

VALID FROM 25 MAY 2020

PROTOCOL 1 VERSION 3:

**PROTOCOL FOR THE RESUMPTION OF TRAINING AND MATCH PLAY
ACROSS ALL PROFESSIONAL FOOTBALL COMPETITIONS IN DENMARK
DURING THE SARS-COV-2 PANDEMIC**

Major changes from Protocol 1 version 2 to version 3: For a detailed list of changes, see "Comments on Protocol 1 version 3":

- Safe distance between off-pitch staff members reduced from 2 metres to at least 1 metre.
- Safe distance between on-pitch staff members reduced from 2 metres to at least 1 metre.
- Between groups of on-pitch and off-pitch staff members, a safe distance of at least 2 metres must be maintained
- Use of indoor premises, but no access to dressing rooms, showers and fitness facilities. On-pitch personnel using indoor facilities must maintain a safe distance of at least 2 metres.
- On match days, indoor facilities may be used before the match, at half-time and after the match, with a safe distance of at least 2 metres for staff members.
- Two on-pitch staff members may now travel in the same car.
- Eating together is permitted, with restrictions.
- Match officials have been added to on-pitch staff and should be treated by the clubs in accordance with the protocols.

This Protocol has been adopted by Danish professional football clubs by way of mandatory general guidelines during the SARS-CoV-2 pandemic. The Protocol does not release the club from its full liability as an employer towards its employees, including responsibility for their health.

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0.0 Summary

The protocols have been produced to ensure the greatest possible safety for employees of the football clubs and to minimise the risk of spreading SARS-CoV-2 when training, external practice and competitive matches resume.

The protocols address both on- and off-pitch risk factors for the health of the employees (players, club members and other staff) involved in training, external practice or competitive matches and for the spread of SARS-CoV-2 in Danish society in general.

The protocols are intended as recommendations and guidelines for the clubs when they have to make plans for resuming training and competitive matches. The protocols may be applied within the present restrictions and until Danish society returns to normal. The protocols are based on experience from Denmark and other European countries of the current progress of SARS-CoV-2 and the health initiatives undertaken by their governments.

The protocols address the following five phases in relation to training and match operations:

Phase 1: Individual home training.

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

Phase 3: Training (incl. internal practice matches) with no on-pitch limitations, but with off-pitch limitations.

In the transition from Phase 3 to Phase 4 and throughout Phase 4 itself, a common testing procedure will be implemented for regular monitoring of the spread of infection within professional football in Denmark.

Phase 4: Training, external practice or competitive matches without on-pitch limitations, but with off-pitch limitations.

Phase 5: Training, external practice or competitive matches without any limitations.

In all phases, general recommendations and guidelines have been established, which will apply to the following areas:

- Procedures concerning SARS-CoV-2, including self-reported health checks and a description of the common testing procedure
- Availability of hand sanitiser and/or soap for good hand hygiene
- Use of indoor club facilities by on- and off-pitch staff members.

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- Meals: Breakfast, lunch and dinner
- Transport to and from training, external practice or competitive matches
- Individual training kit and equipment
- On-pitch training equipment
- Toilet facilities
- Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication
- Medical and physiotherapy treatment

Final remarks

This Protocol contains the current recommendations and guidelines from the Danish League to the professional football clubs. However, the protocol is not definitive and is undergoing constant revision in light of the latest recommendations and guidelines issued by the Danish health authorities and the general health situation in Denmark.

Finally, the Danish League wishes to stress in the strongest possible terms that the clubs are advised to comply with the hygiene measures and the possible rules of behaviour until the general medical emergency is over.

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1.0 Contact information

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2.0 Basic principle

This protocol sets out the recommended guidelines to the clubs, for use in drawing up a plan for the resumption of training, external practice or competitive matches. The protocol, which covers a period from a possible curfew (as seen in Spain and Italy) to a normal situation in society, is based on experience from Denmark and other countries in Europe of the current progress of SARS-CoV-2 and the health initiatives undertaken by their governments. In terms of training phases, the protocol covers the period from individual training at home up to the resumption of competitive match play, including on- and off-pitch aspects, with no on-pitch limitations.

2.1 The protocol

The protocol is divided into five different phases covering training, external practice or competitive matches. All phases together constitute a recommended procedure for a return to training, external practice or competitive matches in a way that ensures that the players will have the best possible fitness level for a safe resumption (with reduced risk of injuries) of competitive match play despite the limited time for preparation.

2.2 The defined phases

Phase 1: Individual home training.

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

Phase 3: Training (incl. internal practice matches) with no on-pitch limitations, but with off-pitch limitations.

In the transition from Phase 3 to Phase 4 and throughout Phase 4 itself, a common testing procedure will be implemented for regular monitoring of the spread of infection within professional football in Denmark.

Phase 4: Training, external practice or competitive matches without on-pitch limitations, but with off-pitch limitations.

Phase 5: Training, external practice or competitive matches without any limitations.

2.3 Interpretation and application

The protocol and these phases are intended to give a detailed description of the general recommendations and guidelines from the Danish League to the clubs. The Danish League recommends that the clubs apply the guidelines from a specific phase according to the general

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situation in Danish society and the latest recommendations and guidelines from the Danish health authorities.

2.4 The basic principles underlying this protocol

In general, the basic principles are to maximise the following as much as possible within the constraints of Danish society:

- The safety of the players and their immediate families.
- The safety of the coaching staff at all of the clubs.
- The safety of all staff members and others who come into contact with the players and coaching staff on their return to training, external practice or competitive matches.

The aim is also to:

- Minimise the spread of SARS-CoV-2 in Danish society as much as possible by applying both responsible and professional healthcare practice in all areas.

The next section discusses some preliminary considerations before describing the recommended guidelines for each phase.

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3.0 Preliminary considerations

Before we move on to a description of the recommendations for the training protocol, we will first touch on a number of introductory factors.

- 1) Description of symptoms and general recommendations concerning SARS-CoV-2
- 2) Staff members
- 3) Staff working at specific facilities
- 4) General recommendations for cleaning
- 5) General recommended guidelines applicable for phase 1-4
- 6) Particular areas where there may be specific recommended guidelines for each phase

Each of these factors is discussed below.

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

3.1.1 *Symptoms of SARS-CoV-2 and recommended guidelines*

All staff members should always look out for SARS-CoV-2 symptoms. General information about SARS-CoV-2 and the symptoms can be found on the Danish health authorities' website (1).

The symptoms include:

Most common symptoms

- Sore throat
- Feeling unwell
- Muscle pain
- Dry cough and fever

Less frequent symptoms

- Headache
- Respiratory difficulties
- Nausea
- Diarrhoea
- Other

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If any staff member experiences symptoms, they should immediately self-isolate and follow the latest recommendations and guidelines from the Danish health authorities, contact their own doctor and follow the doctor's instructions.

It should be emphasised that it is the club's responsibility to follow the latest recommendations and guidelines issued by the Danish health authorities.

3.1.2 General recommendations

General recommendations to limit the spread of infection in society and to protect high-risk groups (1):

- Wash your hands frequently or use hand sanitiser.
- Cough or sneeze into your sleeve.
- Avoid touching your face.
- Limit physical contact.
- Clean your home frequently and remember to air it regularly.
- Elderly and chronically ill people – keep your distance and ask others to show this group of people consideration.

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

3.2 Staff members

It is recommended that all staff members whose presence at the club's training facilities and at the stadium (for competitive matches) is essential to the resumption of training, external practice or competitive matches to meet the minimum requirements placed on a professional football club should be identified. These may be broken down into the following two groups:

On-pitch staff members (staff members working on the pitch):

- Basically covers the sports staff.
- Staff members whose work process cannot be adapted (e.g. to maintain a given safe distance), as this will limit the scope for training and match play.
- Specifically, this group includes: **Players, coaches and medical staff.**
- **Match officials** should also be regarded as on-pitch staff in all the relevant aspects described in Protocols 1 and 2.

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Off-pitch staff members (staff members not working on the pitch):

- Covers the administrative staff.
- Staff members whose work process can be adapted without limiting the scope for training and match play.

