



## 2021 Kenya National Long Course Swimming Championships August 28-29, 2021

- General:** The Kenya National Long Course Swimming Championships is a long course National Championships in Kenya sanctioned by Kenya Swimming Federation for all qualified swimmers.  
The Championships will be run with strict compliance with FINA Guidelines, Ministry of Health and Ministry of Sports Guidelines and protocols for the containment and prevention of the spread of Covid 19. Please refer to the attached Guidelines (Appendices 2-7).
- Registration:** All Club representatives and/or coaches are required to register their club at the registration desk to receive accreditation.  
Clubs will be provided with one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Each club **MUST** designate a Club Covid-19 Response Coordinator. The coach may double up in this role for any club with less than 10 swimmers.
- All coaches must register in person. The registration desk will open for pre-registration at the KSF offices in Kasarani:  
Friday August 20 at 3:00pm – 4:30pm. Only registered coaches/officials will receive accreditation and will be allowed on deck.
- For more information and updates to this meet package will be provided on the KSF Website on a continuous basis. Clubs and coaches are encouraged to subscribe to the KSF website to receive updates.
- National Team Selection:** The times achieved at this meet will be uploaded to the National Database for selection to various international tours within the specified competitions that fit into specified qualifying periods.
- Competition Host:** Kenya Swimming Federation reserves the right to appoint a host organization and or committee for the Championships
- Venue:** Kasarani Aquatic Centre  
Moi International Sports Centre  
Nairobi
- Pool:** 8-Lane 50 Meter Competition Pool



8-Lane 25 Meter Warm-up/Cool-Down Pool

**Warm up / Start**

Morning Session: 8:30am - 9:30am – Start 10am – 12noon  
Afternoon Session: 2:45PM/ 4:00PM

**Organizing  
Committee:**

Technical Director: Zack Musembi  
Entries: Tony Rosafio ([entries@kenyaswimmingfederation.org](mailto:entries@kenyaswimmingfederation.org))  
Officials Coordinator: Pauline Raburu  
Health and Safety Coordinators: Drs. Linda Thorpe and Margaret Mwashu  
Facilities Liaison: Shirley Maina  
Finance Lead: Thomas Muli

**Technical Meeting**

Friday August 20, 2021 at 4:pm at Kasarani Aquatic Centre. All clubs **MUST** send a representative to attend the meeting. The Health and Safety protocols and guidelines shall be reviewed during this meeting. Clubs not sending a representative to the meeting may be excluded from the competition at the discretion of the of KSF, IMC.

**Entry Information**

Meet entry deadline – **Monday August 16, 2021 11:59pm (EAT)**. Swimmers who qualify after the deadline will be allowed to participate.

**Entry Process**

All entries must be submitted via email to [entries@kenyaswimmingfederation.org](mailto:entries@kenyaswimmingfederation.org)

Entries MUST include a Zip file, PDF file and proof of times.

**ALL COACHES MUST SUBMIT AN EXCEL SPREAD SHEET OF ALL SWIMMERS INCLUDING FULL NAMES AND DATE OF BIRTH OF ALL SWIMMERS ENTERED IN THE MEET AND A CONTACT PERSON PER TEAM (PHONE AND EMAIL).**

Following the meet entry deadline, all participating clubs will receive an email invoice for fees owing. This invoice must be paid within 48 hours (payment instructions TBC) in order for the entries to be considered final. Please note the team that enters the swimmer is responsible for paying the swimmer's entries fees.

**Consideration will be given for clubs that would wish to make payment via cheque or bank transfer.**

No team will be allowed to participate before the Meet Entry fees are received in full for all swimmers.



Entries must be submitted using the athletes' best LC or SC time. Meet Management will convert entry times. Estimated times or NT will NOT be accepted.

Any club submitting entries for non-qualified swimmers will be subject to a Kshs. 500 fine per non-qualified swimmer payable before the start of the competition. A non-qualified swimmer will still not be allowed to participate despite payment of the Kshs. 500 fine.

Meet Management reserves the right to exclude any club that does not make payment of any fines imposed under this section.

Changes and corrections may be made up to the meet entry deadline without penalty. Following meet entry deadline, changes and corrections to entries may only be made until the start of the Technical Meeting and subject to the above fines.

<b>Foreign Swimmers and Foreign Based Swimmers</b>	Foreign competitors must provide a letter from their National Federation confirming their registration status. Letter must be submitted to the Meet Manager prior to the entry deadline. Email confirmation from National Federation representative will be acceptable.
<b>Eligibility</b>	This meet is open to all Kenya swimmers (citizens, non-residents, and residents) and any foreign swimmer that is currently registered with a FINA affiliated club or National Federation.
<b>Qualifying</b>	Swimmers must achieve the attached qualifying standards to be eligible to be in the meet. <b>The MQT must have been achieved after January 01, 2019</b>  Swimmers may enter a maximum of Ten (10) individual events.  <b>Relay only swimmers must achieve a minimum one MQT in at least one event.</b>
<b>Entry Fees</b>	Kshs. 600 per individual event
<b>Time Trials</b>	Meet Management may at their discretion approve a time trial for registered swimmers, which will only be held in exceptional circumstances and subject to the guidelines , time and availability of resources.
<b>Proof of Time</b>	All entries must be proven. Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. Meet Management may challenge any entry time before or during the competition.



It is the responsibility of the club to prove any entry times if requested. Unproven entry times will be declined.

Foreign swimmers and foreign-based swimmers are required to provide Proof of Time at registration at the latest.

<b>Psych Sheets</b>	Psyche sheets will be posted on the KSF website within 72 hours following the final meet entry deadline.
<b>Rules</b>	The meet will be conducted under published FINA rules and regulations supplemented by published FINA rules interpretations.
<b>Protests</b>	All protests must be submitted within 30 minutes of the publication of the results. A fee of Kshs. 5000.00 must be paid before a protest can be accepted. Meet Management shall constitute a Jury of Appeal of at least 3 most senior officials to consider all protests. The decision of the Jury of Appeal shall be final and binding.
<b>Format</b>	Effective date of the meet is August 28, 2021 All events 200M and above will be open events . <b>Age Categories:</b> 10-11, 12-13, 14-15 and 16 & over
<b>Seeding</b>	All events will be seeded slowest to fastest. Results will be posted in the respective age categories
<b>Official Splits</b>	Must be requested prior to the start of the session. Coaches may be requested to supply timers for the Official Split request.
<b>Results</b>	The full and final results will be available on the KSF website.
<b>Media/Photographers</b>	All media and photographers must register with Meet Manager at the beginning of each session. Members of the Media will have free accreditation. Photographer accreditation will attract a charge of Kshs. 500 per day or Kshs. 750 for a two-day pass. Only accredited media personnel and photographers will be allowed on deck subject to reasonable restrictions to ensure compliance with the Covid protocols and guidelines.
<b>Awards</b>	There will no medals and awards at this meet.
<b>Hospitality</b>	Hospitality will be available for coaches and all officials with strict compliance to the MOH Guidelines for the containment and prevention of the spread of Covid 19.



<b>Spectators</b>	<p>Subject to approval by Sports Kenya, Ministry of Health and Ministry of Sports, spectators will be allowed at a gate entry fee of Kshs. 500.00 per day. Spectators will be required to observe strict compliance with the set guidelines by KSF in collaboration with Sports Kenya, Ministry of Health and Ministry of Sports. Non-compliance with the guidelines by any spectators could lead to consequences including being required to leave the event facility and other penalties and prosecution by the Ministry of Interior and Coordination of National Government.</p>
<b>Scratch Rule</b>	<p>Coaches are requested to submit any known scratches to the meet manager prior to the start of the technical meeting via email. Following the start of the Technical Meeting, email scratches will not be accepted and meet scratch card is required.</p> <p>Session 1: 30 minutes following the Technical Meeting Session 2, 3 and 4: 30 minutes following the end of the previous session.</p> <p>After entries close, any swimmer that is a No-Show for their event will be fined Kshs. 500.00 (with the exception of medical scratches). Fine must be paid to Meet Management before the swimmer competes in any other events.</p>
<b>Parking</b>	<p>Parking is free at the facility.</p>
<b>Training</b>	<p>Subject to approval by Sports Kenya, the warm up and competition pools will be available for training on Friday 3pm – 5:30pm</p>
<b>Name Change Deadlines for Relays</b>	<p>Individual names for relays must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.</p> <p>Any changes in relays names must be provided to the Clerk of Course 30 minutes prior to the start of the first relay event, regardless of which age or gender event</p>
<b>Doping Control</b>	<p>There shall be Anti-Doping testing by Anti-Doping Agency of Kenya (ADAK). Swimmers are notified by a Doping Control Chaperone and are required to sign a notification form.</p> <p>A Doping Control Chaperone will accompany the swimmer until released by the Doping Control Officer (DCO). Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or always observes the</p>



Athlete and until such time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. Coaches are asked to instruct athletes to bring photo identification to competitions (i.e. driver's license, Huduma Card, school identification card, passport, etc. as may be required by ADAK)

**Travel &  
Accommodation**

Teams must plan for their respective accommodation. The Stadion Hotel is not available for any team accommodations.



