

TSS3

TAKKARU
STUDIO
SCHOOL OF
SPORTS



COVID-19 ATHLETE GUIDELINES



The logo for TS3, featuring the letters 'TS3' in a bold, lime green font. To the left of the text is a thick vertical black bar.

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COVID-19 ATHLETE GUIDELINES

Dear Athletes,

The TS3 COVID -19 sports training guidelines have been written with a focus on infectious disease outbreak of Coronovirus (COVID-19). The instructions are listed with the sole purpose of keeping you **SAFE & HEALTHY** during present COVID-19 situation.

You **MUST** follow these instructions religiously during the lockdown as well as during the training period, as and when it restarts. Please be aware that for TS3 your safety and well-being is of utmost importance and resumption of training and competitions has become secondary in the present context.

The Guidelines adhere to all the advisories to the safety and well-being of all our Athletes others involved directly or indirectly in imparting Training. Please remember, if you are safe, then only you can continue to train.

Although, as of Friday, 5th June 2020, there are relaxations in the Rules & Regulations of Lockdown, you are STRICTLY advised to follow the TS3 Guidelines. STAY SAFE, STAY FIT!

“PLEASE READ EACH & EVERY INSTRUCTION CAREFULLY”

TAKKARU STUDIO SCHOOL OF SPORTS
(5th Jun 2020)



COVID-19 ATHLETE GUIDELINES

1. GENERAL GUIDELINES :

- I. These instructions are listed specifically for TS3. In addition to this, you are advised to strictly follow all the guidelines issued for general public time to time by the Government of India and respective State Governments.
- II. The re-opening of training facilities including outdoor training and weight training will be as per the programme schedule circulated by the Chief Coach.
- III. This Guidelines will be updated and circulated again as and when required depending upon the changes in COVID-19 control scenario.

2. TRAINING SPECIFIC INSTRUCTIONS

DO NOT GO FOR TRAINING	BEFORE YOU GO TO TRAINING
<ul style="list-style-type: none"> ✓ IF you are having flu-like symptoms such as sneezing, coughing, difficulty in breathing, fatigue etc. ✓ IF you have been in close contact with someone around you who showed above-mentioned flu-like symptoms or tested positive for COVID-19 in last 14 days ✓ Inform immediately Chief Coach/parents about your sickness or if you have come in contact with any sick person ✓ IF the training has been cancelled by your coach or due to unavoidable circumstances 	<ul style="list-style-type: none"> ✓ Make sure you are well aware of your timings for outdoor training & weight training session ✓ Speak to your coach, group athletes before leaving your home so everyone is present at the venue on time & there is no delay ✓ Leave your room exactly 5 mins before your scheduled training ✓ Use of disposable gloves by athletes is Highly recommended. For relay athletes practicing baton exchange, use of hand gloves is mandatory ✓ Always wear full sleeves T-shirts, tights, shirts whenever stepping out of the home



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DURING TRAINING	AFTER TRAINING
<ul style="list-style-type: none"> ✓ Maintain a safe & isolated distance of minimum 2 meters from others while walking to the training ground and during the training ✓ Carry your own water bottle, energy drink etc. as well as your own personal hand sanitiser, paper napkins, towels ✓ Do not exercise/train/walk in groups; do not take help of other athletes/coaches ✓ Do not shake hands or hug other athletes, coaching staff members ✓ At any point of time you feel ill, immediately report to your coach, parents ✓ At best, avoid using public toilets ✓ Do not sneeze or cough without covering your mouth and nose ✓ Do not spit on the ground ✓ Always use dustbin to throw any waste such as empty water bottles, paper napkins etc ✓ Do not call any person from outside in the training area or enroute training Area/home 	<ul style="list-style-type: none"> ✓ Apply your personal hand sanitiser ✓ Check your belongings carefully and make sure it has not been touched by others, similarly, do not touch anything that does not belong to you ✓ Rush back to your home as soon as your training is over and do not hang around in groups ✓ Take shower immediately once you reach your home ✓ Put used clothes for washing immediately & do not wear same clothes after shower ✓ Avoid swim POST- TRAINING ✓ Relax and re-asses your health after sometime, report to your coach or parents immediately if you feel sick ✓ Keep your personal hygiene level high at all times ✓ Do not take mental stress & keep in touch with your families, friends remotely through mobile phones, video conferencing



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SAFE USE OF EQUIPMENT-

<ul style="list-style-type: none"> ✓ Practice caution with the equipment. Sanitize all handheld implements prior to and after use e.g. shots, javelins, Discus, dumb bells, kettle bars, Medicine balls etc. ✓ Clean equipment with a disinfectant spray at the conclusion of training 	<ul style="list-style-type: none"> ✓ Although there is no specific evidence that equipment can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
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RESPONSIBILITIES OF COACHES-

<ul style="list-style-type: none"> ✓ Respective coaches will be responsible for maintaining social distancing ✓ Use of clean & disinfected equipment during training sessions; supply & requirement of disinfectants must be timely reported to the Coach. 	<ul style="list-style-type: none"> ✓ The coaching sessions following proper protocol will be supervised by Coach ✓ Persons other than those already in the ground are STRICTLY not permitted to enter the training area.
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DEALING WITH OUTSIDE WORLD & EVERYDAY LIFE-

<ul style="list-style-type: none"> ✓ Maintain SOCIAL DISTANCE at all times ✓ Try to clean your rooms yourselves ✓ Do not leave your home except for training/medical/rehab purpose ✓ Visit to barber shops/saloons/beauty parlours/shopping malls is STRICTLY prohibited ✓ Do not eat outside or order food parcels 	<ul style="list-style-type: none"> ✓ Wear a MASK before leaving your home ✓ Carry a small bottle of hand sanitiser if visiting ATM's and use sanitiser after operating ATM machine ✓ Avoid touching couriers/parcels/letters delivered to you and always sanitize such articles before using them ✓ Try not to touch any surfaces, but if you do sanitize your hands as soon as possible
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