Specifically, this group includes:

- Management, delegates, analysts, kitmen, service, etc.).
- Staff connected to the facility (cleaners, cooks, laundry workers etc.).
- Security and ground staff.
- Internal media employees

3.2.1 Interaction between staff members

It is important to point out that the recommended guidelines below describe **three possible staff interactions** that do not take place during the actual football match on the pitch. Where necessary, each subsequent section will refer to the specific staff interaction and the various recommended guidelines:

- Internal interaction between off-pitch staff members (**Off-pitch staff members, internal**)
- Internal interaction between on-pitch staff members (**On-pitch staff members, internal**)
- Interaction between on- and off-pitch staff members (**On- and off-pitch staff interaction**)

3.2.1.1 Off-pitch staff members, internal

All **internal off-pitch** staff (incl. TV production, media etc.) should comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3), including **a safe distance of 1 metre**.

3.2.1.2 On-pitch staff members, internal

All **internal on-pitch** staff interaction should **strictly** comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3), including a safe distance of **1 metre**. However, the following points in relation to the specific recommendations and guidelines issued by the Danish Health and Medicines Authority (2) and the Ministry of Culture,(3) and the need for caution, **assume** a safe distance of **2 metres**:

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- For the use of indoor club facilities (for more detail, see **Use of indoor club facilities by on- and off-pitch staff members**).
- Between coaches etc. and players (“speakers” and “listeners” (2)) during team talks, training etc. (3).

3.2.1.3 Interaction between on- and off-pitch staff members

All interaction **between on- and off-pitch** staff members be guided by caution and should **strictly** adhere to the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3), including a **safe distance of at least 2 metres (interviews, communication etc.)**, and if possible take place outdoors.

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

3.3 Facilities and staff working at specific facilities

It is recommended that all facilities be subjected to thorough cleaning and disinfection before any staff members arrive to resume their work. It is also recommended to follow the latest recommendations and guidelines issued by the Danish health authorities on hygiene and appropriate behaviour, including regular and thorough hand-washing and availability of hand sanitiser.

3.3.1 Kitchen and laundry room

Staff interaction is limited to **off-pitch staff members, internal** (section 3.2.1.1), so it is recommended that staff members working in the kitchen and laundry:

- Comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- The premises should be locked when nobody is at work.
- All off-pitch staff should maintain a safe distance of 1 metre internally and 2 metres with on-pitch staff.
- Cleaning staff should lock the premises after cleaning.

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Laundry room

- The employees responsible for the laundry should follow a fixed and safe procedure for collecting/delivering used training kit, e.g. in individual plastic bags or similar.
- They should wear disposable gloves to handle the used training kit.
- All kit should be washed at above 60 degrees and towels above 80 degrees.

3.3.2 Dressing rooms

As the dressing room is a potentially large risk area for infection, it is recommended for the sake of caution that on- or off-pitch staff should **not** currently use the dressing room under any circumstances.

3.3.3 Medical and physiotherapy area

The possible staff interaction is limited to **On-pitch staff members, internal** (section 3.3.1.2): Recommendations for the operational management of the medical and physiotherapy area are:

- Comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- During all phases of treatment there should only be one doctor or physiotherapist and one player in the treatment room at the same time, unless an acute trauma requires more than one practitioner to ensure the safety of the player (use of a stretcher, severe head/neck injuries, etc.).
- The doctor and physiotherapist should always wear a face mask and, if possible, gloves.
- All equipment should be replaced and/or cleaned after each patient (player).
- Extra attention should be paid to cleanliness in this area, which should therefore be cleaned frequently during the day.

3.3.4 Fitness facilities

The possible staff interaction is limited to **on-pitch staff members, internal** (section 3.3.1.2): As indoor fitness facilities are a potentially large risk area for infection, it is recommended for the sake of caution that **only injured players** should use indoor fitness where this is necessary for recovery. The following recommended guidelines cover the use of fitness facilities:

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- Comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- Use the indoor fitness facilities as little as possible, and replace any exercises in indoor facilities with on-pitch training.
- **A safe distance of at least 2 metres** should be maintained at all times.
- There should be a good airflow.
- All equipment should be cleaned and disinfected before and after use by the individual on-pitch staff member.
- Where possible, outdoor fitness facilities should be established by moving the gym equipment outside and providing for a safe distance of 2 metres between the pieces of equipment and applying the guidelines in **section 3.4 General recommendations for cleaning**.

3.4 General recommendations for cleaning

It is recommended to observe the following instructions:

- Follow the latest recommendations and guidelines for cleaning issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- Hand sanitiser should be used.
- There should be frequent cleaning.
- All current cleaning recommendation issued by the health authorities should be followed.
- If possible, obtain additional approved cleaning equipment (e.g. handheld UV equipment etc.).

3.5 General recommended guidelines for phase 1-4

The following list shows the areas that are subject to the general recommendations and guidelines. These general recommendations and guidelines should be applied to minimise the risk of spreading SARS-CoV-2. The restrictions for each area are described in general terms in **section 4 Description of general recommendations and guidelines applicable for phase 1-4**, but the practical application and implications are described in the sections for each phase (sections 5-9).

- *Procedures concerning SARS-CoV-2*
- *Availability of hand sanitiser and/or soap*
- *Use of indoor club facilities by on-pitch staff members*
- *Meals: Breakfast, lunch and dinner*

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- *Securing training facilities*
- *Safety: Stretcher crews, stewards and first-aiders*
- *Individual training kit and equipment*
- *Transport to and from training, external practice or competitive matches*
- *On-pitch equipment*
- *Toilet facilities*
- *Medical and physiotherapy treatment*
- *Internal and external media*

3.6 Particular areas where there may be specific recommended guidelines for each phase

- Procedures concerning SARS-CoV-2, which include the presence and activities of a club doctor
- Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication

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

During phase 1-4 some general recommendations and guidelines will be applicable to training, external practice or competitive matches, within the areas listed in section 3.5. These general recommendations and guidelines are described below for each area.

4.1 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the latest recommendations and guidelines issued by the Danish health authorities and to be extremely careful if you experience any symptoms (for a description of the symptoms, see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines, section 3.1.2 General recommendations** and the Danish health authorities' websites (4)).

4.1.1 Club doctor

To further ensure a high degree of safety, it is recommended that a club doctor or a healthcare professional should be present whenever possible at the club's facilities and training pitch before, during and after all training activities. When the club doctor is present at the club facilities, he/she should follow the guidelines presented in **section 3.3.3 Medical and physiotherapy area and section 4.11 Medical and physiotherapy treatment**.

It is recommended that a club doctor be responsible for:

Phase 1-4

- 1) Ensuring correct handling of and follow-up of a daily questionnaire to be filled in by all on-pitch staff members. For more detail, see **section 4.1.2. Procedures for filling in self-reported health check for on-pitch staff** and **Appendix A: Self-reported health check for on-pitch staff members**.
- 2) Ensuring healthy and professional execution of all procedures for practice and competitive matches, as described in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members** and **sections 5/6/7/8.9 Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication**.

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Only phase 3-4

- 3) Carrying out a medical examination on the day of a practice game or competitive match (see **Appendix A: Self-reported health check for on-pitch staff members**) completed by all on-pitch staff members selected to participate in the practice or competitive match before entering the pitch/stadium.

4.1.2 Procedures for filling in self-reported health check for on-pitch staff

It is recommended that all on-pitch staff members fill out a self-reported health check aiming at detecting and making them aware of any symptoms of SARS-CoV-2. The recommended procedures for the use of the self-reported health check for on-pitch staff members are:

- To be filled in by on-pitch staff every morning.
- To be reported to the club at least 2 hours before arriving at the facilities of the club / stadium.
- If an on-pitch staff member has a temperature above 37.5°C or answers yes to any of the questions, he/she must not report for training or match play without clearance from the team's medical staff/doctor (phase 2-5).
- If there is a clinically well-founded suspicion that symptoms of SARS-CoV-2 are present, the guidelines reported in **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines, 3.1.2 General recommendations** and the Danish health authority's website (4) should be applied.
- If an on-pitch staff member is in any doubt, the club should be contacted, and the employee should then be contacted by telephone by the club doctor to clarify the matter before coming to the training facility/stadium.

The questionnaire to be used for a self-reported health check can be found in **Appendix A: Self-reported health check for on-pitch staff members**.

