

# **PROTOCOL FOR THE RESUMPTION OF TRAINING AND MATCH PLAY ACROSS ALL PROFESSIONAL FOOTBALL COMPETITION IN DENMARK DURING THE CURRENT SARS-CoV-2 PANDEMIC**

## **Introduction**

On the 11<sup>th</sup> of March 2020 the Danish government announced a series of initiatives that resulted in a lock down of a large part of the Danish society for an initial 14 days to accommodate the emergency health situation caused by SARS-CoV-2. An extension of the initial state alarm to the 13<sup>th</sup> of April was announced on the 22<sup>nd</sup> of March. On March 30<sup>th</sup>, the government stated that if the current development were consistent through the Easter holidays, it would be possible to slowly and segmentally reopen parts of the Danish society.

Since the beginning of the health crisis, the Danish government and health authorities have informed the public of the rules and procedures<sup>1</sup> to follow to prevent an exponential spread of the SARS-CoV-2 virus, whilst also offering information about the protocols for risk prevention that all employers<sup>2</sup> and employees<sup>3</sup> should follow to minimize or prevent exposure to SARS-CoV-2.

## **The situation in relation to sport**

Sport in general, and especially professional football in Denmark, has suffered, both in financial- and sporting terms. However, currently we only have 2 positive cases of SARS-CoV-2 within the squads.

In response to the SARS-CoV-2 situation in Denmark, the Danish League has taken responsibility for issuing recommended guidelines to the professional football clubs that are complying with the rules, guidelines and recommendations issued by the Danish government and health authorities. Please note that these are recommended guidelines by the Danish League and it is the responsibility of the club as an employer to, at all times, safeguard and protect the health and safety of its employees and comply with regulations and requirements set out by national public authorities including the health authorities.

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<sup>1</sup> <https://politi.dk/corona/>

<sup>2</sup> <https://politi.dk/coronavirus-i-danmark/hvis-du-er-virksomhedsejer>

<sup>3</sup> <https://www.sst.dk/da/corona/Personale-i-oevrig-sektor>

At first, on the 12<sup>th</sup> of March, the Danish League recommended that all professional football clubs cancelled normal football training and issued the players with individual training programs to be conducted individually from home (home training).

On the 25<sup>th</sup> of March, the Danish League modified these recommendations, based on several meetings with an advisory group of medical doctors as well as feedback from clubs and players, to include recommendation for strength training and modified team training (group training).

### **Contact with the Danish Health Authorities**

The Danish League has already been, and will continue to be, in constant and continuously contact and liaison with the Danish health authorities, whilst it works on drawing up various protocols to be applied to future prevention scenarios. One such situation concerns the resumption of training and competition match play without on-pitch limitations across football clubs participating in 3F Superliga, Nordic Bet Liga, 2. Division and Sydbank Pokalen.

### **Objectives**

To establish a protocol that aims to minimize and control the risk of SARS-CoV-2 spread amongst the members of a professional football team upon their return to training and competition match play. Therefore, the protocol seeks to consider both on-pitch and off-pitch risk-factors for the health of the players, club members, other personnel involved in the conduction of training and competition match play and the spread of SARS-CoV-2 in the Danish society in general. This recommended protocol will be supported by the already existing protocols and safety regulations in Danish professional football.

### **Protocol for Match operations during the current SARS-CoV-2 pandemic**

The protocol for match operations is attached this protocol in a separate document. The protocol for match operations are concerned with two main areas:

- Match operations of security
- Match operations of media

The protocol for match operations ensures all parties are aware of the rules and recommendations to follow during match operations in the professional football competitions in Denmark. The match operation protocol also creates a common ground and a management protocol to assist the clubs on the match operations in these difficult times.

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## 0.0 Resumé

This protocol aims to minimize and control the risk of SARS-CoV-2 contagion amongst the members of a professional football team upon their return to training and competition match play. Therefore, the protocol seeks to consider both on-pitch and off-pitch risk-factors for the health of the players, club members and other personnel involved in the conduction of training and competition match play.

The protocol is a recommendation and sets out the recommended guidelines to the clubs, when devising a plan for the resumption of training and match play. The protocol, which covers a time period from a possible curfew to a normal status of the society, is based on experiences from Denmark and other countries in Europe about the current progress of SARS-CoV-2 and health initiatives undertaken by the governments.

The protocol is working with the following five different training and match play phases:

- Phase 1: Completion of individual home training.
- Phase 2: Completion of modified team training with on- and off-pitch limitations.
- Phase 3: Completion of training (includes internal practice matches) without on-pitch limitations, but with off-pitch limitations.
- Phase 4: Completion of training and competition match play without on-pitch limitations, but with off-pitch limitations.
- Phase 5: Completion of training and competition match play without any limitations.

For all phases, some general guidelines will be applicable within the following specific areas:

### **Self-reported medical examination for on-pitch staff members**

It is recommended that all on-pitch staff members fill out a self-reported medical examination to identify and make all on-pitch staff members aware of any symptoms of SARS-CoV-2. The recommended procedure for application of the self-reported medical examination is:

- To be filled-in every morning.
- Has to be reported to the club at least 2 hours before arrival at the facilities of the club/stadium.
- If an on-pitch staff member has a temperature above 37.5 °C or answers yes to just one of the other question, the given on-pitch staff members is not allowed to arrive and be present at the facilities of the club or stadium, without a preceding approval and screening from the team doctor (phase 2-5).

- If a medical suspicion is present concerning if an on-pitch staff members symptoms is experiencing symptoms of SARS-CoV-2, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities<sup>4</sup>.
- If an on-pitch staff member has any doubts or concerns he should contact the club, and the on-pitch staff member in question should subsequent be contacted by phone by the team doctor clarify before any arrival at the facilities of the club or stadium.

## **Hygiene**

It is recommended that all staff members have access to disinfect or to wash their hands.

## **Indoor club facilities**

It is recommended, to ensure a minimum risk of the spreading of SARS-CoV-2 it is recommended that all off-pitch activities are eliminated or conducted as working from home.

## **Meals**

It is recommended that no meals should be served as buffet in the staff or hotel restaurant but should be delivered in individual boxes to all staff members.

## **Transport**

It is recommended that all staff members should transport themselves alone and directly to and from the training pitch (training), hotel (match preparation) and stadium pitch (competition match play) preferable in their own vehicle.

## **Clothes and equipment**

It is recommended that all processes regarding individual training clothes and equipment (boots, shin pads, sports tape, exercise equipment etc.) should comply with the possibility for each on-pitch staff member to change clothes and shower at home/hotel room.

## **Training equipment**

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<sup>4</sup> [www.sst.dk](http://www.sst.dk)

It is recommended that all on-pitch training equipment (cones, ladders, free-kickers, balls, etc.) is stored outside and is disinfected before the first training and subsequently after each training and match play.

### **Toilet facilities**

it is recommended that toilets facilities should be available, but that the use must be minimized.

### **Medical and physiotherapy treatment**

It is recommended that medical and physiotherapy treatment only have one physiotherapist working with one player at the time in the same room (at competition match play a secluded and designated room should be provided). Furthermore, it is recommended that a given physiotherapist only works with the same group of selected players.