MEET PROGRAM

Saturday

Session one

Warm-up: 8:30 am

Start: 10:00 am

1500 Free  
100 Back  
50 Fly  
200 Breast

Session 2

Warm-up: 2:45 pm

Start: 4:00 pm

400 Free  
50 Back  
100 Free  
200 IM  
200 Free

Sunday

Session 3

Warm-up: 8:30 am

Start: 10:00 am

400 IM  
100 Fly  
50 Breast  
200 Back

Session 4

Warm-up: 2:45 pm

Start: 4:00 pm

800 Free  
200 Fly  
100 Breast  
50 Free

APPENDICES

1. Meet Qualifying Standards
2. MOSCH Health and Safety Guidelines
3. MOH Current updates
4. Competition Venue Preparedness
5. Return to Competition Risk Awareness Declaration
6. Contact Tracing Log
7. Covid-19 Response Coordinator Responsibilities



## BOYS QUALIFYING TIMES

2018-2020 BOYS NATIONAL TIME STANDARDS															
11&U	12	13	14	15	16	17&O	Events	17&O	16	15	14	13	12	11&U	
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	
00:40.10	38.08	35.22	33.46	00:32.29	00:31.48	00:31.01	50Fr	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92	00:39.30	
01:25.60	1:22.80	01:16.6	1:12.76	01:10.22	01:08.46	01:07.44	100Fr	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67	01:23.60	
03:07.40	3:01.34	02:47.7	2:39.35	02:33.78	02:29.93	02:27.68	200Fr	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84	03:05.60	
06:39.20	6:27.15	05:58.1	5:40.20	05:28.30	05:20.09	05:15.29	400Fr	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23	06:30.40	
13:44.50	13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	800Fr	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27	13:28.30	
26:38.30	25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	1500Fr	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27	26:06.90	
00:46.4	43.85	40.56	38.53	00:37.18	00:36.25	00:35.71	50Bk	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69	00:45.40	
01:38.10	1:34.42	1:27.34	01:22.97	01:20.07	01:18.06	01:16.89	100Bk	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76	01:36.20	
03:27.80	3:24.12	3:08.88	2:59.37	02:53.09	02:48.77	02:46.24	200Bk	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00	03:23.80	
00:53.6	48.37	44.74	00:42.51	00:41.02	00:39.99	00:39.39	50Br	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82	00:52.50	
01:50.80	1:45.85	1:37.91	01:33.01	01:29.76	01:27.51	01:26.20	100Br	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55	01:48.60	
03:57.30	3:50.48	3:33.20	03:22.54	03:15.45	03:10.56	03:07.71	200Br	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53	03:52.60	
00:44.6	40.87	37.80	00:35.91	00:34.66	00:33.79	00:33.28	50FL	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64	00:47.60	
01:35.90	1:30.79	1:23.98	01:19.78	01:16.99	01:15.06	01:13.94	100FL	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81	01:35.90	
03:42.80	03:26.92	3:11.40	03:01.83	02:55.47	02:51.08	02:48.51	200FL	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04	03:36.20	
03:32.40	03:24.05	3:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200 IM	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92	03:28.20	
07:44.70	07:19.98	6:46.99	06:26.64	06:13.10	06:03.78	05:58.32	400 IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92	07:32.50	





## GIRLS QUALIFYING TIMES

2018-2020 GIRLS NATIONAL TIME STANDARDS													
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U	
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	
00:40.47	00:37.64	00:35.95	00:34.87	0:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53	
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97	
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:41.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12	
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87	
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68	
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10	
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66	
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22	
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60	
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01	
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31	
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78	
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41	
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75	
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83	
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200 IM	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59	
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400 IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16	



**REVISED GUIDELINES FOR RESUMPTION OF SPORTING  
ACTIVITIES DURING THE COVID-19 PANDEMIC.**

**BY**

**MINISTRY OF SPORTS, CULTURE AND HERITAGE.**

**MAY 2021**

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## **List of Abbreviations**

ADAK	Anti-Doping Agency of Kenya
CAK	Communications Authority of Kenya
DCOs	Doping Control Officers
IF	International Federation
KAS	Kenya Academy of Sports
SASDF	Sports, Arts and Social Development Fund
SK	Sports Kenya
WADA	World Anti-Doping Agency
FY	Financial Year
GoK	Government of Kenya
KAS	Kenya Academy of Sports
M&E	Monitoring and Evaluation
MTEF	Medium Term Expenditure Framework
MOH	Ministry of Health
PWD	Persons with Disabilities
PPEs	Personal Protective Equipment

## ***FOREWORD***

### **BY THE CABINET SECRETARY**



In March, 2020, the Ministry of Sports, Culture and Heritage called for cessation of sports competitions and group sports activities in the country following the reporting of the first positive cases of Covid-19 in Kenya.

Indeed, the sporting world came to a standstill with various major international competitions either put on hold, suspended, or cancelled altogether as the coronavirus continued to spread. Principally, the world's greatest sporting showcase - the Tokyo 2020 Olympic and Paralympic Games— initially scheduled for July 24 to August 9, 2020 were postponed to July 2021.

In Kenya, three major global sports events were postponed: WRC Safari Rally, the World Athletics Under-20 Championship, and the Magical Kenya Open Golf Championships.

On June 30 2020, I appointed the Resumption of Sports Advisory Committee to draw up protocols for the resumption of sporting activities in Kenya following the Covid-19 pandemic. The development of the Guidelines is a culmination of active engagement with relevant stakeholders and experts drawn from various sporting fields and the health sector.

In close consultation with my colleague Cabinet Secretary for Health Hon. Mutahi Kagwe, I launched the guidelines in September 2020. These Guidelines were updated in November and December 2020. The protocols guided the gradual resumption of sports with safety restrictions.

Since then, we have held various sporting events, vaccinated over

5,000 athletes, athlete handlers and officials and effectively implemented these guidelines. We have also engaged medical personnel and exposed our doctors to international events to learn from the new way of delivering sports globally.

It is these lessons and insights that enriched this revision in tandem with the directions of His Excellency President Uhuru Kenyatta.

The revised guidelines place more emphasis on athlete safety, containment measures, vaccination and travel guidelines. We commit to ensure that our athletes' health is prioritized and that every effort is made to ensure that our

athletes have a chance to participate in sporting activities by minimizing chances of infection. Our mantra is to have zero Covid-19 affected athletes.

I thank my colleague in the Ministry of Health, Hon. Mutahi Kagwe for the support in revising and approving these guidelines and call upon all stakeholders to comply with them. Together, we can fight the pandemic and maintain a low case load to ensuring we continue playing.



**Amb. (Dr.) Amina Mohamed, EGH, CAV**  
Cabinet Secretary, Ministry of Sports, Culture and Heritage

## ***ACKNOWLEDGEMENT*** **BY THE PRINCIPAL SECRETARY**



Since the coronavirus pandemic reached our shores and cessation of sports activities was enforced in March last year, there was anxiety among Kenya's sports stakeholders on when there would be resumption of play.

Indeed, our sportsmen and women as well as other players in the sports sector lost massive income and opportunities following the global sports lockdown. This situation appeared to have a slight turn around with gradual and cautious resumption of sports across the world.

As a ministry, we moved with speed to initiate food and cash stimulus programmes to cushion our sportsmen and women against the adverse effects of Covid-19, with an initial injection

of KSh50 million with additional support of about KSh20 million from the corporate sector.

The Advisory Committee on the resumption of sports activities in the country engaged key stakeholders including sports organizations, individual sportsmen and women along with coaches, officials and fans and collected views on ideal protocols that saw resumption of sporting activities in the country. The Ministry in collaboration with the Ministry of Health also rolled out a vaccination program targeted at National Team and tier-one league players of all our sports federations.

The revised guidelines herein come at a crucial time after learning lessons from World Athletics Continental Tour meeting in October 3 2020, the Equator Rally Championship and the Magical Kenya Open Golf Championships. Various of our teams have also travelled and participated in various events across the world and benchmarked on how sporting activities are organized and executed.



As we move to reopen our sporting activities once more, we must emphasize to stakeholders that the discipline with which we restart sports will play a key role in giving confidence to the Government and global players in the sports industry as we gear up to host the WRC Safari Rally, U20 Barthez Trophy and World Athletics Under-20 Championship, among others.

Most importantly, we must take cognizance of the fact that COVID-19 cases are still on the rise, with new strains of the virus being detected across the globe

hence the need for complying with existing non-pharmaceutical intervention and vaccination guidelines.

I wish to thank our Hon. Cabinet Secretary, Hon. Amb. (Dr.) Amina Mohamed, EGH, for her leadership which has seen tremendous growth of sports in the country.

**Joe R. Okudo, CBS,**  
Principal Secretary, State  
Department for Sports

## 1.0 GUIDELINES/PROTOCOLS

### 1.1 DEFINITIONS OF TERMS IN THE PROTOCOL

Term	Definition/Description
Coronavirus (COVID-19) disease	<p><b>Coronavirus disease 2019 (COVID-19)</b> is an infectious disease caused by a newly discovered corona virus, the <b>Severe Acute Respiratory Syndrome coronavirus 2 (SARS-CoV-2)</b>. Its common symptoms include fever, cough, fatigue, shortness of breath, and loss of smell ,taste,diarrhoea, vomiting, confusion, skin rashes.</p> <p>Of concern is most asymptomatic individuals, whose virus burden is just as heavy as the symptomatic ones and thus are at risk at sporting events where there is gathering of persons even if it is non-contact sports</p>
Risk (low, moderate, and high risk)	Refers to a chance that some unfavourable event will occur.
Risk Assessment	The overall process or method of identifying hazards and risk factors that have the potential to cause harm, analyse and evaluate the risk associated with that hazard (risk analysis, and risk evaluation).
Surveillance / Screening	In the context of this guideline, it refers to ; Regular assessment of persons participating in a sports event for presence of symptoms, compliance with COVID-19 mitigation measures.
Mitigation	Reducing risk of loss from the occurrence of any undesirable event. Mitigation means to minimize degree of any loss or harm.
Protocol	A system of official rules and systems for acceptable behaviours for occasions.
Team sport	Is a sport where individuals are organized into opposing teams which compete to win

Individual sport	Is a sport in which participants compete as individuals to win
Contact sport	A sport in which the participants necessarily come into bodily contact/interaction with one another
Non-Contact sport	A sport in which the players are physically separated such as to make it nearly impossible for them to make physical contact/interaction during the course.
Infected Person	A person that harbours an infectious agent and who has either manifest or in-apparent disease.
Person of interest	Person under investigation: one identified as a close contact or with symptoms and whose sample has been collected for testing to confirm status.
Close Contact	Is someone who has: <ul style="list-style-type: none"> <li>• Had contact with an infected person (being in contact within 1 metre and for more than 15 minutes).</li> <li>• Provided direct care to an infected person without using proper personal protective equipment;</li> <li>• Stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time;</li> <li>• Travelled in proximity with (that is, within 1 m separation from) an infected person in any kind of conveyance.</li> </ul>
Quarantine	This is the restriction of activities of/or the separation of people who may have been exposed to an infected person or situation. Quarantine period: 14 days starting on the day of exposure or presenting with symptoms.