4.1.3 Description of the testing procedure for ongoing monitoring of infection in professional football in Denmark

This section applies only to the transition from Phase 3 to Phase 4 and throughout Phase 4 itself.

The implementation of a common testing procedure in Danish professional football should be viewed in conjunction with the existing monitoring of on-pitch staff in Danish professional football, which consists of daily self-reported health checks and weekly clinical screenings in connection with

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external practice and competitive matches. This means that the common testing procedure will **only test asymptomatic on-pitch staff members**, as symptomatic on-pitch staff are advised to follow the guidelines in **section 3.1.1 Symptoms of SARS-CoV-2** and therefore not to come to the training facility or stadium or take part in training or match play, but to pursue the matter through the Danish healthcare system as described in the latest recommendations and guidelines issued by the Danish health authorities.

The testing procedure will consist of weekly tests for SARS-CoV-2 on all on-pitch staff, and is intended to monitor the spread of the infection in Danish professional football. The testing procedure can then support correct and effective adaptation of the protocols adopted by professional football clubs in Denmark (5; 6) for procedures to handle SARS-CoV-2, within the guidelines for professional football in Denmark issued by the Ministry of Culture (3).

Given that SARS-CoV-2 has an incubation period of up to 14 days, an **adjustment**:

- Which is an **extension** of the recommended guidelines in the protocols can only be implemented **14 days after the implementation of a new version of the protocols**.
- Which is a tightening of the recommended guidelines in the protocols can be made **immediately** if the common testing procedures call for this.

4.1.4 Procedures for handling a positive test result for SARS-CoV-2

All subsequent recommended guidelines and procedures for handling positive test results for SARS-CoV-2 will follow the latest recommendations and guidelines issued by the Danish health authorities (see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines, 3.1.2 General recommendations** and refer to the Danish health authorities' website (4)).

4.1.4.1 Handling of on-pitch staff members who test positive for SARS-CoV-2

If an on-pitch staff member should test positive for SARS-CoV-2, it is the **club's responsibility** to follow the latest recommendations and guidelines issued by the Danish health authorities.

Based on the recommended guidelines issued by the Danish health authorities from 25 May 2020, the following guidelines are recommended for on-pitch staff who test positive for SARS-CoV-2:

- The on-pitch staff member should go into self-isolation for 7 days (from the date of inoculation)¹.
- If the symptoms appear within the 7 days, the on-pitch staff member should remain isolated until 48 hours after the symptoms have disappeared.

¹ and continue daily self-reporting of symptoms to the club.

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Other recommended guidelines:

- On grounds of caution, if an on-pitch staff member tests positive (whatever the progression of the disease), the club is urged to contact (see **Appendix C: Procedures for contacting the expert committee**) the independent external expert committee established by the Danish League² and seek supporting clinical advice and feedback on how to handle the individual case (further clinical measures, return to full training intensity).
- For details of the return to full training intensity, see **section 4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2**

The club is also responsible for informing the on-pitch staff member who tested positive for SARS-CoV-2 of the latest guidelines from the Danish health authorities regarding close contact.

4.1.4.2 Handling of other on-pitch staff members when an on-pitch staff member has tested positive for SARS-CoV-2

In this case, the recommended guidelines for the other on-pitch staff members who have tested negative for SARS-CoV-2 at the club specify that the club is responsible as a minimum for:

- Informing all of its on-pitch staff of the situation and initiating discussions to address any concerns that the on-pitch staff might have.
- Ensuring that the on-pitch staff members who tested negative for SARS-CoV-2 in the same round of screening continue with the daily self-reported health check, but with the club following up with greater attention and thoroughness.
- Maintaining close monitoring of the club's on-pitch staff through the weekly clinical screenings (clinical health checks before matches and weekly tests for SARS-CoV-2).
- Applying the same procedures as described above in the event of a new asymptomatic on-pitch staff member testing positive.
- Requesting/purchasing extra tests for SARS-CoV-2 if this is judged to be clinically necessary.

4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2

It is the club's responsibility to ensure that the relevant on-pitch staff member follows the latest recommendations and guidelines issued by the Danish health authorities concerning a return to work. The latest published recommendations and guidelines from the Danish health authorities as of 25 May 2020 state that anyone testing positive for SARS-CoV-2 and/or experiencing symptoms should:

² An infectious diseases specialist, a cardiologist and a pulmonary specialist

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- Go into self-isolation for at least 7 days (from the date of inoculation)³.
- If the symptoms appear within the 7 days, the person should remain isolated until 48 hours after the symptoms have disappeared.

Other recommended guidelines and useful information:

- On grounds of caution, if an on-pitch staff member tests positive (whatever the progression of the disease), the club is urged to contact (see **Appendix C: Procedures for contacting the expert committee**) the independent external expert committee established by the Danish League⁴ and seek supporting clinical advice and feedback on how to handle the individual case (further clinical measures, return to full training intensity).
- **Appendix B: Possible clinical measures after a positive test for/symptoms of SARS-CoV-2.**

After the 7 days or 48 hours after the disappearance of symptoms and return to work, the following additional guidelines are recommended for a return to full training intensity:

- Mandatory consultation and screening with the club doctor.
- The mandatory consultation will present the training plan for a return to full training intensity for the individual on-pitch staff member.
- The training plan should cover a minimum of 7 days from the first training day⁵, with the training intensity gradually increasing.
- On grounds of caution, if an on-pitch staff member tests positive (whatever the progression of the disease), the club is urged to contact (see **Appendix C: Procedures for contacting the expert committee**) the independent external expert committee established by the Danish League⁶ and seek supporting clinical advice and feedback on how to handle the individual case (further clinical measures, return to full training intensity).

Notes for the medical officer at the club

- More physically strenuous training intensity may be limited for up to 14 days.
- *In rare cases:* People who have been hospitalised may suffer inflammation of the heart. Leading cardiologists then advise 3 months' rest.

³ and continue daily self-reporting of symptoms to the club.

⁴ An infectious diseases specialist, a cardiologist and a pulmonary specialist

⁵ In the case of an asymptomatic on-pitch staff member testing positive for SARS-CoV-2, there will be at least 14 days from the date of the positive test to the first possible competitive match, and for a symptomatic person (with or without a positive test result for SARS-CoV-2) at least 48 hours after the disappearance of symptoms plus 7 days before the first possible competitive match.

⁶ An infectious diseases specialist, a cardiologist and a pulmonary specialist

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- Refer to **Appendix B: Possible clinical measures after a positive test for/symptoms of SARS-CoV-2.**

4.1.6 Request for exemption from the common testing procedure after testing positive for SARS-CoV-2

If an on-pitch staff member has **tested positive for SARS-CoV-2** (PCR or antibodies), the club may make a written request for exemption from continued participation in the common testing procedure, while remaining available for training and match play. This written request may relate to the following two cases:

- An on-pitch staff member who tested positive for SARS-CoV-2 (PCR/antibodies) **before the common testing procedure** and has consistently followed the recommendations and guidelines from the Danish health authorities for returning to work.
- An on-pitch staff member who tested positive for SARS-CoV-2 **during the common testing procedure** (see section 4.1.4) and has returned to work.

The following documentation will be accepted:

- A written statement from the on-pitch staff member's own doctor.
- A screenshot/printout from the on-pitch staff member's own journal (of the test result from common testing procedures).

Documentation requirement:

- The club should send the request by secure e-mail to divisionsforeningen@protonmail.com⁷.
- The documentation should **only** contain the on-pitch staff member's 1. Full name, 2. Type of test, and 3. Description of the test result.
- **NB: Exemption from further tests (and hence clearance for training and match play in Phase 4 without further testing) takes effect only when the club has received written confirmation of this.**

4.2 Availability of hand sanitiser and/or soap for good hand hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed in the stadium during competitive matches**) should always have access to hand sanitiser or soap to wash their hands when needed, at all facilities used for training, external practice or competitive matches (indoor facilities at the club, practice pitches, hotel facilities, stadium facilities,

⁷ In the published protocol, the e-mail address has been anonymised for reasons of security.