### **Final remarks**

The protocol contains the current recommendations and guidelines from the Danish league to the professional football clubs. However, the protocol is not final and will be subject to a continuous process of improvement by being corrected and updated in accordance with the general health situation in the Danish society, and the at all times applicable recommendations and guidelines issued by the Danish health authorities.

Finally, the Danish League strongly advice that it will be essential not to lower one's guard at any time but continue to follow all hygiene measures and possible precautionary measures until the general emergency health situation is over.

## 1.0 Contact information

The Danish Leagues contact information regarding this protocol are the following:

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Not final - Under continuous compilation

## 2.0 Basic principle

This protocol sets out the recommended guidelines to the clubs, when devising a plan for the resumption of training and competition match play. The protocol, which covers a time period from a possible curfew (as seen in Spain and Italy) to a normal status of the society, is based on experiences from Denmark and other countries in Europe about the current progress of SARS-CoV-2 and health initiatives undertaken by the governments. In terms of training phases, the protocol covers from the period starting with individual home training up to the resumption of on-pitch and off-pitch competition match play with no on-pitch limitations.

### 2.1 The protocol

The protocol is divided into five different training and competition match play phases. All phases together present a recommended procedure for a return to training and competition match play in a way that ensures that the players will have the most optimal levels of fitness as possible in order to safely (reducing the injury risk) resume, within a limited preparation time of training, to competition match play.

### 2.2 The established phases

- Phase 1: Completion of individual home training.
- Phase 2: Completion of modified team training with on- and off-pitch limitations.
- Phase 3: Completion of training (incl. internal practice matches) without on-pitch limitations, but with off-pitch limitations.
- Phase 4: Completion of training and competition match play without on-pitch limitations, but with off-pitch limitations.
- Phase 5: Completion of training and competition match play without any limitations.

### 2.3 Interpretation and application

The protocol and the phases are intended to give a thorough description of the recommended guidelines from the Danish League to the professional clubs. The Danish League will recommend the clubs to apply the recommended guidelines from a specific phase in accordance with the general state of the Danish society and the at all times applicable recommendations and guidelines issued by the Danish health authorities.

## 2.4 The basic principles underlying this protocol

In general, the basic principles are to maximize the following as much as possible and within the possibilities in the Danish society:

- The safety of the players and their immediate families.
- The safety of the coaching staff at all the clubs.
- The safety of all the staff, who can get into contact with the players and coaching staff upon their return to training and competition match play.

Furthermore to:

- Minimize the risk of the spread of SARS-CoV-2 in the Danish society as much as possible by applying both responsible- and professional procedures of healthcare in all aspects.

In the following section some preliminary considerations will be addressed before describing the recommended guidelines for each phase.

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### 3.0 Preliminary considerations

There are six sections of preliminary considerations, which must be addressed before recommendations regarding the training protocol are described.

- 1) Description of symptoms of- and general recommendations concerning SARS-CoV-2
- 2) Human resources
- 3) Staff members working at specific facilities
- 4) General cleaning recommendations
- 5) General recommended guidelines applicable for phase 1-4
- 6) Specific areas, which can have specific recommended guidelines for each phase

Each consideration will be addressed in the following.

#### 3.1 Description of symptoms of- and general recommendations concerning SARS-CoV-2

##### 3.1.1 Symptoms of SARS-CoV-2

All staff members should always be aware of any experiences of SARS-CoV-2 symptoms. The general information about SARS-CoV-2 and the symptoms can be found at the Danish health authorities' website<sup>5</sup>.

The symptoms include:

Most common

- Sore throat
- Feeling sick
- Muscle pain
- Dry coughing and fever

More rare

- Headache
- Nausea
- Diarrhea
- Other

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<sup>5</sup> <https://www.sst.dk/corona/faq#corona-faq-corona>

If any on-pitch staff members are experiencing any symptoms of SARS-CoV-2, they should quickly isolate themselves and follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and contact their own doctor.

It should be stated that it is the responsibility of the club to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and follow up on this on a regular basis.

### 3.1.2 General recommendations

The general recommendations to limit the spread in society and the protection of risk groups<sup>6</sup>:

- Wash your hands frequently or use hand disinfectant.
- Cough and sneeze in you sleeve.
- Avoid touching your face.
- Limit physical contact (social distance of 2 meters).
- Pay attention to cleaning in your home and ventilate.
- Elderly and chronically ill – keep distance and ask others to pay attention.

The Danish health authorities recommend incorporating the recommendations into all activities.

## 3.2 Human resources

It is recommended that all staff whose presence at the facilities of the club (training) and stadium (competition match play) is essential to the resumption of training and competition match play under the minimum requirements demanded by a professional team is identified. Please note that staff members are divided in two groups:

### **On-pitch staff member:**

- Sporting staff
- Staff, in which a change in the work process (including the maintaining of the safety distance of 2 meters) is not possible, as this will restrict training and competition match play.
- To be exact, this group covers: **Players, coaches, Medical and physiotherapy staff**

### **Off-pitch staff members:**

- Administrative staff

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<sup>6</sup> <https://www.sst.dk/corona/faq#corona-faq-corona>

- Staff, in which a change in the work process is possible without restricting training and competition match play.

To be exact, this group covers:

- Backroom staff (directors, delegates, analyst, kitmen, etc.).
- Facility staff (cleaners, cooks, laundry staff, etc.).
- Security- and ground staff.
- Internal media employees

The following sections offer recommendations for the staff working in each department.

### 3.3 Facilities and staff working at specific facilities

It is recommended that all facilities are subject to a thorough cleaning and disinfection procedures prior to the arrival of any employees following the advice issued by the health authorities. In addition, it is recommended that hands are washed using hand alcohol or soap frequently when at the club facilities.

#### 3.3.1 Kitchen

It is recommended that the kitchen is managed by a single cook at a time, who is responsible for preparing the various meals.

Recommended instructions for operational management of the kitchen:

- The kitchen should be locked whilst nobody is at work.
- The cook should be responsible for opening the kitchen.
- Gloves and a facemask should be worn at all times.
- The cleaning staff should lock the kitchen after cleaning.

#### 3.3.2 Laundry room

It is recommended that the laundry room is managed by a single person at a time. The recommended instructions are:

- The individual in charge for the laundry room should pay attention to hand cleanliness.
- The individual in charge of the laundry room should collect the clothes delivered by the players or picked up in black bags.
- All clothing should be washed above 60 degrees and towels above 80 degrees.
- A hand dispenser should be made available at the washing facilities.

### 3.3.3 Dressing room area

As a potential transmission risk area, the presence of any on-pitch staff members in the dressing room should be limited as much as possible, and in general it is recommended that no on-pitch staff members are using the dressing room. If dressing rooms are to be used, it is recommended to apply all recommendations in **section 3.1.2 General recommendation**.

