use, as bacteria and viruses can still survive on damp cloths.
- Disposable gloves should be worn when cleaning and placed in the bin when finished.

Make sure to clean surfaces with a suitable cleaner and/or disinfectant and follow the manufacturer's instructions for use. When choosing a suitable cleaning product, consider what the product is effective against and the length of time the product needs to be left on a surface to clean it properly.

Common internal touch points may include:

- Common pens for sign in sheet.
- Doors/door handles - look at all reasonable opportunities to remove them.
- High-touch surfaces such as stairwell handrails and chairs.

See - ***COVID-19 Health and Safety Inspection Checklist***

## **Game protocols**

- Measures should be taken to minimise the sharing of equipment/balls. However, for sports or activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards and clean and disinfect the equipment before and afterwards.
- Match ball to be sanitised before and after each game/training.
- If the ball goes onto another court and is touched by other persons, then it must be sanitised before being returned to the game.
- Goalpost padding to be wiped down between matches.
- Score cards/sheets/devices must be sanitised before and after each game.
- Umpires to sanitise their hands at the beginning and end of each quarter and provide own sanitiser
- Teams are to provide all equipment for each game, including warm up gear, training equipment, sanitisers, nail clippers, first aid, gloves. etc.
- Teams are responsible for ensuring all equipment is properly cleaned before and after use.
- Sanitising can be done using anti-bacterial wipes.