This Protocol has been adopted by Danish professional football clubs by way of mandatory general guidelines during the SARS-CoV-2 pandemic. The Protocol does not release the club from its full liability as an employer towards its employees, including responsibility for their health.

etc.). It is also recommended, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

4.3 Use of indoor club facilities by on- and off-pitch staff members

To minimise the risk of spreading SARS-CoV-2, it is recommended that the following indoor facilities should not be used under any circumstances by on- or off-pitch staff:

- 3.3.3 Dressing rooms
- 3.3.4 Fitness facilities (for possible use, see **section 3.3.4 Fitness facilities** and **section 4.9 On-pitch training equipment**)

For exceptions, see relevant sections of the protocol.

Non-exhaustive list of indoor club facilities that may be used while taking **great care** to comply with the associated conditions below:

- Premises used as offices
- Premises use as conference, meeting, video rooms etc. (also applicable to hotel accommodation)
- Restaurants, eating places etc. (also applicable to hotel accommodation)

4.3.1 Conditions for the use of indoor club facilities for training

For specific procedures for the use of indoor facilities for external practice or competitive matches, see **section 8.9 Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication**

All use of the above indoor club facilities should at least comply with the following:

- Use only allowed when staff interaction **is exclusively within the group**: 1) Off-pitch staff members, internal (section 3.2.1.1) **or** 2) On-pitch staff members, internal (section 3.2.1.2).
- Staff interaction must **not under any circumstances** involve: 1) On- and off-pitch staff interaction (section 3.3.1.3) **or** 2) Interaction between on-pitch staff from two different clubs.
- Indoor club facilities and individual workstations should be cleaned and disinfected before and after use in accordance with the latest recommendations and guidelines issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- The premises must allow a **safe distance of at least 2 metres** to be maintained at all times.

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- **Close attention** to hygiene, and frequent cleaning of contact surfaces (e.g. handles, railings, switches, buttons, keyboards, mice, terminals, armrests, table edges, toys, tools, taps, toilets etc.) (2) (3).

Note:

- Everyone must change at home and not in the indoor facilities described above.
- Indoor club facilities may only be used before training or after showering and changing in the on-pitch staff member's own home and returning to work
- For specific procedures for external practice or competitive matches, see **section 8.9 Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication.**

For further information, refer to the latest recommendations and guidelines for hand hygiene, cleaning and cough etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).

4.4 Meals: Breakfast, lunch and dinner

For meals and use of indoor club facilities, see **section 4.3 Use of indoor club facilities by on- and off-pitch staff members.** Further use of buffet and shared catering services etc. is governed by the following recommended guidelines:

- Comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
- **Only** allowed within the staff group: 1) On-pitch staff members, internal or 2) Off-pitch staff members, internal.
- **Only** allowed **before** training/match play or **after** showering and changing in the on-pitch staff member's own home and returning to work.
- The catering facilities should be suitably laid out, including sufficient space between the tables in the dining area, possibly with distance marking.
- No queues should be allowed to form.
- **Particular attention** to contact surfaces, including hygiene and cleaning, and use of personal or disposable utensils or ready portions in the case of self-service.

Other option

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- After a training session/match, individual portion-packed meals are recommended, which they can take home/up to their hotel room, unless the on-pitch staff members can shower and change in their own homes or hotel rooms and then return to the workplace.

4.5 Transport to and from training and matches

These recommended guidelines for transport apply **only** to staff interaction which is **On-pitch staff members, internal** (section 3.3.1.2). Transport with interaction between on- and off-pitch staff is **not advised** (except bus drivers).

Staff should travel to and from training and matches in isolation and only to the training facility, hotel (match preparation) or stadium (external practice or competitive matches), ideally by their own transport⁸. However, if it is not possible to comply with this recommendation, travel should be undertaken by:

- No more than two on-pitch staff members in a car, with one in the driver's seat and front seat on the right or the back seat diagonally to the right (to maintain a safe distance of 1 metre). Both on-pitch staff members should pay great attention to hygiene and coughing etiquette, and cleaning of contact surfaces. The car should also be **thoroughly cleaned** before and after use (transport to and from).
- Use of half-full private buses (i.e. with 20 passengers of the normal capacity is 40), which is also the restriction imposed on public bus transport in Denmark (7). One on-pitch staff member should be placed on each double seat, and if possible in every other row of seats, and they should comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).

4.5.1 Staying at a hotel

When a hotel is used in preparation for a match day (one or two nights up to the match day), it is recommended that each on-pitch staff member should have their own room. It is also recommended that the individual hotel room should be treated as the temporary "home" of the on-pitch staff members.

The sections below therefore outline the guidelines and procedures applicable before, during and after a stay at a hotel. They should be interpreted and applied appropriately when staying at a hotel.

⁸ Car, bike, etc.

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- **4.3 Use of indoor club facilities by on- and off-pitch staff members.**
- **4.4 Meals: Breakfast, lunch and dinner**
- **4.5 Transport to and from training and matches**
- **4.8 Individual training kit and equipment**
- **4.9 On-pitch training equipment**
- **4.10 Medical and physiotherapy treatment**

4.6 Securing training facilities

This section deals with the specific recommendations for securing a closed training facility at the individual club. Every club has different facilities and options for safe training sessions. The club is responsible for ensuring that all of its staff are familiar with and accept the procedure for organising training.

In general, it is recommended that:

- The club should reserve a nearby parking area to the training facility where players and staff can move freely between their vehicles and the training facility and back again, and where stewards are in place.
- Training should take place behind closed doors, i.e. with no access for spectators.
- The training facility is defined as a work area, so only people with relevant job descriptions are allowed access to the stadium during training.
- There should be access control to the training facility, and only those on the access list should be allowed in.
- An enclosed pitch should be used if possible.
- Stewards should be present at the training facility.

4.6.1 Spectators

- The club should publicise the restrictions on spectators in this area on the club website and anywhere else it judges to be relevant.
- The club should place 'No entry' signs around the training facility, along with the rules and guidelines from the health authorities (e.g. concerning the safe distance).
- The club should produce a plan for dealing with people who break the club's rules.
- The plan should include a procedure for telling them not to remain in or around the training facility and how the authorities will be called if the need should arise.
- The club is advised to enter into discussions with the authorities right away.

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4.6.2 Press access

The press should be regarded as **off-pitch staff**, so their interaction with on-pitch staff is governed by the rules in **section 3.3.1.3 On- and off-pitch staff interaction** and the associated recommended guidelines:

- Training should generally be closed - even to the press. However, if it is feasible, the club may provide a clearly segregated area where the press can come in and watch the training without ever coming within a safe distance of 2 metres from the players or other staff.
- This could support a practical solution to allow players or other staff members to be interviewed with a minimum of 2 metres between the press area and the interviewee.
- Interviews should be coordinated beforehand with the club's media officer – and everything should take place outdoors.

For further information, see **section 4.11 Internal and external media**

4.7 Safety: Stretcher crews, stewards and first-aiders

This section deals with stretcher crews (**section 4.71.**), stewards (**section 4.7.2**) and first-aiders (**section 4.2.3**).

4.7.1 Stretcher crews

Members of the stretcher crew are present at **competitive matches, with and without spectators. Whether they are defined by the club as on-pitch or off-pitch staff**, the stretcher crew may need to breach the safe distance to the players for an extended period, so if the stretcher crew are called up, they should always put on the following before coming onto the pitch:

- Gloves
- Visors or face masks. There are three different options (8):
 - full-face visor or
 - face mask (type 2) with attached visor (type 2), or
 - face mask (type 2) with safety glasses

4.7.2 Stewards

It is recommended that stewards should be present at **training, external practice and competitive matches, with or without spectators.**

Stewards are part of **Interaction between on- and off-pitch staff members** (section 3.3.1.3) with regard to the club's on-pitch staff, but are part of **Off-pitch staff members, internal** (section 3.2.1.1) in their interaction with spectators. This includes:

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- Maintaining a safe distance of **at least 2 metres** in contacts with the club's on-pitch staff.
- Maintaining a safe distance of **at least 1 metre** in contacts with spectators.
- Spectator contact:
Where possible, conversations should be held at a safe distance of at least 2 metres. Avoid close contact where possible, including: direct physical contact, 'face-to-face' contact within 2 metres for more than 15 minutes, contact with e.g. saliva or excreta, and remaining in a closed environment (such as a meeting room) for more than 15 minutes at less than 2 metres from the sick person.
Encourage spectators to cough or sneeze into a disposable handkerchief or into their sleeves. If it is not possible to avoid close contact, e.g. because a spectator needs help/treatment etc., the steward should follow the latest recommendations and guidelines issued by the Danish health authorities on hand hygiene (Danish Health and Medicines Authority, 2020c).