### 3.3.4 Medical and physiotherapy area

The recommended instructions for the operational management of the medical and physiotherapy area are:

- During all phases all treatments sessions should only consists of one doctor or physiotherapist and one player in a treatment room at the same time, unless an acute trauma requires more than one practitioner to ensure the safety of the player (the use of a stretcher, severe head/neck injuries, etc.).
- The doctor and physiotherapist should always wear a facemask, and if possible, wear gloves.
- All equipment should be replaced after each patient (player).
- Extra attention should be paid to the cleanliness of this area, and therefore it should be cleaned frequently during the day.
- The use of manual treatment should be kept at a minimum and preferably solely to injured players.

### 3.3.5 Gym area

It is recommended that the use of the gym facilities is restricted to injured players. The recommended instructions for the operational management of the gym area are:

- Use it as little as possible, and to replace any gym exercise to on-pitch training.
- A maximum of one injured player and one coach using the gym area at the same time.
- There should be a good airflow.
- All equipment should be disinfected after every single use.
- If possible, establish a gym area outside by moving all fitness equipment out and ensure the safety distance (2 meters) between the placement of the equipment at to apply the recommended guidelines in **section 3.4 General cleaning recommendations**.

## 3.4 General cleaning recommendations

It is recommended to follow the following instructions:

- To use hand alcohol.
- Cleaning should be frequent.
- All cleaning recommendation issued by the health authorities should be followed.
- If possible, acquire additional validated cleaning equipment (i.e. UV handheld, etc.).

### 3.5 General recommended guidelines applicable for phase 1-4

The following list contains of the areas that are subjected to the general recommended guidelines. These general guidelines should be applied to minimize the risk of spread of the virus. The restriction for each area will be described in general in **section 4 Description of general recommended guidelines applicable for phase 1-4**, but the practical applications and implications will be described in each section of each phase (section 5-9).

- *Procedures concerning SARS-CoV-2*
- *Availability of hand alcohol and/or soap*
- *The use of indoor club facilities by on-pitch staff members*
- *Meals: Breakfast, lunch and dinner*
- *Securing of the training facilities at the clubs*
- *Safety: Stretcher team, stewards, and first-aiders*
- *Individual training clothes and equipment*
- *Mode of transport to and from training and competition match play*
- *On-pitch equipment*
- *Toilet facilities*
- *Medical and physiotherapy treatment*
- *Internal and external media*

### 3.6 Specific areas, which can have specific recommended guidelines for each phase

- *Procedures concerning SARS-CoV-2, which includes the presence and activities of a team doctor*
- *Off- and on-pitch training exercises and communication*

## 4.0 Description of general recommended guidelines applicable for phase 1-4

During phase 1-4 some general recommended guidelines will be applicable for both training and competition match play, within the areas listed in 3.5. These general recommended guidelines will be described below for each area.

### 4.1 Procedures concerning SARS-CoV-2

In general, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>7</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

#### 4.1.1 Team doctor

To further ensure a high degree of safety and compliance with the at all times applicable recommendations and guidelines issued by the Danish health authorities, it is also recommended that a team doctor or a professional health care employee is present, as much as possible, at the club's facilities and training pitch before, during and after all training activities. When present at the facilities of the club a team doctor is recommended to follow the recommended guidelines presented in **section 3.2.5 Medical and physiotherapy area and section 4.11 Medical and physiotherapy treatment**.

It is recommended that the responsibility of a team doctor is:

#### Phase 1-4

- 1) To ensure a correct handling of and follow-up on a daily questionnaire filled-in by all on-pitch staff members. For specification see **section 4.1.2 Procedures for filling-in the self-reported medical examination and Appendix A: Self-reported medical examination for on-pitch staff members**
- 2) To ensure that a responsible and professional health care execution and observance of all procedures for training and competition match play, which are presented in **section 4.3 The use of indoor club facilities by on-pitch staff members and section 5/6/7/8.9 Off- and on-pitch training exercises and communication**.

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<sup>7</sup> www.sst.dk

*Only phase 3-4*

- 3) On the day of an internal practice match or competition match day to conduct a medical examination (i.e. **Appendix A: Self-reported medical examination for on-pitch staff members**) of all on-pitch staff members selected to participate in the match play before the on-pitch staff member in question is arriving at the facilities of the club or the stadium.

#### *4.1.2 Procedures for filling-in the self-reported medical examination*

It is recommended that all on-pitch staff members fill out a self-reported medical examination to identify and make all on-pitch staff members aware of any symptoms of SARS-CoV-2. The recommended procedure for application of the self-reported medical examination is:

- To be filled-in every morning.
- Has to be reported to the club at least 2 hours before arrival at the facilities of the club/stadium.
- If an on-pitch staff member has a temperature above 37.5 °C or answers yes to just one of the other question, the given on-pitch staff members is not allowed to arrive and be present at the facilities of the club or stadium, without a preceding approval and screening from the team doctor (phase 2-5).
- If a medical suspicion is present concerning if an on-pitch staff members symptoms is experiencing symptoms of SARS-CoV-2, it is recommended to follow the recommended guidelines reported in **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the at all times applicable recommendations and guidelines issued by the Danish health authorities<sup>8</sup>.
- If an on-pitch staff member has any doubts or concerns he should contact the club, and the on-pitch staff member in question should subsequent be contacted by phone by the team doctor clarify before any arrival at the facilities of the club or stadium.

The questionnaire to be used for self-reporting can be seen in **Appendix A: Self-reported medical examination for on-pitch staff members**.

#### *4.1.3 Procedures in case of a possible SARS-CoV-2 positive staff member*

If a staff member is: 1) experiencing any symptoms of SARS-CoV-2 or 2) a team doctor medically estimates that a given staff member is infected, it is recommended that the at all times applicable recommendations and guidelines issued by the Danish health authorities are applied (**section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>9</sup>), and the staff member is immediately isolated and, if at the facilities of the club or stadium, sent home.

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<sup>8</sup> www.sst.dk

<sup>9</sup> www.sst.dk

#### 4.1.4 Recommendations for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2

In the case of a positive SARS-CoV-2 test, the club is responsible for, that the concerned on-pitch staff member obey the at all times applicable recommendations and guidelines issued by the Danish health authorities regarding returning to place of work. At the present time (8<sup>th</sup> of May 2020) under the at all times applicable recommendations and guidelines issued by the Danish health authorities state, that if a person is tested positive for SARS-CoV-2 and/or if a person has symptoms they:

- Must go into self-initiated isolation for a minimum of 7 days<sup>10</sup>
- If the symptoms occur within the 7 days, the person should remain isolated until 48 hours after the person is not experiencing any symptoms.

After the 7 days or 48 hours with no symptoms and the returning to the place of work, it is recommended to follow the guidelines for returning to full training intensity:

- Mandatory consultation and screening by the team doctor with involvement of external medical specialists (a virologist, a cardiologist, etc.), where the training schedule for returning to full training intensity is planned for the individual on-pitch staff member.
- Intensity and duration of training sessions must be gradually moderated during the first 7 days of return to training<sup>11</sup>

#### Comments to the team doctor in concert with external medical specialists

- The higher physically strenuous intensity training may be limited up to 14 days
- *In some infrequent cases:* Occurrence of inflammation in the heart of those who have been hospitalized. In this case, the recommendation from the leading cardiologists are 3 months of rest.