	Quarantine area/ holding area: area designated for containment of persons of interest.
Isolation	This is the separation of ill or infected persons from others to prevent the spread of infection or contamination. (Recommended 10 days isolation from date of receiving positive results). NB: Term used about those confirmed to have been infected by the virus.
Frontline Staff	In the context of sports, the staff involved directly in the event logistics and deal with the athletes, equipment, apparel, security agents, medical personnel, COVID-19 liaison officers attached to the event and any other person actively participating in sports events.
Covid-19 Hotspots	NB: Area earmarked due to high number of cases reported in the area and probability of high degree of spread from the same area. This is due to increased disease transmission among the persons residing in or found in that area. Can be a geographical area such as a Country, sub county, estate or a residential area in a training camp or competition venue
Kenya Sports Medical Consortium	Term used to refer to the team of professionals charged with the task to deliver the Sport Bubble Protocol to be adopted by all sporting organizations and federations to mitigate and contain COVID-19 in sports teams and events.
PPE	Personal protective equipment used to reduce the risk of acquiring infection when exposed to a person with COVID-19 or one with symptoms suggestive of COVID-19 or when in an area with a high risk of acquiring SARS-CoV-2 infection.

Sports Bubble Protocol	Term used in reference to entire protocol within which competing sports teams stay isolated from the general public during training and pre-event preparations, the event and series of games and post-event activities. This includes designated transport, accommodation, amenities, and the location at which the games are held without direct interaction with spectators or other personnel in attendance. This "bubble" is a novel way to safely resume playing team sports and events during the COVID-19 pandemic by allowing for safe pre -, peri- and post event COVID Negative environment.
Vaccine	a biological preparation that is administered to a person to stimulate the body's immune response against a specific infectious disease.

## 1.2 Objectives of these Guidelines

These Guidelines aim to achieve the following objectives:

- i. Ensure that sporting events are planned and executed in line with relevant best practice and in accordance with the Ministry of Health and WHO rules and regulations for containment of COVID-19 pandemic.
- ii. Provide a framework for the detection, isolation and management of a positive COVID-19 infected person(s) or contacts of these persons participating in sports;
- iii. Identify and share best practice for event management in the context of the COVID-19 pandemic, ensuring collaboration and exchange with all sport stakeholders as well as other sporting authorities;
- iv. Provide relevant health guidance for all key sports stakeholders; and

- v. Ensure compliance of the established guidelines and protocols to guarantee health and safety of participants and event organisers.
- vi. Outline the measures that will be taken against those not following the recommended guidelines.

### **1.3 Plans for modifying and varying engagement in sporting activities**

Sports stakeholders are advised to be prepared to have plans in place to modify execution of sporting activities should any of the following occur:

- i. Infections occurring to athletes and the larger sporting fraternity.
- ii. Inability to maintain COVID-19 prevention and response protocols.
- iii. Inability to track and/or isolate athletes, athletes support personnel and staff;
- iv. Changes to public health guidelines regarding congregants
- v. Inability of sports federation to domesticate international regulations; and
- vi. Changes to local legislation, regulations, and Ministry of Health COVID-19 guidelines.

#### **1.3.1 Preliminary Activities**

Resumption of any sport and recreation activity will be preceded by a thorough interrogation on the following key and necessary areas:

- i. Information sharing with the communities; and
- ii. Information sharing and education for athletes, athlete support personnel, officials, and venue staff.
- iii. All Sports Federations/Organisations to domesticate these guidelines in line with those from International Sports Governing bodies and Ministry of Health.
- iv. Provision of these domesticated guidelines currently in use and availability in soft copy, easily accessible, read and understood.

- v. Federation Monitoring and Evaluation Report from the respective sporting teams and events in their calendar.

### **1.3.2 General Guidelines**

- i. Respective Sports Organizations/Federations must ensure they disseminate information about COVID-19 as released by the Ministry of Health to Athletes, athlete support personnel, officials, staff and volunteers through documented official channels in the form of educational materials, website editorials and organized trainings and seminars.
- ii. International teams must include educational sessions ongoing in the camp both on the sport bubble camp protocols and the protocols for the countries to be visited on assignment.
- iii. All organizers and venue operators should appoint COVID-19 Compliance contact persons (preferably sports officers) and response teams.
- iv. Ensure the availability of hand washing facilities, alcohol-based sanitizers, and temperature screening on entry at the training and competition sites, physical distancing and mandatory masks wearing.
- v. All venue operators should ensure safe environments, carry out documented regular routine cleaning and disinfection of venues, associated fixtures, and equipment as per the needs to meet the safety threshold of the sport.
- vi. Officials, the media personnel, and all staff working in sports venues during events will all have to take the COVID-19 tests as per the Sports Medical Consortium Protocol.
- vii. No press conference will be allowed except flash interviews for athletes. Such interviews will be conducted respecting the social distancing of 1.5 meters and more; downing masks and face shields.
- viii. Meetings, briefing, and notices are highly recommended to be carried out on digital platforms.
- ix. Handshakes, hugs to celebrate achievements during and after events is prohibited.

- x. Exchange and sharing of uniforms are prohibited.
- xi. Team event organizers will conform to the Sport bubble protocol domesticated to the sporting discipline.
- xii. Any suspected cases of COVID-19 to be processed in line with the guidelines provided by the Ministry of Health; event organizers to have medical team on standby and Covid-19 response team on standby with PPE (at least one dedicated for Covid 19)
- xiii. There will be signage at every entrance and strategic locations to remind all persons of the COVID-19 measures; and
- xiv. Body temperature checks shall be conducted to all persons at the time of entry to the venue. Anyone with a body temperature reading above 37.5°C will not be allowed into any sporting venue and any temperature reading below 34.5 should be repeated and/or replaced (everyone doing thermal screening should have an extra non-contact thermometer during the day of the event).

### **1.3.3 Venue preparedness**

- i. Identification and appointment of COVID-19 Sport champions and response personnel/teams. Training and refresher courses to be provided and the roles defined. The team shall be mandated to implement these protocols during any events.
- ii. Health checks, testing and screening for athletes, athlete support personnel, sport officials, venue staff, sport goods suppliers and any other persons authorized to facilitate sports as and when identified by event organizers.
- iii. Fully endorsed by the MOSCH action plans by organizers, which must align to these protocols and other international guidelines; and
- iv. Isolation and medical rooms to be availed in every venue. An extra space for COVID-19 suspected and for COVID-19 positive case as shall be prescribed by the Medical Teams of the event organizers.
- v. Sufficient water supply, soaps, trash cans, alcohol-based sanitizers to be availed.
- vi. Venue should be thoroughly disinfected prior to any event.
- vii. Seating places should show social distancing markings.
- viii. Entry and Exit points should be clearly marked.



- ix. Signage about COVID-19 should be clearly displayed at the venue as recommended by the Public health guidelines.
  - x. Designated places for PWDs and other vulnerable groups must be clearly set.
  - xi. Cooling down place should be identified and not in the changing room.
- NOTE: Camps, private sports clubs, training, and talent academies should adhere to the same protocols.

#### **1.3.4 Preparation to make the transition.**

With the easing of COVID-19 restrictions by the Executive, timely and speedy preparation by completing the tasks identified below will position each sport to resume gradually:

- i. Provide education to participants** to set expectations and promote the desirable behaviours that will need to be displayed.
- ii. Complete risk assessment of the transition to be made.**

This should include factors such as:

- Preparation of outdoor training environments and in later phases, indoor and competition environments.
- Consideration of management of numbers involved,
- strategies to limit time and
- maintenance of social distancing to reduce person to person contact,
- cleaning of equipment and any shared facilities used (e.g. toilets),
- sanitation provision for participants and
- Identification of a safe space for isolation of an individual should they become unwell, are among aspects to be considered.

**iii** Develop a detailed protocol to demonstrate how risks are reduced managed and mitigated at an operational level for resumption.

## **1.4 PROTOCOLS FOR IMPLEMENTATION AND ENFORCEMENT**

The State Department for Sports and its stakeholders together with Public health officials will oversee the implementation and compliance with these protocols. The County Governments in consultation with the State Department for Sports shall be responsible for inspection of sports facilities within their respective counties before commencement of any sports activities and trainings. Sports Kenya in consultation with the State Department for Sports and public health officials shall be responsible for inspection of Sports facilities within its control. Each Sports Organization shall form a **“Safe return-to-training Committee”** by federations to oversee the preparedness of activities and shall incorporate health personnel (Both medical and Public health), and a Sports Liaison Officer (appointed by the Commissioner for Sports/ County Chief Officers in charge of Sports) in their committees.

### **1.4 TESTING AND VACCINATION GUIDELINES**

#### **1.4.1 Testing**

- Teams scheduled to engage in competitions are to conduct their training camps in a sport bubble to reduce the risk of acquiring and transmitting infection.
- The MOSCH in coordination with the respective federations shall make arrangements for the testing of athletes as per requirements.
- A negative RT-PCR test for SARS-CoV-2 conducted not more than 48 hours prior is required for entry into the Sport Bubble as well as a Rapid test at the accreditation point.
- For single day events, the event organiser to conduct rapid antigen test on the day of competition for participants and officials.