It is also recommended that the steward should always carry:

- Gloves
- A bottle of hand sanitiser (or that this should be easily accessible at the stadium)

4.7.3 First-aiders

First-aiders are generally present at **competitive matches with spectators**.

This section is being worked on and will be updated as soon as possible.

4.8 Individual training kit and equipment

Above all, it is recommended at all times that no equipment should be shared between and/or used by on-pitch staff members once it has been used by another on-pitch staff member. This includes all equipment described in **Section 3.3.3 Medical and physiotherapy area**, **Section 4.8 Individual training kit and equipment** and **Section 4.9 On-pitch training equipment**. However, this recommendation is not limited to the listed equipment but should also apply to the use of other equipment. All equipment should also be cleaned and washed every time it has been used.

All procedures for individual training kit and equipment (boots, shin pads, sports tape, exercise equipment, water bottles, etc.) should conform to one of these two descriptions:

4.8.1 The individual staff member

If an on-pitch staff member so wishes, they can wash/clean and take their own training kit and equipment home after every training session or match.

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4.8.2 The club

If the club handles individual training kit and equipment, they should use the following procedure:

- It is recommended that **individual training kit and equipment** should be delivered individually at each staff member's home/hotel room or taken home/to the hotel room by each staff member after training or competitive match play.
- It is recommended that **used training kit be picked up** individually from the staff member's home/hotel room after training and matches (dry clothing on after physical work), where it is collected in black bags to be handled by a team leader, laundryman etc. wearing gloves.

These recommended procedures make it possible for each on-pitch staff member to change clothes and shower at home/in their hotel room. Furthermore, on-pitch staff members may not share kit or equipment at any time.

4.9 On-pitch training equipment

All handling of training equipment used on the pitch (cones, steps, mannequins, balls, fitness equipment, bibs etc.), including transport and disinfection, should be restricted to a selected on-pitch staff member.

The training equipment should be stored under lock and key and disinfected before the first training session and then after each training session or match.

It is recommended that on-pitch staff members should not share any training equipment (particularly training bibs) during training and competitive matches and that the equipment is washed after each use. All staff members are also advised to have their own personal water bottle marked with their name, which should be washed with soap after each training session or match.

4.10 Toilet facilities

Toilet facilities should be available and there should be separate toilet facilities for on- and off-pitch staff and on-pitch staff from two different clubs (on match days). Recommendations for the use of toilet facilities:

- No towels to be used, only disposable tissues to dry hands.
- Close attention to hand hygiene (2).
- Close attention to frequent cleaning of all contact surfaces (fittings, taps, door handles etc.) (3).

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4.11 Medical and physiotherapy treatment

For medical and physiotherapy treatment, it is recommended that only one doctor/physiotherapist should treat one player at a time in the same room (at competitive matches a separate, segregated room should be provided). It is also recommended that a given doctor/physiotherapist should only treat the same group of selected players. Specific guidelines for cleaning, equipment and procedures for staff members and others working in the medical and physiotherapy area can be found in **section 3.2.4 Medical and physiotherapy area**.

With regard to on-pitch treatment of an acute injury it is recommended that the player's location on the pitch should be treated as the **Medical and physiotherapy area (section 3.2.5)** and that the safe distance (2 metres) should be established immediately. It is recommended that only one practitioner should initially approach an injured player on the pitch. However, if the referee feels that two or more persons are required, this will be the recommendation. When examining the player, all practitioners and first-aiders are advised to follow the procedures in **section 3.3.3 Medical and physiotherapy area**.

4.12 Internal and external media

Internal and external media are regarded as off-pitch staff, so they are part of **Interaction between on- and off-pitch staff members** (section 3.3.1.3) with regard to the club's on-pitch staff.

It is recommended that:

- The presence of media before, during and after training should be strictly organised to adhere to the latest recommendations and guidelines issued by the Danish health authorities (**section 3.1 Description of symptoms of and general recommendations concerning SARS-CoV-2**).
- Only a few selected representatives from the club's internal media should be present during training, and the presence of external media should be as limited as possible, with access via telephone and video offered as an alternative.

4.12.1 Organisation of media

It is recommended to:

- Define a specific outdoor work area for the media next to the training pitch which can be accessed by the media employees from their offices or vehicles without coming into contact with on-pitch staff members.

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- People in the media area must comply with the latest recommendations and guidelines on distancing and hygiene from the health authorities (2)
- If the internal media are not restricted to the media area, it is recommended that great care should be taken to maintain a safe distance of at least 2 metres to on-pitch staff and to follow the latest recommendations and guidelines issued by the Danish health authorities concerning hygiene, coughing etiquette and cleaning of all equipment within the safe distance of at least 2 metres before and after every interview (2).

4.12.2 Recommendations for conducting interviews

When conducting interviews with the club's on-pitch staff members (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 maintain a safe distance of 2 metres between the interviewer and on-pitch staff member (i.e. use of adequate equipment like long microphone stands).
- **Not** to use chairs, desks, boards, etc., but if these are used, to comply with all guidelines for cleaning them between interviews.
- If possible, limit all interviews to one staff member at a time, or ensure that a safe distance between staff members is maintained.
- If possible, plan interviews in advance, which will make the logistics to and from the media area easier.

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5.0 Phase 1: Home training

This phase of home training is recommended when the latest recommendations and guidelines issued by the Danish health authorities stipulate that all persons should work from home if possible and/or issue a ban on gatherings of more than 10 persons.

5.1 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the latest recommendations and guidelines issued by the Danish health authorities and to be extremely careful if you experience any symptoms (for a description of the symptoms, see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines, section 3.1.2 General recommendations** and the Danish health authorities' websites (4)).

For other recommended guidelines, see:

- **4.1 Procedures concerning SARS-CoV-2**
- **4.1.1 Club doctor**
- **4.1.2 Procedures for filling in self-reported health check for on-pitch staff members**
- **4.1.3 Description of the testing procedure for ongoing monitoring of infection in professional football in Denmark**
- **4.1.4 Procedures for handling a positive test result for SARS-CoV-2**
- **4.1.4.1 Handling of on-pitch staff members who test positive for SARS-CoV-2**
- **4.1.4.2 Handling of other on-pitch staff members when an on-pitch staff member has tested positive for SARS-CoV-2**
- **4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2**
- **4.1.6 Request for exemption from the common testing procedure after testing positive for SARS-CoV-2**

5.2 Availability of hand sanitiser and/or soap for good hand hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed in the stadium during competitive matches**) should always have access to hand sanitiser or soap to wash their hands when needed, at all facilities used for training, external practice or competitive matches (indoor facilities at the club, practice pitches, hotel facilities, stadium facilities, etc.). It is also recommended, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

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5.3 Use of indoor club facilities by on- and off-pitch staff members.

During this phase no staff member can enter or use the club's indoor facilities and all are advised to carry out their individual work in accordance with the latest recommendations and guidelines issued by the Danish health authorities from their own home.

An exception to this are injured players in need of treatment and recovery, which should be provided by the club. In this situation the guidelines in **section 3.3.3 Medical and physiotherapy area** should be followed. **Section 3.3.4 Fitness facilities, section 4.3 Use of indoor club facilities by on- and off-pitch staff members, and section 4.11 Medical and physiotherapy treatment.**

5.4 Meals: Breakfast, lunch and dinner

During this phase, no staff member may enter or use any indoor facilities maintained by the club, and if they find it necessary, the club is advised to deliver portion packs to the individual on-pitch staff member's home.

5.5 Transport to and from training, external practice or competitive matches

In this phase it is recommended that all training be done at home, so no transport will be needed.

The staff members to be excepted from this are listed in **section 4.3 Use of indoor club facilities by staff members**. It is recommended that these staff members should travel to and from training and matches in isolation and only to the training facility, hotel (match preparation) or stadium (external practice or competitive matches), ideally by their own transport⁹.

5.6 Individual training kit and equipment

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

5.7 On-pitch training equipment

In this phase it is recommended that all training be done at home, so no on-pitch training equipment is needed.