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<sup>10</sup> and continue the daily self-reporting on symptoms to the club

<sup>11</sup> For an symptomatic on-pitch staff member there will be 14 days from the day for the positive SARS-CoV-2 test result to the first possible match day, and for a symptomatic (with or without a positive test result) on-pitch staff member a minimum of 7 days from 48 hours after not experiencing any symptoms is required to participate in match play.

#### 4.2 Availability of hand alcohol and/or soap for appropriate hygiene

At all times it is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed at the stadium during competition match play**) have access to hand alcohol or to wash their hands with soap, when needed at all facilities used in relation to training and competition match play (indoor facilities at the club, training pitch, facilities at hotels, facilities at the stadium etc.). Furthermore, it is recommended to at least disinfect or wash hands just before and after training and match play.

#### 4.3 The use of indoor club facilities by on-pitch staff members

To ensure a minimum risk of spread of the virus it is recommended that all off-pitch activities are conducted as working from home. Therefore, it is recommended that the use of all indoor facilities at the club, hotels (match preparation), stadiums or other places at any times are not used by any on-pitch staff members.

Exceptions from this include specific on-pitch staff members, who are treating injured players (doctors, physiotherapist etc.), injured players and other staff members, where their work is completely dependent on the indoor facilities (cook, working in the laundry room, etc.). The specific recommended guidelines for staff members working in specific departments can be seen in **section 3 Preliminary considerations**.

A general but not exhaustive list of indoor facilities recommended not to be used:

- Dressing rooms
- Medical and physiotherapy area
- Gym area (for use see **section 3.3.5 Gym area** and **section 4.9 On-pitch training equipment**)
- Offices
- Conference-, meeting- and video rooms
- Staff/hotel restaurant

#### 4.4 Meals: Breakfast, lunch, and dinner

No meals should be served as buffet in the staff or hotel restaurant but should be delivered in individual boxes to all staff members. All on-pitch staff members should have the individual meals delivered to their homes/hotel rooms or in boxes to take home/to the hotel room after training and match play.

## 4.5 Mode of transport to and from training and competition match play

All staff members are recommended to be transported alone and directly to and from the training pitch (training), hotel (match preparation) and stadium (competition match play), preferably in their own private means of transport<sup>12</sup>. However, if this recommendation is not possible, it is recommended to travel with private buses at half the capacity (i.e. if normal capacity is 40 persons, 20 persons is recommended), which is also the current (11<sup>th</sup> of May 2020) restrictions made by the collective bus transportation in Denmark<sup>13</sup>. Furthermore, it is recommended to only place one staff member on each double seat, and if possible, on every second row.

The arrival and departure of staff members at the facilities of the club, hotel, stadium, etc., is recommended to be staggered with a 15 min interval and safety distance of 2 meters should be attained off-pitch at any times to ensure the least amount of off-pitch contact.

### 4.5.1 Staying at a hotel

It is recommended, when using a hotel in relation to a match day preparation (a one or two night stay up to the match day) that each staff member has access to their own individual hotel room. Furthermore, it is recommended that the individual hotel room is seen as the temporary “home” of the on-pitch staff members.

Therefore, the recommended guidelines and procedures applicable before, during and after staying at a hotel is described in the sections listed below. They are recommended to be interpreted and used appropriately when staying at a hotel.

- **4.3 The use of indoor club facilities by on-pitch staff members**
- **4.4 Meals: Breakfast, lunch, and dinner**
- **4.5 Mode of transport to and from training and competition match play**
- **4.8 Individual training clothes and equipment**
- **4.9 On-pitch training equipment**
- **4.10 Medical and physiotherapy treatment**

## 4.6 Securing of the training facilities at the club

This section considers specific recommended guidelines for securing a closed training ground in each club. Each club has different facilities and options to accomplish safe trainings. The club is

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<sup>12</sup> Car, bicycle, etc.

<sup>13</sup> <https://www.moviatrafik.dk/presse/presse-og-nyheder?vis=178033770803331>

responsible for ensuring that the employees of the club are familiar with and understand the procedure for conducting training.

General, it is recommended that:

- The club should ensure a nearby parking area at the training ground, where players and staff can go back and forth from transport to the training ground, and the parking area should have stewards present.
- The training should be conducted at closed conditions, that is without accesses for spectators.
- The training ground is defined as an area of work, which means that only persons with a requisite job description can access the area relating to training.
- Access control should be implemented at the training ground, and access is only granted to those who are on the list.
- Where it is possible, there should be used a fenced off pitch.
- There should be stewards present at the training ground.

#### *4.6.1 Handling the fans*

- On the club's website – and where it is otherwise is considered relevant, the club should inform fans about the limitations at the training ground.
- The club should have signs displaying no entrance at the training ground and also the recommendations and guidelines issued by the Danish health authorities.
- The club should develop a plan about dealing with people who violate the club's rules.
- The plan should contain a procedure about how to inform the concerned to not stay at and around the training ground, and also how the authorities is called in, if the need emerges.
- The club is recommended to start a dialog with the authorities immediately.

#### *4.6.2 Press access*

- In general, the training is closed - also for the press. However, if the club finds it practical feasible, a distinct closed off area can be made, in which the press can follow the training without at any point getting in physical contact with players or staff.
- In addition, a practical solution can be made, where it is possible to interview players with a minimum distance of two meters between the press area and the interviewed player.
- Interviews are coordinated in advance with the club's media manager – and every interview must be done outdoors.

For further information see **selection 4.11 internal and external media**.

#### 4.7 Safety: Stretcher-teams, stewards, first aiders

This selection considers separately stretcher-teams (**selection 4.7.1**), stewards (**selection 4.7.2**) and first-aiders (**selection 4.7.3**).

##### 4.7.1 In particular for stretcher-teams

The staff of the stretcher-team are present at **competition match play with and without spectators**. The staff of the stretcher-team may need to break the safety distance to gain access to the players. In case of a player in need of the stretcher-team, the staff of the stretcher-team must always wear the following before entering the pitch:

- Gloves
- Face visor or face mask. There are 3 different options:
  - Full face visor or
  - Face mask (type 2<sup>14</sup>) with attached visor (type 2) or
  - Face mask (type 2) and protective spectacles

##### 4.7.2 In particular for stewards

It is recommended that stewards are present **at training, internal- and external at practice matches and competition match play with and without spectators**.

Controllers and first-aiders must follow the at all time applicable recommendations and guidelines issued by the Danish health authorities about hygiene, police, and other front-end staff.<sup>15</sup> This includes the following:

- If possible, conversation takes place at distance (over 2 meters).
- As far as possible avoid contact, including; direct physical contact, 'face-to-face'-contact within 2 meters for more than 15 minutes, contact with for example saliva or feces or staying in closed environment (for example a meeting room) for more than 15 minutes and with less than 2 meters distance to the diseased.
- Encourage spectators to sneeze or cough in a tissue or sleeve.
- If it is not possible to avoid close contact, for example because a spectator needs to be assisted / treated or a similar matter, the controller must wash hands thoroughly afterwards.

