



## **BNSC COVID-19 GUIDELINES FOR SPORT PRACTICE**

### **1. Preamble**

- 1.1. The Botswana National Sport Commission (BNSC) like any responsible corporate citizen, is concerned about the dangers that Covid 19 poses to citizens and residents of Botswana;
- 1.2. Additionally, the Commission is aware that while sport is absolutely necessary for the holistic development of human beings as well as in health improvement, amongst other things, during the advent of pandemics like Covid-19, sport is amongst those activities during which diseases could be transmitted;
- 1.3. As a result, the actions of the Commission in such periods shall first and foremost be guided by the desire to preserve human life, even before the presentation of opportunities for people to practice what is their basic human right; sport;
- 1.4. While the Commission fully understands the existence of the Presidential Task Team on Covid 19 and unequivocally respects and follows their guidelines, out of abundance of caution, the Commission has seen the need to develop these guidelines for the practice of sport in Botswana; and
- 1.5. These guidelines are underpinned on certain principles that are described in the next section, and are only a basic minimum, with the assumption that those in sport will act in good faith and apply their best judgement to minimise the risk of exposure to Covid-19 by citizens and residents of Botswana, and by Botswana travelling to and participating in sport activities abroad.

## **2. Guiding Principles**

- 2.1. Directives/guidelines issued by the Government of Botswana and/or its relevant structures take precedence if they are proposing a tougher restriction than any guideline herein;
- 2.2. Wherein these guidelines do not cover any particular area, national Covid-19 Regulations in respect thereof shall apply;
- 2.3. Wherein the practice of sport is disallowed completely, either per instruction of Government and/or the Commission, these guidelines shall, until revocation of same, be suspended;
- 2.4. Sport people, especially those practicing and/or tasked with facilitating the practice of organised sport are expected to act in good faith all the time, failure to which appropriate action would be taken; and
- 2.5. Wherein a local or international competition imposes stricter requirements than those contained in these guidelines, then for the purpose of such competition, the stricter requirements shall apply.

## **3. International Competitions & Training Camps**

Teams will only be allowed to travel to and participate in international competitions as well as training camps on fulfilment of all of the below criteria:

### **3.1. Pre Camp Testing**

That all members of the Team (athletes, coaches, medical staff etc.) without exception are tested for Covid-19 and only allowed to join pre competition training camps once they have received a negative result and complied with Covid 19 rules at the training camp and/or in that host country.

### **3.2. Camp Bio Bubble<sup>1</sup>**

That athletes and/or teams will be in a bubble, at the very least, in the camp preceding their departure to or joining of an international competition.

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1.1.1.<sup>1</sup> In this context, a Bio Bubble refers to a situation wherein athletes and members of their entourage are separated from the broader community and confined to particular training venues, accommodation and transport; in the exception of those providing service to the team; provided they are regularly tested and adhere to the highest standards of Covid-19 protocols.

### **3.3. Pre-Competition Testing**

That all members of each Team shall undergo pre competition COVID-19 testing as per the guidelines of each event. In case no such guidelines exist for any one competition, test results at the start of the competition or arrival at the competition venue should not be older than 72hrs.

### **3.4. Opponents' Test Result**

That there is a requirement by the competition organizer for all athletes/Teams thereat to have recent and valid negative Covid-19 test results, not older than 72hrs at the time of arrival at the competition venue and/or the start of the competition itself.

### **3.5. Competition Bio Bubble**

That there is evidence of all competitors and members of their entourages at that event being kept in bio bubbles.

**3.6. Notwithstanding all of the foregoing, the Commission reserves the right not to allow Teams to travel to and/or join a camp/competition after considering, amongst other things, the viral situation of a host country or in the case of a locally hosted camps/competitions, situation of the countries from which other participants would be expected.**

## **4. Local Leagues: Contact Sports**

Local league matches for contact sports will only be considered on the fulfilment of the below criteria and/or conditions:

4.1. That prior to each individual match, Covid-19 tests are conducted on all official members of each Team within a 120hrs period to the match, provided that the results are not be newer than 48hrs at the time of a league match;

4.2. That only athletes and official Team Members who have tested negative will be allowed at the match venue;

4.3. That wherein a club is unable to field a complete Team as a result of Covid-19 positive results, the relevant competition rules shall apply;

4.4. That wherein  $\frac{1}{4}$  of clubs in a particular league have athletes and/or official delegates with positive Covid-19 results within the same one (1) week period, such a league shall be suspended until the relevant National Sport Association has obtained the consideration and permission of the Commission that it is safe

for the league to resume. The ¼ is irrespective of the fact that affected athletes may be isolated from the Teams, unless all the Teams can provide evidence to have tested all of their members (athletes and officials);

- 4.5. That there shall be no spectators at league matches;
- 4.6. That the competition organizers shall have appointed and have a Covid-19 Officer present at each match. The COVID-19 Officer shall either be a health professional (Doctor, Nurse etc.) or have a minimum qualification of a diploma in the fields of occupational health and safety;
- 4.7. That the competition venue and/or organizers provide hand wash/sanitizations services and that each person at the league match has their temperature and other essential information recorded; and
- 4.8. That there are functional and accessible ablution facilities within close proximity to the match venue.