⁹ Car, bike, etc.

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The exception is on-pitch training for injured players. In this case it is recommended to follow the latest recommendations and guidelines presented in **section 4.9 On-pitch training equipment** and **section 4.2 Availability of hand sanitiser and/or soap for good hand hygiene**.

5.8 Toilet facilities

In this phase it is recommended that all training be done at home, so there is no need to use the club's toilet facilities.

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

5.9 Recommended guidelines before, during and after training for off- and on-pitch activities and communication

In this phase no training activities at the club's facilities are recommended. It is therefore recommended that coaches and fitness trainers hand out individual training programmes for each individual player. These training programmes contain individual physical (running and strength), technical, mental and tactical training exercises to be done at the player's own home.

If the latest recommendations and guidelines from the Danish health authorities can be adhered to and permit it, it is possible in this phase for several players to do running exercises together. 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 injured players adhere to the guidelines described in **section 4.2 Use of indoor club facilities by on- and off-pitch staff**, limit their use of indoor facilities and use outdoor on-pitch training where possible.

5.10 Medical and physiotherapy treatment

In this phase it is recommended that treatment of players on and off the pitch be kept to a minimum, and to follow the guidelines in **section 3.3.3 Medical and physiotherapy area** and **section 4.11 Medical and physiotherapy treatment**.

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

This phase of home training is recommended when the latest recommendations and guidelines issued by the Danish health authorities stipulate that all persons should work from home if possible and/or issue a ban on gatherings of more than 10 persons. The number can be increased or reduced according to the prescribed maximum number of persons working together.

6.1 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the latest recommendations and guidelines issued by the Danish health authorities and to be extremely careful if you experience any symptoms (for a description of the symptoms, see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines**, **section 3.1.2 General recommendations** and the Danish health authorities' websites (4)).

For other recommended guidelines, see:

- **4.1 Procedures concerning SARS-CoV-2**
- **4.1.1 Club doctor**
- **4.1.2 Procedures for filling in self-reported health check for on-pitch staff members**
- **4.1.3 Description of the testing procedure for ongoing monitoring of infection in professional football in Denmark**
- **4.1.4 Procedures for handling a positive test result for SARS-CoV-2**
- **4.1.4.1 Handling of on-pitch staff members who test positive for SARS-CoV-2**
- **4.1.4.2 Handling of other on-pitch staff members when an on-pitch staff member has tested positive for SARS-CoV-2**
- **4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2**
- **4.1.6 Request for exemption from the common testing procedure after testing positive for SARS-CoV-2**

6.2 Availability of hand sanitiser and/or soap for good hand hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed in the stadium during competitive matches**) should always have access to hand sanitiser or soap to wash their hands when needed, at all facilities used for training, external practice or competitive matches (indoor facilities at the club, practice pitches, hotel facilities, stadium facilities, etc.). It is also recommended, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

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6.3 Use of indoor club facilities by on- and off-pitch staff members.

In this phase it is recommended that on-pitch training should be restricted to players who are not injured, and that any indoor facilities belonging to the club should not be used.

An exception to the non-use of indoor facilities are injured players in need of treatment and recovery, which should be provided by the club. In this situation it is recommended to follow the guidelines in **section 3.3.3 Medical and physiotherapy area. Section 3.3.4 Fitness facilities, section 4.3 Use of indoor club facilities by on- and off-pitch staff members, and section 4.11 Medical and physiotherapy treatment.**

6.4 Meals: Breakfast, lunch and dinner

In this phase it is recommended that on-pitch training should be restricted to players who are not injured, and that any indoor facilities belonging to the club should not be used, and the club should be advised, if they find it necessary, to deliver portion-packed food to the individual on-pitch staff member's home.

6.5 Transport to and from training, external practice or competitive matches

The recommended guidelines can be found in **section 4.5 Transport to and from training, external practice or competitive matches.**

6.6 Individual training kit and equipment

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

6.7 On-pitch training equipment

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

6.8 Toilet facilities

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

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6.9 Recommended guidelines before, during and after training for off- and on-pitch activities and communication

During this phase it is recommended that all training activities should take place in an isolated outdoor area (**See section 4.6 Securing the training facility**). All on-pitch training activities should comprise small groups of 10 on-pitch staff members at the same time. It is recommended that access to hand sanitiser and/or soap should follow the guidelines in **section 4.2 Availability of hand sanitiser and/or soap for good hand hygiene**.

6.9.1 Before training

The recommended guidelines can be found in **section 4.5 Transport to and from training, external practice or competitive matches**, and it is recommended not to use indoor club facilities for players who are not injured.

6.9.2 During training

It is advisable to comply with the latest recommendations and guidelines issued by the Danish health authorities regarding distancing in all training activities on the pitch. It is therefore recommended to avoid training activities involving close contact (tackling, heading duels, etc.). It is also recommended that all training activities (drills, lines, instruction/verbal feedback) should be organised in such a way that the safe distance is maintained. Practice on large pitches is generally recommended rather than in small areas. It is also recommended that throw-ins be changed to kick-ins to avoid contact between hands and ball and that all staff members use a personalised drink bottle.

6.9.3 After training

The recommended guidelines can be found in **section 4.5 Transport to and from training, external practice or competitive matches**, and it is recommended not to use indoor club facilities for players who are not injured.

6.9.4 Off-pitch communication

It is recommended that all off-pitch communication (staff meetings, tactical meetings/presentations, oral and video feedback, etc.) between staff members (players, coaches, etc.) should take the form of telephone or video calls.

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6.10 Medical and physiotherapy treatment

In this phase, it is recommended that treatment on and off the pitch should focus solely on injured players and follow the guidelines in **section 3.3.3 Medical and physiotherapy area** and **section 4.11 Medical and physiotherapy treatment**.

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7.0 Phase 3: Training (incl. internal practice matches) with no on-pitch limitations, but with off-pitch limitations

This phase is only recommended when the activity is supported by a medical assessment, and when the activity is within the rules and guidelines issued by the Danish health authorities

7.1 Procedures concerning SARS-CoV-2

- **4.1 Procedures concerning SARS-CoV-2**
- **4.1.1 Club doctor**
- **4.1.2 Procedures for filling in self-reported health check for on-pitch staff members**
- **4.1.3 Description of the testing procedure for ongoing monitoring of infection in professional football in Denmark**
- **4.1.4 Procedures for handling a positive test result for SARS-CoV-2**
- **4.1.4.1 Handling of on-pitch staff members who test positive for SARS-CoV-2**
- **4.1.4.2 Handling of other on-pitch staff members when an on-pitch staff member has tested positive for SARS-CoV-2**
- **4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2**
- **4.1.6 Request for exemption from the common testing procedure after testing positive for SARS-CoV-2**

7.2 Availability of hand sanitiser and/or soap for good hand hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed in the stadium during competitive matches**) should always have access to hand sanitiser or soap to wash their hands when needed, at all facilities used for training, external practice or competitive matches (indoor facilities at the club, practice pitches, hotel facilities, stadium facilities, etc.). It is also recommended, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

7.3 Use of indoor club facilities by on- and off-pitch staff members.

In this phase it is recommended that on-pitch training should be restricted to players who are not injured, and that the use of any indoor facilities belonging to the club should be limited.

Recommended guidelines for the use of indoor club facilities **during training** are described in **section 4.3 Use of indoor club facilities by staff members.**

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7.4 Meals: Breakfast, lunch and dinner

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

7.5 Transport to and from training and internal practice matches

The recommended guidelines can be found in **section 4.5 Transport to and from training, external practice or competitive matches.**

7.6 Individual training kit and equipment

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

7.7 On-pitch training equipment

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

7.8 Toilet facilities

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

7.9 Recommended guidelines before, during and after training or internal practice matches for on- and off-pitch activities and communication

In this phase it is recommended that all training and all internal practice matches should take place in an isolated outdoor area (**See section 6.0 Securing the training facility**). All on-pitch training activities have no on-pitch limitations in terms of numbers, physical contact or distance. But it is recommended to avoid or minimise any close contact that is not play-related or necessary (feedback loops, queues for drills, etc.). It is recommended that access to hand sanitiser and/or soap should follow the guidelines in **section 4.2 Availability of hand sanitiser and/or soap for good hand hygiene**

It should also be emphasised that an internal practice match is regarded as a training session, as only on-pitch staff from the individual clubs are involved.