- Repeat Testing of athletes and other actors to be undertaken in accordance with the international governing body or Ninety-Six hours into the competition whichever is more frequent.
- The testing conducted to any sports person /athletes and athlete/sports support personnel will be done at the discretion of the Federations/Sporting institutions to safeguard the athletes and athletes support personnel from COVID-19 effects, but in circumstances where necessary, the ministry may direct testing for a particular athlete, team, institution, club and/or event staff at the cost of those being tested.
- All those travelling in and out of the country, will be required to conform to the Sport Bubble Protocol for national sporting teams as well as the host country protocols.
- Kenya as a host for international competitions, federations and event organizers must conform to the Sport Bubble protocol for visiting teams.
- All costs for testing of athletes and athlete handlers who require testing may be met by the participant, respective event organizers or Sports Organization as indicated in the event regulations.
- Retesting (Rapid Test) of athletes and other actors to be undertaken ninety-six hours into the competition or as indicated in the event health and safety document, which-ever is more frequent

## **14.2 Vaccination**

Players/athletes who will have been vaccinated against COVID-19 by a two-dose vaccine of AstraZeneca or full dose of any other vaccine as may be recommended by the Government, will be considered “fully vaccinated” twenty-one days after the final dose of vaccine (the second dose for a two-dose regimen, or the single dose for a single-dose regimen). Documentation of vaccination status should be maintained by coaching staff and presented to visiting teams at the time of competition. Any player/athlete or individual who is symptomatic, even if fully vaccinated, should isolate and be tested.

NB: Individuals who are vaccinated are required to continue following the COVID-19 prevention measures at all times as they are still at risk of acquiring infection which can be transmitted to other persons during sports gatherings.

➤ ***Specific guidelines for managers of indoor facilities***

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Managers of sports facilities are responsible for ensuring compliance with the health guidelines issued by the Ministry of Health. The managers must work in collaboration with the sports organizations, if applicable:

- i. To ensure that social distancing guidelines are followed, solid partitions can be installed in certain areas (e.g. reception, in front of the markers) or between the pieces of equipment (e.g. equipment in the gym);
- ii. Changing rooms accessibility is restricted to promote social distancing.
- iii. Access to showers in the changing rooms is restricted, provided social distancing guidelines are followed and the area is disinfected after every use; and
- iv. Access to non-essential common areas that lend themselves to gathering is restricted.
- v. Loitering around the entrance and exit is prohibited.

### **1.4.3 Venue Guidelines**

Venue operators will be expected to ensure that the sporting environment is safe with reference to the following:

- i. Booking in advance, online or over the phone be preferred. Where this is not possible and a venue has staff available to take bookings, consider mandating contactless transactions to avoid handling reservation documents and cash.
- ii. Identification and appointment of COVID-19 contact persons who will be responsible for responses on venue preparedness and related actions.

- iii. Allocation of exclusive drop-off, pick-up and parking areas for athletes, athlete support personnel, PWDs, Vulnerable groups, officials, and staff.
- iv. Clear designation of entry and exit points.
- v. Screening and Health Checks to be conducted to ascertain status of all persons attending with any suspected COVID-19 cases being handled, as prescribed in the Ministry of Health guidelines.
- vi. All visitors, staff, officials, athlete support personnel and non-active athletes to wear face masks throughout their time at the venue.
- vii. Spectator participation is not encouraged as it can lead to crowding in breach of the protocols. However, in case of spectator participation, designate areas away from the athletes should be identified. Additionally, the designated sitting areas for the elderly and vulnerable should be separate.
- viii. Keeping a temporary record of clients and visitors within a 30 day's period of activity after resumption. This will assist the Ministry of Health to trace contacts in case any of the participants turns positive for COVID-19;
- ix. Promotion of Positive Social Attitudes and Behaviour – Signs and Messages that create awareness on combating the spread of COVID-19 to be posted at high visible stations, entrances, exits, sport support rooms as well as electronic information boards. Consideration should be made on how these safety messages will reach persons with hearing or vision impairments.
- x. Appropriate set up and marking of seating areas for athletes, athlete support personnel and officials. This should be done with due consideration for social distancing, and away from spectators.
- xi. Cleaning and disinfecting of objects and equipment. Where practical, it should be mandatory that cleaning and disinfection be carried out before, between use and after use.
- xii. Cleaning and disinfecting of frequently touched surfaces such as handrails, gates, and toilet doors.
- xiii. Cleaning and disinfection of equipment storage areas.

- xiv. Provision and arrangement of sport support rooms. These shall be availed in satisfactory states regarding adequate natural ventilation and lighting and social distancing.
- xv. Adequate Supplies - constant water supply, hand washing facilities, soap, paper towels, tissues, no-touch foot pedal trash cans, sanitizers.
- xvi. Adequate supply of PPEs for venue staff undertaking cleaning and disinfection.
- xvii. Provision of more waste disposal facilities and safe removal of waste before, during and after events.
- xviii. Enhancing cleaning and disinfection of busy areas.
- xix. Development and display of venue policies and information boards.
- xx. Provision of isolation, quarantine, and medical rooms.
- xxi. Provision of medical services – it is recommended that properly equipped and manned ambulances be stationed at the venue. All such ambulances to have adequate PPEs.
- xxii. Venues to be disinfected after completion of each sporting activity; and
- xxiii. All participants accessing the venue should have proper PPEs.
- xxiv. All venues should be linked to nearby health facility for ease of referral.
- xxv. All venues conducting events are required to receive clearance from the Sporting organisation/Federation within 7 days of the event to follow the safety requirements domesticated for the specific sporting discipline.

#### **1.4.4 Swimming Pools/Aquatic Venues**

- i. Opened for Professional and National Swimming teams only. Participants of other non-competitive swimming and coaches of swimming lessons are required to ensure they observe all public health containment measures as applicable to the sport.
- ii. Saunas, steam rooms, and hot tubs shall remain closed.

## **1.5 Pre-Competition Guidelines**

### **Bubble Concept**

The sports bubble concept will be utilised to facilitate the safety of the participants during sporting international events and tournaments. The protocol stipulate the Pre-, Peri, and Post-event procedures that must be adhered to strictly.

This will take into consideration concierge, entry testing, accreditation, transport and mobility, accommodation and amenities, surveillance, case management, contact tracing and other relevant infection prevention and control measures relevant in the containment of COVID-19 in a sports environment.

The COVID-19 protocols provided by the international and local federations will be utilised in ensuring the sports activities are conducted as recommended within the bubble.

The Kenya Sport Medical Consortium will develop and revise from time to time the Sport Bubble Protocol.

Each federation will be expected to align bubble setup requirements to its International Federation (IF)'s requirements for international events.

**Event Management Planning:** Planning meetings shall be convened by event organizers for purposes of check listing the preparedness of the venue. A maximum of two (2) physical meetings is recommended and they should last not more than one hour otherwise teleconferencing and virtual meetings are encouraged. During such meetings, it is encouraged that they be held in line with general government protocols for conducting meetings, events, and workshops.

### **1.5.1 In-Competition Guidelines**

During the competitions including, any tournaments, matches, leagues and/or games, athletes and all other sports stakeholders are advised to follow the following:

- i. Inactive athletes, athlete support personnel and officials should be allocated designated areas where social distancing must be observed.
- ii. All but active athletes and event officials will be required to sanitize, wear face masks, and observe social distancing while working.
- iii. It is recommended that athletes be allowed to take health breaks to allow personal hydration.
- iv. Proper personal hygiene shall be always observed. Handshakes, high-fives, hugging shall not be permitted.
- v. All other health and safety requirements must be followed.
- vi. Athletes, athlete support personnel and officials should refrain from sharing water coolers, drinking stations, water bottles and other drinking devices.
- vii. Participants' personal effects to be kept to a strict minimum (e.g., water bottle and towel) and
- viii. in specific designated areas this purpose.
- ix. Spaced blocks of activities (staggered schedules) should be encouraged. These staggered schedules allow enough time for the staff to disinfect grounds and equipment between groups of participants.
- x. Media Centre, Tribunes and Staff - All media staff must wear their facemasks while working and eye protection while interviewing. Non-essential staff should not be allowed to event. Printing and distribution of printed materials should be kept at a minimum to limit the risk of indirect contamination.
- xi. Strict accreditation access and pass issuance must be maintained to ensure zoning of the facility and integrity of the sport bubble.



## **1.5.2 Post-Competition Guidelines**

At the completion of any sporting activity, all athletes, athlete support personnel and stakeholders are required to observe all existing regulations on public health and social measures to control spread of COVID-19 in the following aspects:

- i. Transportation of athletes to be carried out as guided by the Ministry of Transport and Infrastructure and the Sport bubble protocol.
- ii. Cleaning and disinfection of the used venue and all equipment.
- iii. Collection and proper disposal of waste.
- iv. Anti-Doping will be conducted in line with respective guidelines; and
- v. Post- event meetings to be kept at a minimum. Event organizing co-partners to prepare an event report to be filed with the relevant authorities.

## **1.5.3 Considerations for PWDs and other Vulnerable Groups (Special Olympics, Deaflympics, Visually impaired sports)**

- i. Alternative formats of communication for all vulnerable groups e.g. electronic information boards, braille, sign-language and enhanced signage;
- ii. Dedicated COVID-19 compliant training sites for para-athletes and others with underlying medical conditions.
- iii. Special attention for the PWDs and other vulnerable groups handlers/guides.
- iv. Dedicated sanitation measures and care of sport and locomotion equipment.
- v. Dedicated parking spaces for PWDs and other vulnerable groups.
- vi. Enhanced accessibility to public areas and amenities; and
- vii. Enhanced, well designed and unobstructed entry and exit routes for PWDs and other vulnerable groups.
- viii. Designated seating areas for PWDs and other vulnerable groups.

#### **1.5.4 Guidelines for indoor facilities**

- i. Frequently touched surfaces and equipment (doorknobs, sinks, training kits etc.) must be cleaned several times a day. Frequency of cleaning and disinfection to be determined based on the amount of traffic.
- ii. Fitness rooms and gyms should be disinfected and aired out after each session. The schedule should provide time between training sessions or matches for full disinfection when required, depending on the type of physical or sports activity; and
- iii. There should be proper and sufficient ventilation with air not being blown directly to people (avoid use of air conditioners or fans).
- iv. The number of people per session must not exceed 1/3(one third) of the capacity of the facility to cater for social distancing and avoid overcrowding.
- v. Ensure handwashing facilities, alcohol-based hand sanitizers are readily available for all.
- vi. Posters on COVID-19 awareness and prevention should be displayed in the venue and be clearly visible for all participants.  
NOTE: Camps, private sports clubs, training, and talent academies should adhere to indoor facilities protocols.