Furthermore, it is recommended that the steward always wear:

- Gloves

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<sup>14</sup> <https://hygiejne.ssi.dk/-/media/arkiv/subsites/infektionshygiejne/retningslinjer/covid19/prioriteret-brug-af-urnemidler-ifm-covid19-240320.pdf?la=da>

<sup>15</sup> <https://www.sst.dk/-/media/Udgivelser/2020/Corona/Politi-og-frontpersonel-udenfor-sundhedssektoren/Haandtering-af-COVID-19--Information-til-politi-og-frontpersonel-udenfor-sundhedssektoren.ashx?la=da&hash=AA1A8F2E9C7D1F16FAA9ACE7517A7C624D7859CA>

- A bottle of hand disinfectant or that the hand disinfectant must be easily accessible at the stadium.

#### 4.8 Individual training clothes and equipment

Firstly, it is at all times recommended that no equipment is shared between and/or used by on-pitch staff members, when first used by another staff member. This includes all equipment described in **section 3.3.4 Medical and physiotherapy area, section 4.8 Individual training clothes and equipment** and **section 4.9 On-pitch training equipment**. However, this recommendation is not limited to the listed equipment but is recommended to be incorporated into all equipment use. Furthermore, all equipment is recommended to only be single-used before being cleaned and washed.

All procedures regarding individual training clothes and equipment (boots, shin pads, sports tape, exercise equipment, water bottles, etc.) should comply with one of the following two descriptions:

##### *4.8.1 The individual on-pitch staff member*

In general, if it is possible and preferred by the individual on-pitch staff member, they can themselves oversee the cleaning and transport of their own training clothes and equipment at home after each training session or match play.

##### *4.8.2 The club*

If section 4.8.1 is not preferred it is recommended that the club uses the following procedure:

**The delivery of individual training clothes and equipment** is recommended to be completed individually at the home/hotel room of each staff member or brought home/to the hotel room individually by each staff member after training or competition match play.

**Picking up used training clothes** is recommended to be completed individually at the home / hotel room of each staff member in black bags or placed individually outside the laundry room (not indoor) in black bags by each staff, when arriving at training or competition match play.

These recommended procedures make it possible for each staff member to change clothes and shower at home/hotel room. Furthermore, that there will be no sharing of any clothes or equipment.

#### 4.9 On-pitch training equipment

All on-pitch training equipment (cones, ladders, mannequins, balls, etc.) is recommended to be stored outside and to be disinfected before the first training and from there after each training and match play. Furthermore, it is recommended that a single member of the coaching staff is responsible for handling the transportation of the equipment from the storage to training pitch/stadium and carrying out the disinfection of the equipment.

It is recommended that all staff members should not share any training equipment during each training and competition match play and is washed after each use. Furthermore, all staff members are recommended to have their personal labeled water bottle, which is washed with soap after each training or match.

#### 4.10 Toilet facilities

Toilets facilities should be available, but it is recommended that the use should be minimized. Hand alcohol and or soap should be available before and after use. Toilets should be cleaned daily and continuously throughout the day before, during and after training and competition match play.

#### 4.11 Medical and physiotherapy treatment

Medical and physiotherapy treatment is recommended to only have one medic/physiotherapist working with one player at a time in the same room (at competition match play a secluded and designated room should be provided). Furthermore, it is recommended that a given medic/physiotherapist only works with the same group of selected players. All specific guidelines for cleaning, equipment and procedures for staff members working in the Medical and physiotherapy area can be seen in **section 3.2.4 Medical and physiotherapy area**.

In terms of an on-pitch treatment in the case of an acute trauma it is recommended that the player's location on the pitch should be considered the **Medical and physiotherapy area (section 3.2.5)** and also adhere to the safety distance (2 meters radius) immediately. It is recommended that only one practitioner is approaching an injured player on-pitch at first. However, if the referee estimates that two or more persons are required, this will be recommended. All practitioners and first-aiders, when examining the player, are recommended to follow the procedures in **section 3.2.5 Medical and physiotherapy area**.

#### 4.12 Internal and external media

The presence of media before, during and after training is recommended to be strictly organized in adherence to the at all times applicable recommendations and guidelines issued by the Danish

health authorities (**section 3.1 Description of symptoms of- and general recommendations concerning SARS-CoV-2**). In details, it is recommended that the internal media of the club present at training only consists of a few selected employees, and the presence of external media is as limited, and if possible, offering access through telephone and video as an alternative.

#### *4.12.1 Organization of media*

it is recommended to define a specific media working area outside next to the training pitch which can be accessed by the media-employees from their offices and modes of transport without getting in contact with on-pitch staff members. The media working area it recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities concerning safety distance and hygiene (**section 3.1 Description of symptoms of- and general recommendations concerning SARS-CoV-2**). If the internal media is not restricted to the media working area it is recommended that all guidelines and recommendations are being followed extensively with a strong emphasis on always keeping the safety distance, to disinfect all used equipment and follow hygiene guidelines between interviews.

#### *4.10.2 Recommendations for conducting interviews*

When conducting interviews of staff members of the club (players, coaches, etc.) it is recommended:

- To always use the outside media working area as a studio if possible, or a secluded area away from the training pitch.
- To always secure safety distance of 2 meters between the interviewer and staff member (i.e. use of adequate equipment like long microphone stands).
- To **not** use chairs, desks, boards, etc., but if used all cleaning measures should be applied between every interview.
- If possible, limit all interviews to one staff member at the time or secure safety distance between staff members.
- If possible, plan interviews in advance, which will make the logistic to and from the media working area easier.

## 5.0 Phase 1: Home training

This phase of home training is recommended, when the at all times applicable recommendations and guidelines issued by the Danish health authorities the Danish health authorities prescribe that all persons, if possible, work from home and/or issue a prohibition against an assembly of more than 10 persons.

### 5.1 Procedures concerning SARS-CoV-2

In general, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>16</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

- **4.1.1 Team doctor**
- **4.1.2 Procedures for filling-in the self-reported medical examination**
- **4.1.3 Procedures in case of a possible SARS-CoV-2 positive staff member**
- **4.1.4 Recommendations for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2**

The questionnaire to be used for self-reporting can be seen in **Appendix A: Self-reported medical examination for on-pitch staff members**.

### 5.2 Availability of hand alcohol and/or soap for appropriate hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed at the stadium during competition match play**) have access to hand alcohol or to wash their hands with soap, when needed at all facilities used in relation to training and competition match play (indoor facilities at the club, training pitch, facilities at hotels, facilities at the stadium etc.). Furthermore, it is recommended to at least disinfect or wash hands just before and after training and match play.

### 5.3 The use of indoor club facilities by on-pitch staff members

During this phase no one can enter or use the club facilities, and all are advised to carry out their individual work in accordance with the at all times applicable recommendations and guidelines issued by the Danish health authorities from their own home.

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<sup>16</sup> www.sst.dk

An exception to this is the injured players in need of treatment, which is provided by the club. In this situation the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and 4.11 Medical and physiotherapy treatment** should be followed.

#### 5.4 Meals: Breakfast, lunch, and dinner

The recommended applicable guidelines can be found in **section 4.4: Meals: breakfast, lunch, and dinner**.

#### 5.5 Mode of transport to and from training and competition match play

During this phase all training activities are recommended to be conducted from home, and therefore no mode of transport is needed.