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7.9.1 Before training or internal practice matches

Recommended guidelines for **before training** can be found in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members** and **section 4.5 Transport to and from training, external practice or competitive matches**.

7.9.1.1 Warm-up before internal practice matches

- Players should warm up immediately before kick-off, with no chance to use the indoor facilities before the match starts again (except for toilets).
- All team talks should be held on the pitch and, for reasons of caution, should observe the safe distance of at least 2 metres recommended by the Ministry of Culture. (3).
- All activities involving close physical contact before the match but which are not related to the match itself (handshakes within and between teams, high-fives, etc.) are not to be conducted.

7.9.2 During training or internal practice matches

For training, external practice or competitive matches the following is also recommended:

- The placing of on-pitch staff and officials not taking part in the practice match will comply with a safe distance of at least 1 metre (substitutes, reserve players, coaches, referees etc.).
- All staff members should only use a personal drink bottle and not share equipment (training bibs etc.).
- All on-pitch staff members should limit themselves to individual goal celebrations.

7.9.2.1 More about internal practice matches

The following recommended guidelines apply to internal practice matches

- Warm-ups **during** the match should be organised in one of the following two ways:
 1. If it is possible to maintain a safe distance of at least 1 metre between all on-pitch staff members, the club's on-pitch staff members can warm up behind the linesman on the side line nearest to the bench.
 2. Each internal team will have a side line nearest to their bench where they can warm up while maintaining a safe distance of at least 1 metre.
- The number of players warming up will depend on maintaining the safe distance of at least 1 metre, and may be adjusted for this.
- Any substituted player can use the directions given below in **section 7.9.3 After training or internal practice matches** before sitting on the bench.

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During halftime in an internal practice match it is recommended that an isolated outdoor area¹⁰, where the safe distance of at least 1 metre can be maintained, should be reserved for each team's half-time activities.

7.9.3 After training or internal practice matches

The recommended guidelines can be found in **Section 4.5 Transport to and from training, external practice or competitive match play** and **Section 4.3 Use of indoor club facilities by on- and off-pitch staff members**. In general, it is recommended that all activities after the match which are not related to the match itself (handshakes within and between teams, high-fives, team talks etc.) should be omitted.

7.9.4 Off-pitch communication

It is recommended that all communication off the pitch should follow the recommended guidelines in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members**.

7.10 Medical and physiotherapy treatment

In this phase, player treatment on and off the pitch should follow the needs of the players and comply with the guidelines in **section 3.3.3 Medical and physiotherapy area** and **section 4.11 Medical and physiotherapy treatment**.

¹⁰ Covered to provide shade or protection from rain or snow.

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8.0 Phase 4: Training and competitive matches with no on-pitch limitations, but with off-pitch limitations

This phase is only recommended when the application is supported by a medical and clinical assessment, and when the activity is within the latest recommendations and guidelines issued by the Danish health authorities

8.1 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the latest recommendations and guidelines issued by the Danish health authorities and to be extremely careful if you experience any symptoms (for a description of the symptoms, see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines, section 3.1.2 General recommendations** and the Danish health authorities' websites (4)).

For other recommended guidelines, see:

- **4.1 Procedures concerning SARS-CoV-2**
- **4.1.1 Club doctor**
- **4.1.2 Procedures for filling in self-reported health check for on-pitch staff members**
- **4.1.3 Description of the testing procedure for ongoing monitoring of infection in professional football in Denmark**
- **4.1.4 Procedures for handling a positive test result for SARS-CoV-2**
- **4.1.4.1 Handling of on-pitch staff members who test positive for SARS-CoV-2**
- **4.1.4.2 Handling of other on-pitch staff members when an on-pitch staff member has tested positive for SARS-CoV-2**
- **4.1.5 Recommended guidelines for an on-pitch staff member's return to full training intensity after catching SARS-CoV-2**
- **4.1.6 Request for exemption from the common testing procedure after testing positive for SARS-CoV-2**

8.2 Availability of hand sanitiser and/or soap for good hand hygiene

It is recommended that all staff members (and personnel listed in **section 8.8.5 List of personnel allowed in the stadium during competitive matches**) should always have access to hand sanitiser or soap to wash their hands when needed, at all facilities used for training, external practice or competitive matches (indoor facilities at the club, practice pitches, hotel facilities, stadium facilities, etc.). It is also recommended, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

This Protocol has been adopted by Danish professional football clubs by way of mandatory general guidelines during the SARS-CoV-2 pandemic. The Protocol does not release the club from its full liability as an employer towards its employees, including responsibility for their health.

8.3 Use of indoor club facilities by on- and off-pitch staff members.

During this phase it is recommended that on-pitch training should be restricted to players who are not injured, and to limit the use of any indoor club facilities for training in accordance with **section 4.3 Use of indoor club facilities by on- and off-pitch staff** and for external practice or competitive matches in accordance with **section 8.9 Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication.**

8.4 Meals: Breakfast, lunch and dinner

The recommended guidelines can be found in **section 4.4: Meals: breakfast, lunch and dinner**, and are applicable to training, external practice and competitive matches.

8.5 Transport to and from training, external practice or competitive matches

The recommended guidelines can be found in **section 4.5 Transport to and from training, external practice or competitive matches.**

8.6 Individual training kit and equipment

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

8.7 On-pitch training equipment

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

8.7.1 Balls handled by ball boys

It is also recommended that all balls handled by ball boys should be dried (one towel per drying) and then disinfected before they can be used in the match again. In order to maintain the natural flow of the game, the club should therefore:

- Ensure that every ball boy has disposable gloves (rubber).
- Ensure that every ball boy has enough balls (min. 3 per ball boy).
- Provide a sufficient number of disposable gloves and access to hand sanitiser for those responsible for the drying and disinfection procedure
- Ensure that this drying and disinfection procedure is observed at all times.

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8.8 Toilet facilities

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

8.9 Recommended guidelines before, during and after training, external practice or competitive matches for on- and off-pitch activities and communication

In this phase it is recommended that:

- All on-pitch training activities have no on-pitch limitations in terms of number of people, contact or distances.
- All external practice or competitive matches should be conducted behind closed doors with no spectators and with only the minimum number of persons present to run the training, external practice or competitive match and to secure adequate TV production (**see Protocol 2 for match operation**).
- A more detailed list of the necessary staff members allowed can be found in **section 8.8.5 List of staff members allowed at the stadium during competitive matches**.
- It is recommended that hand sanitiser and/or soap should be available to all staff members at the stadium, who should follow the guidelines in **section 4.2 Availability of hand sanitiser and/or soap for good hand hygiene**

8.9.1 Before training, external practice or competitive matches

Recommended guidelines for **before training** can be found in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members** and **section 4.5 Transport to and from training, external practice or competitive match play**.

The following specific guidelines for **transport, staying at a hotel and use of indoor facilities for external practice or competitive matches** must be observed:

- Transport, see **section 4.5 Transport to and from training, external practice or competitive matches**
- Hotel accommodation, see **section 4.5.1 Staying at a hotel**
- Use of meeting rooms, restaurant etc. during hotel stays, see **section 4.3 Use of indoor club facilities by on- and off-pitch staff members**.

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8.9.1.1 On arrival at external practice or competitive matches

As a general rule, all on-pitch staff from both teams and the match officials should **arrive at external practice or competitive matches dressed in their match kit.**

The home team can also make use of one of the following two options for the external practice or competitive match, but the choice is **subject to** the same conditions being provided for the **officials and both teams:**

A) Possible use of indoor facilities

The home team may make segregated indoor facilities available¹¹ (lounges, conference rooms, tents etc.) for each club's on-pitch staff and the match officials if the individual facilities can satisfy the following conditions:

1. Before the match, the home team must inform the away team of the possibility of using indoor facilities for the external practice or competitive match, so they can prepare for this.
2. Use is reserved for **on-pitch staff and match officials.**
3. There must be physical separation between the officials and the two clubs' on-pitch staff (min. three physically separated areas/rooms).
4. Access to separate dedicated toilet facilities for the individual clubs' on-pitch staff and the officials, who must take great care to comply with the recommended guidelines in **section 4.10 Toilet facilities.**
5. The premises must be thoroughly cleaned **before** use.
6. In the interests of caution, the size of the premises must ensure that all on-pitch staff from the individual clubs and the officials can maintain a safe distance of **at least 2 metres from each other** at all times, including during team talks.
7. That the recommended guidelines in **section 4.2 Availability of hand sanitiser and/or soap** are in place in order to follow strictly the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities (2) as described in the recommended guidelines issued by the Ministry of Culture (3).
8. The premises should be cleaned and disinfected after use (leaving for warming up).