#### **1.5.5 Sports Assignments outside the country**

For national or club teams scheduled to participate in competitions outside the country shall be governed by the international Governing Body regulations, the Host country regulations and the Kenyan Sport Bubble Protocol put in place.

#### **1.5.6 Medical Support for National Teams**

To ensure that our National teams are appropriately managed in their various local and international assignments, trained medical personnel are expected to be assigned to the teams by the team management.

The composition of the medical teams will include:

- i. A medical delegate from the Kenya Sport Medical Consortium.
- ii. A registered medical doctor(s) with specialized training in the discipline/federation.
- iii. A registered physical therapist(s) with specialized training in the discipline/federation.
- iv. Other medical personnel such as psychologists, nutritionists etc who are duly trained and registered, depending on the nature of the assignment and the size of the delegation and the resources available.

The medical team is expected to:

- i. Conduct appropriate assessments of the athletes to ensure safe participation of the athletes in sport (training and competition).
- ii. Develop a profile for the Kenyan delegation for the local camps and on assignment abroad, identify vulnerable members, ensure they are appropriately managed.
- iii. Develop injury and illness prevention protocols.
- iv. Develop appropriate return to play protocols for the athletes after injury and illness.
- v. Develop appropriate case management plans for the team including evacuation plan should it be required.
- vi. Real time information on the COVID-19 situations in the countries to be visited.
- vii. Provide a brief on the COVID-19 protocols of the tournament/competition organizers. Acquire and disseminate a copy of the protocol in English.
- viii. Acquire the national and international federation COVID-19 protocols. These will be used to develop COVID-19 protocols that will be utilized during the local camp(s) and during the assignment(s) abroad.
- ix. On arrival in the host countries, expected within 8 hours provide a real time report on the COVID-19 countermeasures and other health and safety protocols, available for team

- Kenya at the venues in the host country to the Ministry of Sports Culture and Heritage. If the measures are not suitable, work with organizers for compliance and notify the Ministry.
- x. Advise the Federation and Ministry if the Team should remain or withdrawn from the tournament should the host not comply with their own laid out procedures.
  - xi. Protocols on management of health issues associated with travel e.g jet lag, vaccination, acclimatization etc
  - xii. Other medical issues that arise during the assignment, eg management of athletes with disorders of sex differentiation, mental health issues, issues on nutrition, management of underage athletes, management of athletes living with disability etc
  - xiii. to provide a report on completion of the assignment within 2 weeks of return from the assignment.

#### **1.5.5. Categorization of Sport and Recreational Activities**

The resumption to sports and recreational activities will take place in each of the 6 categories of sports. Sports within these categories are found in **Appendix I**.

It is important to recognise that Executive decisions regarding any easing of restrictions will mean that groups of sports will likely move forward at different times. They may also remain within different phases for variable time periods.

National Teams preparing for international assignments, international tournaments/ events to be hosted within the country will receive case by case authorization to move through the phases by the Cabinet Secretary for Sports.

For each category, the transitions are graduated, and the sequence will be:

**RED** to STEP 1 **AMBER** to STEP 2 **AMBER** to STEP 3 **YELLOW** to STEP 4 **GREEN** STEP 5 **GREEN** and STEP 6 **GREEN**

Movement from one category to the other will be authorized by the Cabinet Secretary for Sports Culture and Heritage upon satisfactory monitoring and evaluation outputs and informed by the overall guidelines provided from time to time by the MOH. At the commencement of these protocols Appendix 1. will guide the reopening of the sports.

Each **STEP** contains a mix of general conditions and sport specific conditions to guide activity. Each subsequent **STEP** builds on those before.

### Colour Key

Colour		Definition
<b>RED</b>		Total Lockdown (whenever it is declared by the Government)
<b>STEP 1 2&amp;3 AMBER</b>		Outdoor and indoor sports activities can start activity in small groups
<b>STEP 4 LIME GREEN</b>		Full training and competition across sports with strict adherence to containment measures of COVID-19 protocols.
<b>STEP 5 GREEN</b>		full training and competition across sports, re-opening of leisure centres and spectators able to attend live sporting events in restricted numbers
<b>STEP 6 GREEN</b>		No restrictions, return to normal Sports

### Resumption Steps

The following steps are recommended for a slow return of sporting activities:

- i. **Phase 1:** Medical and Fitness examination
- ii. **Phase 2:** Individual outdoor field-based or in-door gym conditioning
- iii. **Phase 3:** Team training
- iv. **Phase 4:** Domestic (local) competition - no spectators

- v. **Phase 5:** Cross border (International) - no spectators
- vi. **Phase 6:** No restrictions - spectators present

The aim is for each organizer (Sports Federations, Event Organizers, Private institutions etc) is to develop a detailed operational plan under each of the 6 phases presented. The Ministry of Sports, Culture and Heritage will give individual guidance to organizers whenever necessary.

**Throughout these steps, the Covid-19 containment measures of handwashing, wearing face masks, sanitizing shall be observed with strict adherence.**

### 1.6.1 Six (6) key steps in resumption of Outdoor Recreation

Step	Allowable activities
1	<ul style="list-style-type: none"> <li>i. Fitness and medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1:</p> <ul style="list-style-type: none"> <li>i. Jogging, walking, cycling, hiking permitted</li> <li>ii. Observe all travel Covid-19 protocols</li> <li>iii. Always maintain social distancing.</li> <li>iv. Prevent congregations of people</li> <li>v. No organised events</li> <li>vi. Indoor facilities closed with restricted access to ablution facilities</li> <li>vii. Avoid running into each other</li> </ul>
3	<p>in addition to STEP 2:</p> <ul style="list-style-type: none"> <li>i. No mass gatherings / events</li> <li>ii. Hiking, cycling, walking and jogging permitted</li> <li>iii. Social distancing to be maintained at all times</li> <li>iv. Indoor facilities should comply to public health measures</li> <li>v. Prevent crowding</li> </ul>

4	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Outdoor Recreation Centres open</li> <li>ii. Group size dependent on size of space available.</li> </ul>
5	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Social distancing still be observed</li> <li>ii. Events can take place but with restrictions in total numbers of people involved</li> </ul>
6	<p>As for STEP 5 and in addition:</p> <ul style="list-style-type: none"> <li>i. No restrictions on outdoor recreation activities</li> <li>ii. Return to full use of outdoor recreation facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>

NOTE: Camps, private sports clubs, training and talent academies should adhere to the same protocols.

### **1.6.2 Six (6) key steps in resumption of Water Sports: General Guidelines**

<b>Step</b>	<b>Activities</b>
1	<ul style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1</p> <ul style="list-style-type: none"> <li>i. Observe all travel COVID-19 protocols</li> <li>ii. Always maintain social distancing.</li> <li>iii. Training combinations/pairs must comply with social distancing.</li> <li>iv. Prevent congregations of people</li> <li>v. Higher risk water-based activities not allowed as they may lead to increased pressure on emergency services</li> <li>vi. Outdoor pools remain closed.</li> <li>vii. Indoor facilities closed with restricted access to ablution</li> </ul>

3	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. Always maintain social distancing.</li> <li>ii. Indoor facilities should comply to public health measures</li> <li>iii. Prevent congregations of people indoors</li> <li>iv. Instructor to client ratio to reduce to manageable numbers observing social distancing.</li> </ul>
4	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Always maintain social distancing.</li> </ul>
5	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. Social distancing still be observed.</li> <li>ii. Events can take place but with restrictions in total numbers of people involved.</li> <li>iii. Full training in water-sports</li> <li>iv. Leisure centres and public aquatic centres open</li> </ul>
6	<p>in addition to the steps above:</p> <ul style="list-style-type: none"> <li>i. No restrictions on water-sports activities</li> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>

### 1.6.3 Six (6) key steps in resumption of Non-Contact Sports

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Health tests</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1</p> <ul style="list-style-type: none"> <li>i. Outdoor activities for a minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Observe all travel Covid-19 protocols</li> <li>iii. Maintain social distancing at all times</li> <li>iv. Prevent congregations of people</li> <li>v. No organised contact sport team training</li> </ul>



	vi. Individuals arrive, train/practice and leave
3	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Team sport training allowed for minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Skill drills and tactical drills with no close contact</li> <li>iii. Indoor activities limited to the minimum number of athletes and athlete handlers.</li> <li>iv. Always maintain social distancing.</li> <li>v. Indoor facilities should comply to public health measures</li> <li>vi. Prevent congregations of people indoors</li> <li>vii. Retain records of people attending</li> <li>viii. No spectators</li> </ul>
4	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Outdoor activities limited to minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Group size dependent on size of indoor space with all social distancing measures in place.</li> <li>iii. Always maintain social distancing.</li> </ul>
5	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Outdoor activities for a minimum number of athletes and athlete handlers required for a training session</li> <li>ii. Social distancing must be observed.</li> <li>ix. Indoor activities limited to the minimum number of athletes and athlete handlers.</li> <li>iii. Leisure Centres and indoor leisure facilities open</li> <li>iv. Full training in lower risk contact sports place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators</li> <li>v. Some events may take place behind closed doors'</li> </ul>
6	<p>in addition to steps above:</p> <ul style="list-style-type: none"> <li>i. No restrictions on lower risk contact sport activities</li> </ul>

	<ul style="list-style-type: none"> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>
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#### 1.6.4 Six (6) key steps in resumption of Contact Sports (Low Risk)

Contact sports will reopen in line with the summary in Appendix I.