The recommended staff members subjected to an exception can be found in **section 4.3 The use of indoor club facilities by on-pitch staff members**. These staff members are recommended to follow the recommended guidelines described in **section 4.5 Mode of transport to and from training and competition match play**.

#### 5.6 Individual training clothes and equipment

The recommended applicable guidelines can be found in **section 4.8: Individual training clothes and equipment**.

#### 5.7 On-pitch training equipment

During this phase, all training activities are recommended to be conducted from home, and therefore no on-pitch training equipment is needed.

The exception is the on-pitch training of injured players. In this case it is recommended to apply the recommended guidelines presented in **section 4.9 On-pitch training equipment**, and the availability of hand alcohol and/or soap is recommended to follow the guideline in **section 4.2 Availability of hand alcohol and/or soap for appropriate hygiene**.

#### 5.8 Toilet facilities

During this phase all training activities are recommended to be conducted from home, and there is therefore no need for using club toilet facilities.

The exception is the treatment and training of injured players. In this case it is recommended to apply the recommended guidelines presented in **section 4.10 Toilet facilities**.

## 5.9 Off- and on-pitch training exercises and communication

During this phase, no training activities at the club's facilities are recommended. Therefore, it is recommended, coaches and fitness coaches hand out individual exercise programs for each individual player, which contains individual physical- (running and strength), technical, mental and tactical training exercises to be carried out from the player's own home.

During this phase, if safety distance is maintained (2 meters) and the recommended guidelines from the Danish health authorities permit it, several players can conduct the physical running exercises together. Furthermore, it is also recommended that all communication between staff members (players, coaches, etc.) take place via phone- or video calls.

The exception to those recommendations is injured players in need of treatment. It is recommended that the injured players adhere to the recommended guidelines described in **section 4.3 The use of indoor club facilities by on-pitch staff members** and limit the use of indoor facilities and if possible use outdoor training on-pitch as much as possible.

## 5.10 Medical and physiotherapy treatment

During this phase player treatment on- and off-pitch is recommended to be reduced to a minimum and follow the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and section 4.11 Medical and physiotherapy treatment**.

## 6.0 Phase 2: Modified team training with on- and off-pitch limitations

This phase of home training is recommended, when the at all times applicable recommendations and guidelines issued by the Danish health authorities the Danish health authorities prescribe that all persons, if possible, work from home and/or issue a prohibition against an assembly of more than 10 persons. The number can be up- or downscaled in accordance with the prescribed maximum number of persons working together.

### 6.1 Procedures concerning SARS-CoV-2

In general, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>17</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

- **4.1.1 Team doctor**
- **4.1.2 Procedures for filling-in the self-reported medical examination**
- **4.1.3 Procedures in case of a possible SARS-CoV-2 positive staff member**
- **4.1.4 Recommendations for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2**

The questionnaire to be used for self-reporting can be seen in **Appendix A: Self-reported medical examination for on-pitch staff members**.

### 6.2 Availability of hand alcohol and/or soap for appropriate hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed at the stadium during competition match play**) have access to hand alcohol or to wash their hands with soap, when needed at all facilities used in relation to training and competition match play (indoor facilities at the club, training pitch, facilities at hotels, facilities at the stadium etc.). Furthermore, it is recommended to at least disinfect or wash hands just before and after training and match play.

### 6.3 The use of indoor club facilities by on-pitch staff members

During this phase it is recommended to only conduct on-pitch training for all non-injured players, coaches etc., and therefore not use any indoor facilities.

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<sup>17</sup> www.sst.dk

An exception to this is the injured players in need of treatment, which is provided by the club. In this situation the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and 4.11 Medical and physiotherapy treatment** should be followed.

#### 6.4 Meals: Breakfast, lunch, and dinner

The recommended applicable guidelines can be found in **section 4.3: Meals: breakfast, lunch and dinner**.

#### 6.5 Mode of transport to and from training and competition match play

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play**.

#### 6.6 Individual training clothes and equipment

The recommended applicable guidelines can be found in the general recommended guidelines in **section 4.8: Individual training clothes and equipment**.

#### 6.7 On-pitch training equipment

The recommended applicable guidelines can be found in **4.9 On-pitch training equipment**.

#### 6.8 Toilet facilities

The recommended applicable guidelines can be found in **section 4.10 Toilet facilities**.

#### 6.9 Off- and on-pitch training exercises and communication

It is recommended that all training activities are conducted at a secluded outside area (see **section 4.6 Securing of the training facilities at the club**). All on-pitch training activities are recommended to only consist of small groups of 10 on-pitch staff members at the same time. The availability of hand alcohol and/or soap is recommended to follow the guideline in **section 4.2 Availability of hand alcohol and/or soap for appropriate hygiene**.

### *6.9.1 Before training*

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play.**

### *6.9.2 During training*

It is recommended to apply the guideline of a safety distance of 2 meters in all on-pitch training activities. Therefore, it is recommended not to do training activities involving close-up matches (tackling, header duels, etc.). Furthermore, it is recommended that all training activities (drills, queues, description of drill instruction/verbal feedback) are organized in such a way that the safety distance is obtained. Large games are generally recommended rather than small games. Additionally, it is recommended that throw-ins are changed to kick-ins to avoid contact between hands and ball and that all staff members use a personalized drink bottle.

### *6.9.3 After training*

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play.**

### *6.9.4 Off-pitch communication*

It is recommended that all off-pitch communication (staff meetings, tactical meetings/presentations, verbal- and video feedback, etc.) between staff members (players, coaches, etc.) take place via phone- or video calls.

## **6.10 Medical and physiotherapy treatment**

During this phase on- and off-pitch player treatment is recommended to be focused on treatment of injured players and follow the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and section 4.11 Medical and physiotherapy treatment.**

## 7.0 Phase 3: Training (incl. internal practice matches) without on-pitch limitations, but with off-pitch limitations

This phase is only recommended, when the application is supported by a medical assessment, and when the application is within the at all times applicable recommendations and guidelines issued by the Danish health authorities.

### 7.1 Procedures concerning SARS-CoV-2

In general, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>18</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

- **4.1.1 Team doctor**
- **4.1.2 Procedures for filling-in the self-reported medical examination**
- **4.1.3 Procedures in case of a possible SARS-CoV-2 positive staff member**
- **4.1.4 Recommendations for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2**

The questionnaire to be used for self-reporting can be seen in **Appendix A: Self-reported medical examination for on-pitch staff members**.

### 7.2 Availability of hand alcohol and/or soap for appropriate hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed at the stadium during competition match play**) have access to hand alcohol or to wash their hands with soap, when needed at all facilities used in relation to training and competition match play (indoor facilities at the club, training pitch, facilities at hotels, facilities at the stadium etc.). Furthermore, it is recommended to at least disinfect or wash hands just before and after training and match play.

### 7.3 The use of indoor club facilities by on-pitch staff members

During this phase it is recommended to only conduct on-pitch training for all non-injured players, coaches etc., and therefore not use any indoor facilities.

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<sup>18</sup> [www.sst.dk](http://www.sst.dk)

An exception to this is the injured players in need of treatment, which is provided by the club. In this situation the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and 4.11 Medical and physiotherapy treatment** should be followed.