## **5. Local Leagues: Non-Contact Sports**

Local league matches for non-contact sports will only be considered on the fulfilment of the below criteria and/or conditions:

- 5.1. That each Team in a league shall facilitate rapid random Covid-19 test on at least five (5) athletes for every two matches; provided that different athletes shall be tested each time until all athletes in the Team are covered, after which point a new cycle would resume;
- 5.2. That wherein a club unable to field a complete Team as a result of Covid-19 positive results, the relevant competition rules shall apply;
- 5.3. That wherein 1/2 of clubs in a particular league have athletes with positive Covid-19 results within the same three (3) match period, such a league shall be suspended until the relevant National Sport Association has obtained the consideration and permission of the Commission that it is safe for the league to resume. The three (3) match period is irrespective of the fact that affected athletes may be isolated from the Teams, unless all the Teams can provide evidence to have tested all of their members (athletes and officials);
- 5.4. That there shall be no spectators at league matches;

- 5.5. That there is appointed and present at each match, a Covid-19 Officer who shall either be a health professional (Doctor, Nurse etc.) or have a minimum qualification of a diploma in the fields of occupational health and safety;
- 5.6. That the competition venue and/or organizers provide hand wash/sanitizations services and that each person at the league match has their temperature and other essential information recorded; and
- 5.7. That there are functional and accessible ablution facilities within close proximity to the match venue.

## **6. Local tournaments/championships: High Risk Sports**

Local competitions/championships will only be considered on the fulfilment of the below criteria and/or conditions:

- 6.1. That only athletes and team officials who have produced negative Covid-19 results that are not older than 72 hours are allowed at the tournament/championships;
- 6.2. That there shall be no spectators at the tournament/championships;
- 6.3. That there is appointed and present on each day of the tournament/championship, a Covid-19 Officer who shall either be a health professional (Doctor, Nurse etc.) or have a minimum qualification of a diploma in the fields of occupational health and safety;
- 6.4. That the tournament/championship venue and/or organizers provide hand wash/sanitizations services and that each person at the league match has their temperature and other essential information recorded; and
- 6.5. That there are functional and accessible ablution facilities within to the venue of the tournament/championship venue.

## **7. Local tournaments/championships: Non-Contact Sports**

Local tournament/championships will only be considered on the fulfilment of the below criteria and/or conditions:

- 7.1. That on each of the tournament/championship days, no less than three (3) random rapid Covid-19 tests will be conducted on athletes and in the event all three return positive results, the tournament/championship shall be suspended

until all the athletes have been tested and only those with negative results allowed to continue;

7.2. That there shall be no spectators at the tournament/championships;

7.3. That there is appointed and present on each day of the tournament/championship, a Covid-19 Officer who shall either be a health professional (Doctor, Nurse etc.) or have a minimum qualification of a diploma in the fields of occupational health and safety;

7.4. That the tournament/championship venue and/or organizers provide hand wash/sanitizations services and that each person at the league match has their temperature and other essential information recorded; and

7.5. That there are functional and accessible ablution facilities within close proximity to the match venue.

## **8. Training**

Training shall be permitted on the following conditions:

8.1. That all applicable national Covid-19 guidelines are followed;

8.2. That in the case of high-risk Team sports, at least one (1) random Covid-19 test is conducted on an athlete every fortnight;

8.3. That training sessions will not last longer than two (2) hours and that at the most, there is a break every thirty (30) minutes;

8.4. That there is assigned a person to record temperatures and other details of all people attending each training session; and

8.5. That in the case of individual athletes in high-risk sports, each one of them undergoes a Covid-19 test at least once a month.

## **9. Meetings, Workshops, Seminars and other for a**

9.1. Until further notice, all NSAs shall host their ordinary general meetings, workshops, seminars etc. strictly via virtual platforms, unless express permission has been obtained from the Commission.

9.2. Until further notice, elective congresses for NSAs shall be held through virtual means. Where it is impossible for an NSA to hold elections virtually, such NSA write to the Commission no later than ten (10) days over and above the meeting notice period, requesting for a waiver to hold the meeting at a later date. It should be noted that such waiver will only be considered granted when express written permission of the Commission and/or the Registrar of Societies has been received.