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1 above</p> <ul style="list-style-type: none"> <li>i. Travel as guided by ministry of transport protocols</li> <li>ii. Maintain social distancing at all times</li> <li>iii. disinfect surfaces and equipment regularly between use by different participants / groups</li> <li>iv. Prevent congregations of people</li> <li>v. Avoid running into each other.</li> <li>vi. Indoor facilities closed with the exception of restricted access to small, shared facilities e.g. storage area / toilet/ through - ways. These should be disinfected regularly with sanitation products</li> </ul>
3	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Skill drills and tactical drills with no close contact</li> <li>ii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> <li>iii. Indoor facilities used must have public health measures in place</li> <li>iv. Prevent congregations of people indoors</li> <li>v. Retain records of people attending</li> </ul>
4	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Group size dependent on size of indoor space.</li> </ul>

	<ul style="list-style-type: none"> <li>ii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> </ul>
5	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Any conditions on gatherings will apply e.g. size</li> <li>ii. Leisure centres and indoor leisure facilities open – may initially be on restricted hours</li> <li>iii. Full training in lower risk contact sports</li> <li>iv. Competitive sport can take place but with restrictions in total numbers of people involved – athletes / coaches / staff/ officials and spectators.</li> <li>v. Some events may take place ‘behind closed doors’</li> </ul>
6	<p>In addition to steps above</p> <ul style="list-style-type: none"> <li>i. Close physical contact sports resume full training and full competition (without modification)</li> <li>ii. Return to full use of sporting facilities</li> <li>iii. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic.</li> </ul>

### 1.6.5 Six (6) key steps in resumption of Contact Sports (High Risk)

Contact sports will reopen in line with the summary in Appendix I.

Step	Allowable tasks
1	<ul style="list-style-type: none"> <li>i. Medical examination</li> <li>ii. Physical Conditioning</li> <li>iii. Psycho-social training</li> </ul>
2	<p>In addition to STEP 1</p> <ul style="list-style-type: none"> <li>i. Travel as guided by ministry of transport protocols</li> <li>ii. Maintain social distancing at all times</li> <li>iii. disinfect surfaces and equipment regularly between use by different participants / groups</li> <li>iv. Prevent congregations of people</li> <li>v. No organised contact sport team training</li> <li>vi. Individuals arrive, train/ practice and leave</li> </ul>

	<ul style="list-style-type: none"> <li>vii. Avoid, running into each other.</li> <li>viii. Indoor facilities closed with the exception of restricted access to small, shared facilities e.g. storage area / toilet/ through ways. These are disinfected regularly with sanitation products</li> </ul>
3	<p>In addition to steps above:</p> <ul style="list-style-type: none"> <li>i. Skill drills and tactical drills with no close contact - e.g. no tackling, wrestling, rucks, mauls, lineouts, scrums or contact sparring</li> <li>ii. Technical drills with e.g. bags, pads, paddles, shields Shadow sparring permitted</li> <li>iii. Indoor facilities used must have public health measures in place</li> <li>iv. Prevent congregations of people indoors</li> <li>v. Retain records of people attending</li> </ul>
4	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Group size dependent on size of indoor space.</li> <li>iii. In all cases, maintain social distancing as far as possible - any contacts should be brief</li> </ul>
5	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Any conditions on gatherings will apply e.g. size</li> <li>iii. Leisure Centres and indoor leisure facilities open – may initially be on restricted hours</li> <li>iv. Modified training in higher risk contact sports</li> <li>v. Modifications (removal of close physical contact in a temporary capacity) may allow a form of competition to take place in some sports</li> <li>vi. Any competition to take place with restrictions in total numbers of people involved – athletes / coaches / staff / officials and spectators</li> <li>vii. Some events may take place ‘behind closed doors’</li> </ul>
6	<ul style="list-style-type: none"> <li>i. in addition to steps above:</li> <li>ii. Close physical contact sports resume full training and full competition (without modification)</li> <li>iii. Return to full use of sporting facilities.</li> </ul>

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|--|---|
|  | iv. Spectators able to attend live events with strict adherence to Ministry of Health measures for control and prevention of COVID-19 pandemic. |
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### **1.6.6 Spectators**

To keep in line with the COVID-19 WHO and MOH guidelines, spectators will not be allowed into the playing fields unless all protocols have been achieved to level 6 of the guidelines for every sport discipline. Strict adherence to the same will be enforced for the safety of all participants. However, adequate preparations can be made by the organizers to avail alternative online and live forums for fans to enjoy their sports.

### **1.6.7 Athletes, Officials and Staff**

- i. Ensure temporary, part-time or contract workers and athletes at the facility are properly trained in COVID-19 prevention policies and have necessary supplies and PPE;
- ii. Transportation of athletes and athlete support personnel shall follow guidelines by the Ministry of Transport and Infrastructure, however consideration for alternative methods that avoid use of pooled transport and public transport is highly recommended.
- iii. Resumption of training – should be phased upon establishment of physical and health fitness. Initial individual training should be followed by a progressive and calibrated introduction of group trainings culminating to full team engagement for team sports;
- iv. Set up of seating areas for athletes, athlete support personnel and officials- These shall be arranged in accordance with social distancing requirements, such areas will have been appropriately cleaned and disinfected before use; continuous cleaning and sanitization of these areas should be encouraged.
- v. Cleaning and disinfection of surfaces, objects and equipment shall be done in accordance with the Ministry of Health Guidelines for cleaning and disinfection.
- vi. Health Checks, testing and screening – medical checks and testing should be done at least seventy-two hours before resumption and on the first day of training. Periodic tests must be carried out as

- guided by the Ministry of Health and respective International Sports Organizations; and
- vii. Provision of medical services – It is recommended that properly equipped and manned ambulances be stationed at the venue.
  - viii. Follow established safety and health procedures,
  - ix. Avoid actions or omissions that may expose others to COVID-19 risks and participate in employer-provided trainings.
  - x. Provide or reinforce accurate COVID-19 infection prevention and control measures, including concerned people who have neither symptoms nor risk.
  - xi. Put on, use, take off and dispose of personal protective equipment properly when required to do so;
  - xii. Self-monitor for signs of illness and self-isolate or report illness to event managers, trainers, or lead organization if it occurs; (stay at home when you suspect you are exposed or infected and alert the team leader)
  - xiii. Inform management if you are experiencing signs of undue stress or mental health challenges that require support interventions; and
  - xiv. Report to the immediate supervisor any situation which you have reasonable justification to believe presents an imminent and danger to your health in relation to COVID-19 pandemic.

### **1.6.8 Guidelines for personal trainers and coaches**

Personal trainers/coaches should work with reduced groups of not more than 30 participants, depending on size of space and ensure they maintain social distancing.

### **1.7 Guidelines for handling equipment and materials**

- i.** Given that it is difficult to avoid touching one's face, particularly in the context of physical and sports activities, it is recommended that shared objects and equipment be disinfected regularly.
- ii.** Each participant should use his or her own equipment as much as possible. If this is not possible, the equipment should be changed

- regularly during the activity and washed with hot water and soap or an effective disinfectant between activities (e.g. balls, rackets, hockey sticks)
- iii. If the players bring their own equipment (e.g. a ball, rackets, hockey sticks), a person designated by the club must disinfect it before the players take it to the field.
  - iv. Hands do not frequently touch some objects, such as cones and hurdles, during the sports activity. People should be asked to wash their hands after handling them.
  - v. The sharing of team equipment and uniforms is not permitted. Federation/Clubs to make arrangements for regular cleaning and disinfection of equipment and team uniforms;
  - vi. After the training session or match, kits should be removed and washed with regular laundry detergent.

### **1.7.1 Guidelines for under – 18 years**

All under eighteen sporting activities will remain closed until further notice. However, athletes who are under this age but are part of senior teams as well as national junior teams preparing to participate in international assignments will require parental consent and further seek formal authorization from the Cabinet Secretary Sports to be cleared to use the above laid down protocols. Further, under 18 National Teams will resume and apply the rest of the protocols as outline in these guidelines.

### **1.8 Anti-Doping COVID-19 Guidelines**

Anti-doping procedures under COVID-19 pandemic situation are extensively described by the World Anti-Doping Agency (WADA) in the following document:

**[https://www.wadaama.org/sites/default/files/resources/files/20200506\\_ado\\_guidance\\_resuming\\_testing\\_en.pdf](https://www.wadaama.org/sites/default/files/resources/files/20200506_ado_guidance_resuming_testing_en.pdf)**

In addition to these specific guidelines, the number of tested athletes should be limited to the minimum requirements according to the WADA guidelines and make sure that the waiting and processing rooms

are large enough to accommodate, athletes, accompanying persons, and anti-doping staff whilst maintaining social distancing.

### **1.9 Food and Beverage Services**

Catering services, including juice bars, snack bars, and other enterprises must be run in accordance with Ministry of Health guidelines for Hotels and restaurants. Hawking of foods during events is still prohibited.



## 1.10 Governance Structure (Roles and Responsibilities)

S/NO	Institution/Agency / Organization	ROLE/RESPONSIBILITIES	LEVEL OF CLEARANCE	RESPONSIBLE ORGANISATIONS FOR VERIFYING COMPLIANCE	FINAL CLEARING INSTITUTION/ISSUANCE OF CERTIFICATE
1.	MOSCH	<ul style="list-style-type: none"> <li>• Overall Governance, oversight of these protocols,</li> <li>• M and E</li> <li>• Review of protocols</li> <li>• Make necessary approvals as anticipated in relation to these guidelines</li> <li>• Consultations and liaison with MoH, County Governments and other MDAs on all COVID-19 related matters</li> </ul>	<b>Cabinet Secretary</b>	<b>Commissioner for Sports</b>	<b>Office of Cabinet Secretary</b>
1.	National Sports Federations/Organization	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH and other relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	MOSCH	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> <li>• Umbrella Sports Bodies.</li> <li>• Registrar of Sports</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> </ul>

2.	County Sports Federation/Organization	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National body/MOH/MOSCH and other relevant protocols.</li> <li>• Enforce compliance amongst its membership at the grassroots level.</li> </ul>	<ul style="list-style-type: none"> <li>• National Federations</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• National Sports Bodies.</li> </ul>	<ul style="list-style-type: none"> <li>• County Governments</li> </ul>
3.	Sports for Development (S4D) Organizations, Donors, Partners	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National body/MOH/MOSCH ND MOE and all relevant protocols.</li> <li>• Enforce compliance amongst its membership at National and grassroots level.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• Ministry of Education</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH/MOE</li> </ul>
4.	Sports Stadia and facilities	<ul style="list-style-type: none"> <li>• Ensure Venue compliance with MOSCH/MOH protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• Sports Kenya</li> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
5.	Sports Talent and youth Training Centers	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Kenya Academy of Sports</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Kenya Academy of Sports</li> <li>• Athletics Kenya</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>