#### 7.4 Meals: Breakfast, lunch, and dinner

The recommended applicable guidelines can be found in **section 4.4: Meals: breakfast, lunch, and dinner.**

#### 7.5 Mode of transport to and from training and internal practice matches

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play.**

#### 7.6 Individual training clothes and equipment

The recommended applicable guidelines can be found in **section 4.8: Individual training clothes and equipment.**

#### 7.7 On-pitch training equipment

The recommended applicable guidelines can be found in **4.9 On-pitch training equipment.**

Furthermore, it is recommended that all balls, which are being handle by the ball boys should be dried with a single-use towel (one towel for every time a ball is dried) and then disinfected before it can be used again. Therefore, the responsibility of the club is, to maintain a natural flow of the match.:

- To ensure enough balls to each ball boys (min. 3).
- To ensure enough single-use towels, and hand alcohol are available for the person responsible for drying and disinfecting the balls.
- To ensure that the above-mentioned recommended guides are being kept in force at all time.

#### 7.8 Toilet facilities

The recommended applicable guidelines can be found **section 4.10 Toilet facilities.**

## 7.9 Off- and on-pitch training exercises and communication

During this phase it is recommended that all training and internal practice match activities are conducted at a secluded outside area (see **section 4.6 Securing of the training facilities at the club**). All on-pitch training activities have no on-pitch limitations in terms of numbers or safety distance. But it is recommended to avoid or keep any not play-related or necessary close contact at a minimum (feedback circles, queue to drills, etc.) The availability of hand alcohol and/or soap is recommended to follow the guideline in **section 4.1 Availability of hand alcohol and/or soap for appropriate hygiene**

### 7.9.1 Before training or internal practice matches

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play**. Furthermore, it is recommended that all physical pre-training- and match activities (pre-activation, warm-up, etc.) follow these guidelines:

- Should be carried out outside on a specified and selected area at the training- and match pitch.
- In addition, the warm-up in relation to match play should separate the two included internal teams in each end of the pitch.
- The warm-up should be conducted straight up until kick off, and no close assembly of the team should take place.
- All team-talks, etc. should be kept at a minimum, and if conducted on the pitch adhere to the recommended safety distance (2 meters).

In general, it is recommended that all non-match play related pre-match activities (handshakes within and between internal teams, high-fives, etc.) are not conducted.

### 7.9.2 During training or internal practice matches

It is recommended that during the training and internal practice match play there should be no on-pitch limitations. However, it is requested to all on-pitch staff members to consider using individual celebrations as much as possible.

Furthermore, it is recommended that during training and internal practice match play the organization of non-playing staff members and their activities (excluded are the 22 players on the pitch) will be in accordance with at least the safety distance of 2 meters (bench- and reserve players, the warm-up area, coaches, etc.). Furthermore, it is recommended that all staff members only use a personalized drink bottle.

**During halftime** in the internal practice match play it is recommended that an isolated area outside<sup>19</sup>, where the safety distance can be maintained, is reserved and available for each team to use for halftime activities.

#### *7.9.3 After training or internal practice matches*

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play**.

In general, it is recommended that all non-match play related post-match activities (handshakes with-in and between teams, high-fives, team-talks etc.) are not conducted.

#### *7.9.4 Off-pitch communication*

It is recommended that all off-pitch communication (staff meetings, tactical meetings/presentations, verbal- and video feedback, etc.) between staff members (players, coaches, etc.) take place via phone- or video calls.

#### **7.10 Medical and physiotherapy treatment**

During this phase player treatment on- and off-pitch is recommended to be reduced to a minimum and follow the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and section 4.11 Medical and physiotherapy treatment**.

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<sup>19</sup> Should also provide a shelter for the on-pitch staff member to protect them from rain and sun..

## 8.0 Phase 4: Training and competition match play without on-pitch limitations, but with off-pitch limitations

This phase is only recommended, when the application is supported by a medical assessment, and when the application is within the at all times applicable recommendations and guidelines issued by the Danish health authorities.

### 8.1 Procedures concerning SARS-CoV-2

In general, it is recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms, 3.1.2 General recommendations** and the Danish health authorities website<sup>20</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

- **4.1.1 Team doctor**
- **4.1.2 Procedures for filling-in the self-reported medical examination**
- **4.1.3 Procedures in case of a possible SARS-CoV-2 positive staff member**
- **4.1.4 Recommendations for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2**

The questionnaire to be used for self-reporting can be seen in **Appendix A: Self-reported medical examination for on-pitch staff members**.

### 8.2 Availability of hand alcohol and/or soap for appropriate hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed at the stadium during competition match play**) have access to hand alcohol or to wash their hands with soap, when needed at all facilities used in relation to training and competition match play (indoor facilities at the club, training pitch, facilities at hotels, facilities at the stadium etc.). Furthermore, it is recommended to at least disinfect or wash hands just before and after training and match play.

### 8.3 The use of indoor club or stadium facilities by on-pitch staff members

During this phase it is recommended to only conduct on-pitch training for all non-injured players, coaches etc., and therefore not use any indoor facilities.

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<sup>20</sup> [www.sst.dk](http://www.sst.dk)

An exception to this is the injured players in need of treatment, which is provided by the club. In this situation the recommended guidelines in **section 3.2.5 Medical and physiotherapy area and 4.11 Medical and physiotherapy treatment** should be followed.

#### 8.4 Meals: Breakfast, lunch, and dinner

The recommended applicable guidelines can be found in **section 4.4: Meals: breakfast, lunch, and dinner.**

#### 8.5 Mode of transport to and from training and competition match play

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play.**

#### 8.6 Individual training clothes and equipment

The recommended applicable guidelines can be found in **section 4.8: Individual training clothes and equipment.**

#### 8.7 On-pitch training equipment

The recommended applicable guidelines can be found in **4.9 On-pitch training equipment.**

Furthermore, it is recommended that all balls, which are being handle by the ball boys should be dried with a single-use towel (one towel for every time a ball is dried) and then disinfected before it can be used again. Therefore, the responsibility of the club is, to maintain a natural flow of the match.:

- To ensure enough balls to each ball boys (min. 3).
- To ensure enough single-use towels, and hand alcohol are available for the person responsible for drying and disinfecting the balls.
- To ensure that the above-mentioned recommended guides are being kept in force at all time.

#### 8.8 Toilet facilities

The recommended applicable guidelines can be found **section 4.10 Toilet facilities.**

## 8.9 Off- and on-pitch training exercises and communication

During this phase it is recommended that all training and practice match activities are conducted at a secluded outside area (see **section 4.6 Securing of the training facilities at the club**). All on-pitch training activities have no on-pitch limitations in terms of numbers or safety distance. But it is recommended to avoid or keep any not play-related or necessary close contact at a minimum (feedback circles, queue to drills, etc.)

All competition match play is recommended to be conducted behind closed doors with no attendances and only with the minimum number of persons present to practical carry out the execution of the match and to secure enough TV production (see **Protocol 2 for match operations**). A complete list of the necessary personnel allowed can be found in **section 8.8.5 List of personnel allowed at the stadium during competition match play**. All personnel not directly involved during in the match play (excluded are the 22 players on the pitch), should be organized in accordance with at least the safety distance at all times.

