

CISCE SPORTS AND GAMES 2022 – 23



Standard Operating Procedures (SOP) for an athlete / player during the competition

- 1) Always wear mask. **NO MASK NO PARTICIPATION.**
- 2) Carry your personal hand sanitizer / tissues.
- 3) Maintain safe and isolated distance of minimum 2 meters from others at the competition venue.
- 4) Do not warm – up in groups.
- 5) Do not take any help of other athlete, coaches or P. E. teacher for stretching exercises.
- 6) Do not shake hand or hug other athletes or coaching staff member.
- 7) Do not sneeze or cough without covering your mouth and nose.
- 8) Do not spit on the ground.
- 9) Always use dustbin to throw any waste such as empty water bottles, paper napkins etc.
- 10) Carry your own water bottle, paper napkins, towels etc.
- 11) If you are having flu – like symptoms such as sneezing, coughing, difficulty in breathing, fatigue etc., **do not participate in the competition.**
- 12) If you have been in close contact with someone around you who showed above mentioned flu – like symptoms or tested positive for COVID – 19 in last 14 days, **do not participate in the competition.**