		<p>Body/MOH/MOSCH and other relevant protocols.</p> <ul style="list-style-type: none"> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• County Governments</li> </ul>		
6.	Elite Sports Training Camps	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/National Body/MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• National Federation</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
7.	Private Clubs and Health fitness Centers	<ul style="list-style-type: none"> <li>• Ensure compliance with MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership and compliance with facilities protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• MOH</li> <li>• County Governments</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>
8.	Public parks and Recreation Centres	<ul style="list-style-type: none"> <li>• Ensure compliance with MOH/MOSCH/Ministry of Tourism and other relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Tourism</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of sports/M&amp;E team</li> <li>• MOH</li> <li>• County Governments</li> <li>• Ministry of Tourism.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Governments</li> </ul>

9.	Learning institutions	<ul style="list-style-type: none"> <li>• Ensure compliance with MOSCH, MOH, Ministry of Education and other relevant protocols.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team.</li> <li>• Ministry of Education</li> <li>• Ministry of Health</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Education</li> </ul>
10.	Paralympics/Special needs Sports	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Health</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Department of Sports</li> <li>• Kenya National Paralympic Sports MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Government</li> </ul>
11.	Water Sports	<ul style="list-style-type: none"> <li>• Ensure compliance with their respective international body/MOH/MOSCH another relevant protocols.</li> <li>• Enforce compliance amongst its membership.</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• Ministry of Health</li> <li>• County Government</li> </ul>	<ul style="list-style-type: none"> <li>• Commissioner of Sports/M&amp;E team</li> <li>• MOH</li> </ul>	<ul style="list-style-type: none"> <li>• MOSCH</li> <li>• County Government</li> </ul>

## **1.11 Monitoring and Evaluation**

The monitoring and evaluation Committee. The committee will:

- i. Ensure compliance with the risk assessment tool that forms the basis for intervention measures;
- ii. Draw lessons from experience in order to adjust intervention strategies;
- iii. Improve the design/nature of the guidelines;
- iv. Examine the guidelines rationale;
- v. Determine the adequacy of the guidelines to overcome the identified constraints;
- vi. Compare the actual outcome of the guidelines and identify the reasons for shortfalls or achievements.

## **1.12 Penalties**

Failure of athlete(s) or sports organization(s) to adhere to the guidelines will lead to the following:

- i. Suspension from participating in event/tournament;
- ii. Withdrawal/Suspension from National Team (For National Team athletes);
- iii. Prosecution of the offenders under the existing laws;(Enforced by Ministry of Interior and coordination of National Government)

## **1.13 Review of the Guidelines**

These guidelines shall be reviewed:

- i. On a monthly basis or;
- ii. Upon changes in guidelines as announced by H.E President Uhuru Kenyatta or the Ministry of Health;
- iii. When a need arises through an addendum by the Cabinet Secretary for Sports Culture and Heritage.

Description	Activities/Actors/Requirements
What should be monitored?	<ul style="list-style-type: none"> <li>• Risk Assessment</li> <li>• Promoting Positive Social Attitudes and Behavior</li> <li>• Healthy Environments</li> <li>• Healthy Operations</li> </ul>
Data collection methods	<ul style="list-style-type: none"> <li>• Conversation</li> <li>• Interviews</li> <li>• Observation</li> <li>• Questionnaires</li> <li>• Reviews of official records</li> </ul>
Time frame for data collection	Monthly
Data collectors	<ul style="list-style-type: none"> <li>• Part-time employees / Volunteers</li> <li>• Health Officials</li> <li>• Sports Officers</li> <li>• Support Services Staff</li> </ul>
Progress reporter(s)	<ul style="list-style-type: none"> <li>• COVID-19 Action Team</li> </ul>
Feedback provider	<ul style="list-style-type: none"> <li>• COVID-19 Champion</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Financial</li> </ul>

## Appendix I- Categorization of Sports and Recreational Activities

<b>Outdoor Recreation (To Open)</b>	<b>Water sports (Open only to professional swimming and National team) MOH</b>	<b>Non-Contact Sports (To open observing containment measures)</b>		<b>Contact Sports (Low Risk) (To open Tier one Leagues and National Teams observing containment measures)</b>	<b>Contact Sports (High Risk) (To open Tier one Leagues and National Teams observing containment measures)</b>
Mountaineering	Canoeing	Archery	Goal Ball	Football (all codes)	American football
Mountain-biking	Sailing	Athletics (all codes)	Weightlifting	Hurling	Boxing
Angling	Rowing	Badminton (all codes)	Powerlifting (all codes)	Hockey	Judo (all codes)
Jogging	Surfing	Bowling	Equestrian	Ice hockey	Karate (all codes)
Trekking	Swimming (all codes)	Cricket	Wheelchair Rugby	Netball	Rugby (all codes)
Tug of War	Water-Skiing	Cycling (all codes)	Ice Stock	Basketball (all codes)	Wrestling
Triathlon	Sailing	Darts	Catchball	Wheelchair basketball	Taekwondo

Trekking	Life Saving	Equestrian	Bridge	Handball (all codes)	Wheelchair rugby
	Polo	Fencing	Woodball	Baseball	Kabaddi
	Decathlon	Golf (all codes)	Bowling	Softball	Tong-il Mo do
		Gymnastics	Para Athletics	Rope Jump	Kick Boxing
		Motorsports	Para Powerlifting	Floor Hockey	Skating Football
		Shooting (all codes)	Roller Skating	Goalball	Amputee Football
		Skateboarding	Boccia	Billiards	Team building activities
		Snooker	Horse Racing	Volleyball (all codes)	Kungfu
		Squash		Rollball	Chess
		Table tennis		Floorball	Scrabble
		Tennis (all codes)		Modern Pentathlon	Ajua
		Horse-Polo			
		Horse racing			
		Heptathlon			



## Appendix 2: Monitoring and Evaluation Matrix

	QUESTIONNAIRE/CHECKLIST	Yes	No	Remarks
	<b>Preliminary Measures – Pre-site</b>			
	Are COVID-19 contact persons and response teams in place			
	Are “safe return-to-training committees” by federations to oversee the preparedness activities formed			
	Has a Complete risk assessment of the transition plan been made			
	Is a detailed <b>protocol and action plan</b> to demonstrate how risks are managed and mitigated at an operational level in place			
	Have the participants been provided education and awareness of COVID-19			
	Has the Federation/Sporting organisation been cleared for Resumption of sports in the specific discipline?			
	<b>General Guidelines – on site</b>			
	Is there adequate availability of alcohol-based sanitizers and hygienic equipment at the training and competition sites?			
	Are regular cleaning and disinfection of venues, associated fixtures and equipment carried out?			
	Have all Participants taken the Covid-19 tests or vaccinated with evidence of the same?			

	Is there adequate and visible signage at every entrance and strategic locations to remind all persons of the COVID-19 measures including development and display of venue policies and information boards?			
	Are there measures to handle any suspected cases of COVID-19 to be processed in line with the guidelines provided by the Ministry of Health?			
	Are adequate body temperature checks to cover all persons within the venue provided for?			
	<b>Venue Guidelines – On Site</b>			
	Is booking in advance, online, over the phone or is it as a last measure in a physical set up?			
	Has COVID-19 contact persons been identified and appointed who will be responsible for responses on venue preparedness and related actions?			
	Is there an allocation of exclusive drop-off, pick-up and parking areas for athletes, athlete support personnel, PWDs, vulnerable groups, officials and staff including clear designation of entry and exit points?			
	Are Screening and Health Checks to be conducted and all participants mandated to wear face masks and proper protective gear?			

	Is there plans for temporary record of clients and visitors for 30 days for tracing contacts in case any of the participants turns positive for COVID-19?			
	Has set up and marking of seating areas for athletes, athlete support personnel, PWDs, vulnerable groups and officials done with due consideration for social distancing?			
	Are there adequate measures to maintain mandatory enhanced disinfection of objects and equipment, busy areas; handrails and gates; and equipment storage areas?			
	Are the sport support rooms, isolation, medical and anti-doping rooms availed in satisfactory states regarding adequate ventilation and social distancing?			
	Is there adequate constant water supply, hand washing facilities, soap, paper towels, tissues, no-touch foot pedal trash cans, sanitizers; PPEs for venue staff undertaking cleaning and disinfection			
	Is there an adequate provision of more waste disposal facilities and removal of waste before, during and after events?			
	Are there considerations for properly equipped and manned ambulances to be stationed at the venue;			
	Has the Federation/Sporting organisation verified compliance of the venue for the domesticated safety needs for the specific sporting discipline?			

	<b>Specific guidelines for managers of indoor facilities</b>			
	Are solid partitions installed in certain risk areas (e.g. reception, media centres, interview centres, in front of the markers) or between the pieces of equipment (e.g. equipment in the gym)?			
	Are changing rooms accessibility restricted to promote social distancing between people;			
	Are the provided social distancing guidelines being followed in the showers and changing rooms?			
	<b>Swimming Pools/Aquatic Venues</b>			
	Please note that saunas, pools, steam rooms, and hot tubs should remain closed. Maintain proper disinfectant levels (1-10 parts per million free chlorine or 3-8 ppm bromine) and pH (7.2-8).			