The availability of hand alcohol and/or soap is recommended to be effective of all personnel at the stadium and to follow the guideline in **section 4.1 Availability of hand alcohol and/or soap for appropriate hygiene**

### 8.9.1 Before training or competition match play

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play**. Furthermore, it is recommended that all physical pre-training- and match activities (pre-activation, warm-up, etc.) follow these guidelines:

- Should be carried out outside on a specified and selected area at the training- and match pitch.
- In addition, the warm-up in relation to match play should separate the two included internal teams in each end of the pitch.
- The warm-up should be conducted straight up until kick off, and no close assembly of the team should take place (keeping the safety distance).
- All team-talks, etc. should be kept at a minimum, and if conducted on the pitch adhere to the recommended safety distance (2 meters).

In general, it is recommended that all non-match play related pre-match activities (handshakes within and between internal teams, high-fives, etc.) are not conducted.

### 8.9.2 During training or competition match play

It is recommended that during the training and internal practice match play there should be no on-pitch limitations. However, it is requested to all on-pitch staff members to consider using individual celebrations as much as possible.

Furthermore, it is recommended that during training and internal practice match play the organization of non-playing staff members and their activities (excluded are the 22 players on the pitch) will be in accordance with at least the safety distance of 2 meters (bench- and reserve players, the warm-up area, coaches, etc.). Furthermore, it is recommended that all staff members only use a personalized drink bottle.

**During halftime** in the internal practice match play it is recommended that an isolated area outside<sup>21</sup>, where the safety distance can be maintained, is reserved and available for each team to use for halftime activities.

#### *8.9.3 After training or internal practice match*

The recommended applicable guidelines can be found in **section 4.5 Mode of transport to and from training and competition match play**.

In general, it is recommended that all non-match play related post-match activities (handshakes with-in and between teams, high-fives, team-talks etc.) are not conducted.

#### *8.9.4 Off-pitch communication*

It is recommended that all off-pitch communication (staff meetings, tactical meetings/presentations, verbal- and video feedback, etc.) between staff members (players, coaches, etc.) take place via phone- or video calls

#### *8.9.5 List of personnel allowed at the stadium during competition match play*

It is important to note that the stadium is a working area, and therefore, it is recommended that only persons with a necessary working-function should be at the stadium. There should be no events or likewise conducted before, during or after the match. The following list is **not** exhaustive, but a description of recommended persons with access. More details will be available in protocol 2 for the match operations (**section 1 Introduction**).

- Referees including referee observer
- Anti-doping control
  - Players, coaching staff, and technical staff
  - Security personnel
  - First aid staff
  - Press and communication staff
  - Stadium operations and pitch staff
  - Ball boys

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<sup>21</sup> Should also provide a shelter for the on-pitch staff member to protect them from rain and sun.

- Media
- TV production staff
- Data and analytic providers of the Danish league

All personnel listed above and not directly involved during in the match play (excluded are the 22 players on the pitch), should be organized in accordance with at least the safety distance at all times.

#### 8.10 Medical and physiotherapy treatment

During this phase player treatment on- and off-pitch is recommended to be reduced to a minimum and follow the recommended guidelines in **section 3.2.5 Medical and physiotherapy area** and **section 4.11 Medical and physiotherapy treatment**.

Not final - Under continuous compilation

## 9.0 Phase 5: Training and competition match play without any on-pitch and off-pitch limitations

This phase is only recommended, when the application is supported by a medical assessment, and when the application is within the at all times applicable recommendations and guidelines issued by the Danish health authorities.

### 9.1 General assumptions

This phase consists of a full return to the normal use and procedures for on- and off-pitch facilities and activities with no limitations. However, during this phase it is recommended to still comply with the strictest hygiene and disinfection guidelines presented in **section 3.3 General cleaning recommendation** and **4.2 Availability of hand alcohol and/or soap for appropriate hygiene**, with emphasis on the facilities.

During this phase, it will be essential not to lower one's guard but continue to follow the hygiene measures until the emergency health situation is over.

### 9.2 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the at all times applicable recommendations and guidelines issued by the Danish health authorities and pay strict attention to if you are experiencing any symptoms (for elaboration see **section 3.1.1 Symptoms**, **3.1.2 General recommendations** and the Danish health authorities website<sup>22</sup>. Furthermore, see the testing for SARS-CoV-2 enclosed in the at all times applicable recommendations and guidelines issued by the Danish health authorities.

#### 9.1.1 Team doctor

It is still recommended that a team doctor or a professional health care employee is present, as much as possible, at the facilities of the club and stadium before, during and after all training and match activities.

The responsibility of a team doctor is recommended to be:

- 1) Administration of the SARS-CoV-2 testing (if available), when considered appropriate.
- 2) Administration of medical examinations of on-pitch staff members when considered appropriate.

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<sup>22</sup> [www.sst.dk](http://www.sst.dk)

## 10.0 Request for an extension or adjustment of an existing guideline

A club can submit a written and detailed description of a request about a possible extension or adjustment of an existing guideline.

Such a request must as a minimum contain:

- A reference to the existing guideline's selection in the protocol.
- A justification for the extension or adjustment of the existing guideline.
- A detailed description of all the conditions for how the extension or adjustment will be carried out (practical, logistical, etc.).
- A medical declaration on: 1) that the desired activity is defensible from a healthcare perspective, and that it is in accordance with under the at all times applicable recommendations and guidelines issued by the Danish health authorities, and 2) that the mentioned procedures as described are accepted as under the team doctor's responsibility.

An extension or adjustment of an existing guideline will be incorporated into the overall protocol, and the clubs will be briefed accordingly.

## 11.0 Final remarks

The protocol contains the current recommendations and guidelines from the Danish league to the professional football clubs. However, the protocol is not final and will be subject to a continuous process of improvement by being corrected and updated in accordance with the general health situation in the Danish society, and the at all times applicable recommendations and guidelines issued by the Danish health authorities.

Finally, the Danish League strongly advises that it will be essential not to lower one's guard at any time but continue to follow all hygiene measures and possible precautionary measures until the general emergency health situation is over.

## Appendix A: Self-reported medical examination for on-pitch staff members

To be filled-in and reported to the club for approval under the responsibility of the team doctor every day at least two hours before access to the training ground/stadium

- Temperature: \_\_\_\_\_
- Sore throat: Yes\_\_ No\_\_
- Coughing: Yes\_\_ No\_\_
- Headache: Yes\_\_ No\_\_
- Nausea: Yes\_\_ No\_\_
- Diarrhea: Yes\_\_ No\_\_
- Muscle pain:\* Yes\_\_ No\_\_
- Difficulty in breathing: Yes\_\_ No\_\_
- Other symptoms: Yes\_\_ No\_\_

\*Not training soreness or known injury

If your temperature is above 37,5°C or you answer yes to any of the questions you cannot report for training or match play, without clearance from the team medical staff/doctor.

If you have any doubts or concerns you should contact the club, and you will subsequently be contacted by phone by the team doctor to clarify before you can arrive at the facilities of the club or stadium.