

# RE-OPENING OF SPORTS FACILITIES

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## AS FROM 10.05.2021 ST ALOYSIUS SPORTS COMPLEX RE-OPENS THE ATHLETICS TRACK AND THE SPORTS PAVILION FOR NON-CONTACT SPORTS TRAINING

We are pleased to inform you that as from **Monday 10<sup>th</sup> May, 2021** the **Athletics Track** and the **Sport Pavilion** will be open to welcome non-contact sports training in the following disciplines: ***Athletics, Badminton, Table Tennis, and Gymnastics.***

We shall offer our services as indicated:

- **MONDAYS TO FRIDAYS** – 4:30 p.m. till 9:30 p.m.
- **SATURDAYS** – 7:30 a.m. till 4:30 p.m.
- **SUNDAYS** – CLOSED.

On re-opening of our facilities, members and clients assume **MORE responsibilities and duties** in observing the obligatory mitigation conditions issued under the Public Health Act of the Laws of Malta. The mandatory standards (version 4.0) which are to be observed and require strict adherence to include:

**BEFORE REACHING THE PREMISES** - please make sure that you are feeling well. If you feel tired or fatigued, and/or have any slight symptoms of a cold, flu or others related to the Covid-19 virus, kindly refrain from visiting our premises.

**ON ARRIVAL** – please make sure that:

- You enter the premises through the **main door at the Football-Pitch Level** and do not use the back entrance at Triq Ix-Xorrox on the level of the cafeteria;
- You are **wearing a mask** which can be removed only on commencement of training, and carrying a plastic bag to safe-keep your mask in your pockets while training;
- You are already in adequate sportswear since changing of clothes shall not be permitted on the premises. Moreover, the **changing rooms**, the **lockers** and the **showers** are also **not to be used**. **Sports-bags are also not permitted** on the premises; however, one may carry and use a small pocket/pouch to keep their personal belongings; such as wallet/purse, mobile phone, and keys; while exercising/training. Please note that members of staff shall **not be allowed to safe-keep** one's belongings and shall not be liable to any loss and/or damage caused to one's property within the confines of the premises or grounds;
- You are waiting in line for registration, by observing the **2m distance rule**.

**ON REGISTRATION** - Members/clients are to clean their hands by using the hand-rub provided before completing the '**Health Declaration Form**' (available at the Registration Desk outside the reception area at the Football Pitch Level) and produce:

- Their valid **membership card** (subscriptions which were suspended on the 10<sup>th</sup> of March 2021 will be extended proportionately); and
- Their **official I.D. Card**.

**On registration the following details will be recorded:**

- Name and Surname;
- I.D. card number;
- Personal mobile number;
- Body temperature (which has to be **less than 37.2C**); and
- Time of admission (and subsequently the time of departure).

On **leaving** the Registration Desk, once again **clean your hands using the hand rub provided** before entering the Pavilion or Athletics Track.

**ACCESS TO VENUE** - Designated 'Entry Attendant' regulates access to the venue, which should be limited to venue staff, athletes and coaching staff. **Facemasks should be worn (obligatory) up until the point at which practicing high intensity sport commences.**

**WHILST USING THE FACILITIES:**

- All doors and windows are to be kept open at all times;
- Greet each other verbally; **no handshakes or other body contact** is permitted. **Group/team photographs are also not permitted.**
- **Physical contact** between persons is prohibited at all times.
- No one is allowed to stay or gather in groups in the **common areas** of the sports complex; and **visitors/spectators and children are not allowed.**
- **Personal hygiene and cleanliness** is insisted upon. Fresh sportswear is to be worn for every training session (sportswear smelling of dry sweat is not allowed).
- The **masks** are only to be removed on commencement of vigorous exercise/training and should be safely kept in a plastic bag and in your pockets while training. Masks are to be kept at all times and **safely disposed of at home.** Masks or visors are only recommended to be worn if a sport activity which does not involve vigorous exercise (e.g. stretching) is practiced in the vicinity of other people.
- All must maintain the 2m distance rule in the common areas of the complex, and the **3m rule while exercising/training.**

- Exemplary individual behaviour with regard to hygiene and isolation measures both inside and outside the venue is a must; this includes **an absolute ban on spitting or clearing of phlegm during the sport itself.**
- It is also not recommended to use the toilets, however only the **toilets which are found outdoors will be open if an emergency arises.** Toilets are **not to be used as changing areas** since changing of clothes is prohibited by the Health Authorities.
- **Groups of Athletes** on the running track should not exceed four (4) + 1 coach, observe the 2.5/3m rule; and wear a mask when not running. **Athletes are to stick to training in groups of the same 4 individuals throughout all their training sessions** - composition of training groups is to remain the same, with no crossovers between training groups.
- Running in other athletes' slipstreams is not allowed. Preferably, a different lane is used.
- Athletes are to provide, regularly clean and carry **their own equipment.**
- No sharing of equipment is allowed. Equipment to be **wiped and disinfected before and after each use.**

❖ **Any form of competition is strictly prohibited.**

❖ **Capacity - The maximum number of persons that any indoor sports facility / venue can hold at any one time is 1 person per 20 square metres of usable space.**

❖ **Sporting and physical activity must not be done in such a way as to have or attract any spectators.**

❖ **SPECTATORS, VISITORS and GUESTS are strictly prohibited from all sports venues.**

❖ **Only sports classified as non-contact are permitted. Contact sport activities are not permitted until further notice.**

## ***Specific Requirements for organised non-contact sports***

### ***ATHLETICS:***

- Minimum 2m spacing between lanes. Running in other athletes' slipstreams is not allowed.
- Athletes are to stay in groups of not more than 4 and 2.5m apart. Coaches to wear masks at all times and stay 3m away from athletes.
- Drink stations not allowed (athletes to bring their own bottles)
- Disinfection necessary for all apparatus. – No sharing of equipment is allowed.

### ***BADMINTON:***

- No sharing of racquets.
- Shuttlecock should be marked with an X or and O and each set only be touched by one player.

### ***GYMNASTICS:***

- Social distancing of 3m applies, where possible; and
- Any equipment should be thoroughly disinfected prior to and after use, no sharing of personal equipment.

### ***TABLE TENNIS:***

- Singles only;
- Equipment to be disinfected prior to and after use, no sharing;
- Balls to be disinfected in between games and at least every 20 minutes; and
- Tables must be a minimum of 3 metres apart.

Kindly note that these measures are being taken for the benefit and wellbeing of all stakeholders; and as stipulated by legislation. Your co-operation in abiding by these mandatory standards is expected at all times.

No one is absolved from the effect of these regulations and practices on disclaiming any knowledge of them for any reason. Disciplinary action will be taken if these measures are not observed.

**The management of St Aloysius Sports Complex and the health authorities reserve the right to specify any further procedures should these be deemed necessary.**

Whilst thanking you for your attention, we wish you all a very safe return to sports.

**Enjoy a healthy lifestyle; take care, and stay safe!**

**The Management  
St Aloysius Sports Complex**