## MINISTRY OF HEALTH

### REVIEW OF COVID-19 CONTAINMENT MEASURES

#### ISSUED PURSUANT TO THE PUBLIC HEALTH ACT, CHAPTER 242 LAWS OF KENYA, ON THIS 17<sup>TH</sup> DAY OF JUNE, 2021

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**WHEREAS**, fifteen months after the first **COVID-19** case was confirmed in Kenya, the disease **continues to manifest across our country**;

**WHEREAS**, over the last fourteen days' infections in the Counties of Busia, Vihiga, Kisii, Nyamira, Kakamega, Bungoma, Kericho, Bomet, Trans Nzoia, Kisumu, Siaya, Homa-Bay and Migori **constituted 60% of the national caseload**;

**WHEREAS**, the **positivity rate** in the aforementioned counties averages **21%** against a national average of **9%**;

**WHEREAS**, the surge of infections in the aforementioned counties is further compounded by their proximity to the Republic of Uganda, which has similarly reported a surge of COVID-19 infections; and

**WHEREAS**, there is a heightened risk of cross-border infections from the neighbouring countries adding to our national caseload.



**NOW THEREFORE**, in order to **break the cycle of infections** in the affected areas, and following consultations with the Council of Governors, and with the concurrence of the National Emergency Response Committee on Covid-19; in exercise of the authority vested on the Cabinet Secretary for Health by the Public Health Act, the continuing containment measures are hereby reviewed as follows:

1. **That** the Counties of Busia, Vihiga, Kisii, Nyamira, Kakamega, Kericho, Bomet, Bungoma, Trans-Nzoia, Kisumu, Siaya, Homa-Bay and Migori are **individually** and **collectively** declared as a **COVID-19 hotspot zone**;
2. **That** effective **18<sup>th</sup> June 2021** the following containment measures shall apply within the **COVID-19 hotspot zone**:
  - I. **That** the **curfew** within the hotspot zone shall be observed between **07:00 p.m. and 4:00 a.m.** daily;
  - II. **Except** for essential and emergency services, movement **between the hotspot Zone** and the rest of the country is strongly discouraged;
  - III. **All** cross-border cargo drivers shall be required to possess a valid certificate indicating a negative COVID-19 test that was conducted **no more than 48 hours** before commencing



their journey, and each cargo truck shall be limited to only **2 persons per vehicle**;

- IV. **That, weekly** non-food and livestock markets **are hereby suspended** in the Hotspot Zone for a **period of 30 days**;
- V. **All** public gatherings and in-person meetings of whatever nature are prohibited within the Hotspot Zone, including house parties and sporting activities;
- VI. **All** funerals and interment ceremonies within the Hotspot Zone shall be conducted within **72 hours of confirmation of death**;
- VII. **Night Vigils and overnight processions prior to funerals** are prohibited within the Hotspot Zone **until further notice**;
- VIII. **That the attendees for funerals** within the Hotspot Zone are capped to a maximum of **50 persons until further notice**;
- IX. **That** the attendees, officiators, and facilitators of weddings, celebrations of marriage or traditional unions, ceremonies of rites of passage, and all other similar events or ceremonies is maintained at **30 persons** in total **until further notice**;



- X. **All** forms of physical/congressional worship (churches, mosques, temples and shrines) in the hotspot counties are suspended for a period of **30 days**;
- XI. **All** employers including the public and private sector, government offices, businesses and companies in the Hotspot Zone are advised to allow employees to work from home, with the exception of employees working in critical or essential services;
- XII. In accordance with the **Public Order No.3 of 2021**, all hospitals within the Hotspot Zone are directed to limit the number of visitors for hospitalized patients to **one (1) visitor** per patient per time **until further notice**; and
- XIII. For the avoidance of doubt, the hours of the ongoing nationwide curfew shall continue to be observed in the rest of the country, from **10:00 p.m. and 4:00 a.m.** daily.

**All Kenyans**, are reminded not to let their guard down, and they should avoid unnecessary movements and gatherings, employ physical distancing, observe proper hand hygiene, and observe the proper and consistent use of facemasks.





All prevailing mitigation measures to guard against further spread of the COVID-19 disease in the rest of the country remain in place and unchanged.

**IN WITNESS** whereof I have set my hand to this Revised Containment Measures, on this **SEVENTEENTH** Day of **JUNE** in the year **TWO THOUSAND AND TWENTY-ONE**.

**SEN. MUTAHI KAGWE, EGH**  
**CABINET SECRETARY**  
**MINISTRY OF HEALTH**

#### **APPENDIX 4 COMPETITION SAFETY PLAN IMPLEMENTATION MATRIX AND VENUE PREPAREDNESS**

The competition safety plan is developed in consultation with Sports Kenya (SK) Management in order to ensure KSF, IMC is aligned with SK's specific use of pool requirements. The Ministry of Sports Culture and Heritage (MOSCH) guidelines of May 2021 and facility requirements must be adhered to.

##### **COVID-19 Competition Safety Coordinator:**

IMC will provide the Name & Contact Information of the Competition Safety Coordinator two weeks before the competition.

##### **Type of Competition:**

This is a National Swimming Competition and will be held in line with the standards set out by MOSCA at Kasarani Sports Complex on 21<sup>st</sup> to 22<sup>nd</sup> of August 2021.

##### **Maximum Competition Numbers:**

**Number of people per session must not exceed 1/3 of the capacity of the facility to cater for social distancing:**

As an example, swimmers need 1:10 ( 1 supervisor (coach/ volunteer):10 swimmers)

Swimmers = 300

Coaches/ Volunteers = 30

Officials & Volunteers = 30

**Testing.** Rapid Antigen Test for all participants on the first day of the competition (Subject to coordination and confirmation from MOSCA) unless one has received Covid-19 vaccine

**Vaccination Certificates.** Those who have received and are participating in the competition to provide them as early as possible hopefully at least 1 week before the competition. It is not a mandatory for participants to have been vaccinated to compete.

##### **Arrival & Departure Times:**

Swimmers: 30 minutes to start of warm-up

Coaches: 30 minutes to start of warm-up

Officials & Volunteers: 1 hour to start of warm-up

##### **Warm-Up Requirements / Schedule / Lane Assignments:**

The warm-up schedule lane assignments, sitting area allocation and requirements for the competition will be outlined during the technical meeting, and swimmers' and coaches' cooperation is required for safety of all participants. Everyone must maintain social distancing all all times.

Teams/clubs shall not be permitted to mingle and must remain at their allocated seating area throughout the competition

##### **Entrance / Exit:**

The entrances and/or exits for all participants will be clearly marked.

##### **Change rooms / Showers:**

All requirements for changing rooms and showers, including a plan for specific cohorts, will be sent to all teams and officials that will participate two weeks on advance.

##### **Traffic Flow:**

Specific requirements for swimmer movement will be provided 2 weeks to the date of competition for all participants to familiarise themselves with them. This information will be included on the pool diagram.

### APPENDIX 3

#### RETURN TO COMPETITION - COVID 19 RISK AWARENESS DECLARATION

I/My child (If minor) ..... am/is able to participate in this competition having completed and signed this form as required by KSF, IMC.

By signing this declaration, I confirm that I/ my child\* am/is\* free from any symptoms related to the Covid-19 virus, I understand the main symptoms according to Centre for Disease Control include:

- Fever
- Continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours.
- Shortness of breath or difficulty in breathing
- Loss or change to your sense of smell or taste.
- General feeling of tiredness, muscle or body ache.
- Sore throat.
- Nausea or Vomiting
- Diarrhoea

I consent to a Rapid antigen testing, if required by the Covid 19 Safety Coordinator as per the Ministry of Health (MOH) and Ministry of Sports Culture and Heritage (MOSCH) guidelines.

I am also confirming all in my household remain symptom free, and anyone taking me to or from the competition and attending the competition with me is also symptom free from the virus.

I/My child\* return(s) to competition knowing that participation cannot be without risk, I am therefore aware of these risks associated with the Covid-19 virus; and consent to have my child\* to participate in the competition.

I understand the processes and protocols KSF, IMC have put in place in order to reduce risks and confirm that I/my child\* will adhere to the said processes and protocols in order to protect my/my child's\* health and the health of other participants, officials, volunteers, staff and other users of the facility.

I also understand that the meet organiser will remain responsive to the evolving guidelines and protocols set out by the MOH and MOSCH around Covid-19, and the guidelines could change and affect the competition including cancellation and or postponement of the event.

Signature		Date	
Parent/guardian signature (for minors - under 18)		Date	
Signature of officials/Coach/ Staff/ Volunteer/Chaperone		Date	

Note: This form must be returned filled a minimum of 3days before the competition. Participation will be denied without this fully signed form.



## **APPENDIX 7 COVID-19 RESPONSE COORDINATOR AND SWIMMING MEDICAL CONSORTIUM** **ROLES & RESPONSIBILITIES**

The roles and responsibilities of the COVID-19 Response Coordinator and swimming medical consortium include:

- Keeping updated on policies and procedures outlined by MOH, MOSCA, FINA and public health agencies, and monitoring local daily situation reports.
- Update KSF, IMC on policies and procedures outlined by the above agencies.
- Be the liaison between KSF and facilities owners to comply with all public health and facility requirements. Ensuring an Emergency Action Plan is current and complete for each National Swimming Competition.
- Responsible for the procurement and maintenance of a Health & Safety Kit that includes alcohol-based hand sanitizers, automated thermometers, and Personal Protective Equipment (PPE) at each National swimming competition.
- Communicating with club managers and coaches on any training restrictions or recommendations.
- Ensuring training groups comply with public health agency requirements during the competition, and signage is in place so that all risk mitigation measures are easy to follow.
- Be responsible for responding to COVID-19 concerns during the planning phase and at National swimming competitions.
- Be the primary contact to accept and handle ALL self-reported COVID-19 symptoms or exposure, or a confirmed case of COVID-19.
- Be responsible for the handling all confidential, medical, and personal information of all self-reported cases or suspected cases of exposure.
- Collaborate and coordinate, with MOH/MOSCA, on any investigations of suspected exposure and transmission.
- Modify, restrict or postpone Swimming competitions if advised by MOH, MOSHC or County Covid-19 response team, due to an evolving COVID-19 related outbreak or emergency.
- Advise the Swim Response Coordinator and Swimming medical consortium if:
  - a contact has been made by County response team about a COVID-19 case or exposure at the event.
  - a confirmed case of COVID-19 has been voluntarily self-reported to the club.