



## Measures against and for the enforcement containment of diffusion of Covid-19

VADEMECUM FOR ATHLETS, TECHNIQUES AND SPORTS EXECUTIVES

### **Conduct to be adopted with a sense of responsibility**

Notes to the Guidelines and Application Protocol for the conduct of training and competitions.

#### **BEFORE SPORTS ACTIVITIES**

- Hand over the self-certification card to the ASD/SSD management;
- You must be free of symptoms **for at least 14 days** before entering the Sports Centre;
- **Stay at home** if you have a fever  $>37.5^{\circ}$  or are not feeling well;
- Practice interpersonal **distancing regularly**;
- **Avoid potential contact** with people suspected of infection;
- **Wash your hands often** with soap and water for at least 60 seconds;
- Take hand sanitizer and **disinfectant wipes** with you;
- **Do not touch your face, eyes or mouth with dirty hands**;
- **Wear a mask**, only in those regions where it is still mandatory, to reduce exposure to "Droplets" in the presence of others;
- Cover your mouth and nose with a handkerchief or elbow **if you cough or sneeze**;
- Keep a **list of people** you've been in close contact with every day.

#### **DURING SPORTS ACTIVITIES**

- **Do not participate** in any activity **if COVID-19 symptoms occur**;
- **Comply with all approved standards and guidelines**;
- **Wash or disinfect hands frequently**;
- **Do not touch face, eyes or mouth with dirty hands**;
- **Never have close contact** with other people not living together (hugs, kisses, etc.);
- Practice **interpersonal distancing** as often as possible;
- Cover your mouth and nose with a handkerchief or elbow **if you cough or sneeze**;
- Properly dispose of the glasses, bottles or personal utensils used;
- **Keep a list of people** you have been in contact with during the activity.

*SPORT E FORMAZIONE S.S.D. A R.L.*

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## **AFTER SPORTS ACTIVITIES**

- **Wash and/or disinfect hands often;**
- **Do not touch your face, eyes or mouth with dirty hands;**
- **Wear a mask**, only in those regions where it is still mandatory, to reduce exposure to airborne particles;
- Maintain **interpersonal distancing** as often as possible;
- Cover your mouth and nose with a handkerchief or elbow **if you cough or sneeze;**
- **Wash or disinfect** the equipment and clothing used during the activity;
- Check your health and report **any symptoms** after each activity;
- Stay in touch with **your social doctor or family doctor.**

## **MODE OF TRANSMISSION OF THE SARS-COV-2 VIRUS**

The Sars-Cov-2 Virus, responsible for the Covid-19 pandemic, has, particularly in the phase of its circulation among the general population or in small groups, **BIG PROBABILITIES TO BE TRANSMITTED FROM PERSON TO PERSON IN BETWEEN:**

transmission between one person and another with respiratory droplets expelled from the nose and mouth by infected persons, e.g. through exhaled air, coughing, sneezing or even just talking close to another person.

This mode of transmission is the most frequent and makes the disease **EXTREMELY CONTAINABLE.**

In addition, contagion can also occur through:

- contaminated hands by, for example, touching your mouth, nose and eyes;
- close contact with a contagious infected person (e.g. kissing, hugging, shaking hands, giving "high five" etc.);
- contact with objects or surfaces that have been contaminated with respiratory droplets by coughing or sneezing of an infected person.

The virus **DOES NOT TRANSMIT THROUGH THE SKIN** (if the hands or other part of the body come into contact with the virus, for example after a sneeze or cough of another person, the virus can be transmitted **ONLY BY TOUCHING** the face, mouth, nose or eyes), so it is a necessary and **SUFFECTIVE condition for continuous and correct HAND HYGIENE.**



## **SYMPTOMS OF INFECTION**

Common symptoms of Covid-19 include: fever, cough, difficulty breathing, sore throat, tiredness, shortness of breath, gastrointestinal disorders and loss of sense of smell and taste. In the most serious cases, the consequences of the infection can go as far as serious lung complications and death. Therefore, in the presence of even one of the above mentioned symptoms or a feeling of general discomfort or fever, in order to avoid infecting your teammates, colleagues or other people, you should in no way go to the training camp and you should stay at home, contacting your doctor by phone, the doctor of the company following the instructions received regarding the obligations of the medical health authorities.

## **MEASURES TO BE IMPLEMENTED TO AVOID INFECTION AND SPREAD OF THE VIRUS**

- a) Wash hands frequently with warm soapy water for more than 60 seconds or, in the absence of soapy water, disinfect them with an alcohol-based disinfectant.
- b) Maintain social distancing of at least one metre when not directly engaged in training. Do not touch your eyes, nose and mouth without washing your hands thoroughly.
- c) Use masks, only in those regions where it is still mandatory, protective surgeries when there is no sporting activity, especially when it is not possible to constantly maintain a social distance of more than one meter and in any case in closed places. The masks must be worn correctly (specific training of the athlete is compulsory) and must cover the mouth and nose. If you need to sneeze or cough, you must do so on handkerchiefs or on the elbow fold and then immediately disinfect your hands. In case of general discomfort, fever, cough or breathing difficulties, stay at home, immediately contact your doctor and follow the instructions given by him/her and/or the health authority.

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