B) Possible use of outdoor facilities

¹¹ The area must **not** be a dressing room.

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The home team may assign three segregated outdoor areas¹² on the training or match pitch or at the stadium for all activities before, during and after external practice or competitive matches (team talk, preparation, warm-up etc.) for each club's on-pitch staff and the match officials, where a safe distance of at least 1 metre can be maintained.

8.9.1.2 Warm-up before external practice or competitive matches

The following recommended guidelines apply to external practice or competitive matches

- The on-pitch staff members of the two participating clubs and the officials should warm up separately, with the two teams at the ends and the officials in the middle of the pitch.
- Players should warm up immediately before kick-off, with no chance to use the indoor facilities before the match starts again (except for the toilet allocated by the club).
- All team talks should be held on the pitch and, for reasons of caution, should observe the safe distance of at least 2 metres recommended by the Ministry of Culture from the on-pitch staff member who is talking (see also section 3.3.1.2 and (3)).
- Players in the starting line-up should maintain a safe distance of 1 metre when running onto the pitch in one line.
- All activities which involve close physical contact before the match but which are not related to the match itself (handshakes within and between teams, high-fives, etc.) should be omitted.

8.9.2 During training, external practice or competitive matches

It is also recommended for training, external practice or competitive matches:

- The placing of on-pitch staff and officials not taking part in the practice match must comply with a safe distance of at least 1 metre (substitutes, reserve players, coaches, referees etc.).
- All staff members should only use a personal drink bottle and not share equipment (training bibs etc.).
- All on-pitch staff members should limit themselves to individual goal celebrations.

8.9.2.1 Warm-up before external practice or competitive matches

The following recommended guidelines apply to external practice or competitive matches

- Warm-ups **during** the match should be organised in one of the following two ways:

¹² May be covered against rain and snow or strong sunshine.

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1. If it is possible to maintain a safe distance of at least 1 metre between all on-pitch staff members, both clubs' on-pitch staff members can warm up behind the linesman on the side line nearest to their bench.
 2. Each club will have a side line nearest to their bench where they can warm up while maintaining a safe distance of at least 1 metre.
- The number of players warming up will depend on maintaining the safe distance of at least 1 metre, and may be adjusted for this.
 - Any substituted player can use the directions given below in **section 8.9.3 After training, external practice or competitive matches** before sitting on the bench.

8.9.2.2 At half-time in external practice or competitive matches

Clubs are advised to make use of one of the following two options in the half-time break in the external practice or competitive match, but the choice is **subject to** the same conditions being provided for the **officials and both teams**:

A) Possible use of indoor facilities

The clubs' on-pitch staff and the match officials can again use the separate and segregated indoor facilities¹³ provided for the match on these conditions:

1. The premises and associated toilets must be cleaned after initial use.
2. All conditions for use specified in **section 8.9.1 Before training, practice and competitive matches** are observed.
3. Each club must have a procedure for collecting and storing used sweat tops etc. in e.g. plastic bags.
4. Access to and from the premises must not cause queues to form.

B) Possible use of outdoor facilities

The home team may again assign three segregated outdoor areas¹⁴ on the training or match pitch or at the stadium for all activities before, during and after external practice or competitive matches (team talk, preparation, warm-up etc.) for each club's on-pitch staff and the match officials, where a safe distance of at least 1 metre can be maintained.

¹³ The area must **not** be a dressing room.

¹⁴ May be covered against rain and snow or strong sunshine.

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8.9.3 After training, external practice or competition match play

After **training**, it is advisable to follow the recommended guidelines set out in **section 4.5 Transport to and from training, external practice or competitive matches** and **section 4.3 Use of indoor club facilities by on- and off-pitch staff members**.

8.9.3.1 After external practice or competitive matches

In general, it is recommended that all activities involving close physical contact after the match which are not related to the match itself (handshakes within and between teams, high-fives, etc.) should be omitted.

Clubs are advised to make use of one of the following two options after the external practice or competitive match, but the choice is **subject to** the same conditions being provided for the **officials and both teams**:

A) Possible use of indoor facilities

The clubs' on-pitch staff and the match officials can again use the separate and segregated indoor facilities¹⁵ provided for the match on these conditions:

1. The premises and associated toilets must be cleaned after initial use.
2. All conditions for use specified in **section 8.9.1 Before training, practice and competitive matches** are observed.
3. Each club must have a procedure for collecting and storing used sweat tops etc. in e.g. plastic bags.
4. Access to and from the premises must not cause queues to form.
5. Use must be limited to changing into dry clothes (no shower) and brief conclusion of the match.

B) Possible use of outdoor facilities

Apply the same recommended guidelines as for training (**section 4.5 Transport to and from training, external practice or competitive matches** and **section 4.3 Use of indoor club facilities by on- and off-pitch staff members**).

¹⁵ The area must **not** be a dressing room.

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8.9.4 Off-pitch communication

It is recommended that all communication off the pitch should follow the recommended guidelines in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members**.

8.9.5 List of staff members allowed at the stadium during competitive matches

It is important to note that a stadium is a work area, so it is recommended that only persons with a relevant job function should be at the stadium. There should be no events etc. organised before, during or after the match. The following list covers the people who should have access (the list is **not** exhaustive). More details are given in the protocol for match operations (**section 1: Introduction**).

- Referees and linesmen, including referee observer
- Anti-doping control
 - Players, coaching staff, technical staff
 - Security staff
 - First-aiders
 - Press and communications staff
 - Stadium operations and ground staff.
 - Ball boys
 - Media
 - TV production staff
 - Data and analysis providers to the Danish League
 - National coaches from the DBU

All staff members listed above and not directly involved in the match (apart from the 22 players on the pitch), should be positioned at the minimum safe distance between themselves at all times.

8.10 Medical and physiotherapy treatment

In this phase, player treatment on and off the pitch should follow the needs of the players and comply with the guidelines in **section 3.3.3 Medical and physiotherapy area** and **section 4.11 Medical and physiotherapy treatment**.

This Protocol has been adopted by Danish professional football clubs by way of mandatory general guidelines during the SARS-CoV-2 pandemic. The Protocol does not release the club from its full liability as an employer towards its employees, including responsibility for their health.

9.0 Phase 5: Practice or competitive matches without any on- or off-pitch limitations

This phase is only recommended when the application is supported by a medical and clinical assessment, and when the activity is within the latest recommendations and guidelines issued by the Danish health authorities

9.1 General assumptions

It is the club's responsibility at all times to follow and keep abreast of the latest recommendations and guidelines issued by the Danish health authorities on responsible practice in light of the SARS-CoV-2 epidemic.

This phase consists of a full return to normal use and procedures for on- and off-pitch facilities and activities with no limitations. However, during this phase, the latest recommendations and guidelines issued by the Danish health authorities for hygiene and disinfection, as presented in **section 3.3 General recommendations for cleaning** and **4.2 Availability of hand sanitiser and/or soap for good hand hygiene**, should still be followed, with an emphasis on the facilities.

In this phase, it is essential not to lower your guard but to continue to follow the hygiene measures until the health emergency is over.

9.2 Procedures concerning SARS-CoV-2

In general, it is still recommended to follow the latest recommendations and guidelines issued by the Danish health authorities and to be extremely careful if you experience any symptoms (for a description of the symptoms, see **section 3.1.1 Symptoms of SARS-CoV-2 and recommended guidelines**, **section 3.1.2 General recommendations** and the Danish health authorities' websites¹⁶). See also information on testing for SARS-CoV-2 included in the latest recommendations and guidelines issued by the Danish health authorities.

9.1.1 Club doctor

It is also recommended that a club doctor or a healthcare professional should be present wherever possible at the club's facilities and stadium before, during and after all training and match activities.

It is recommended that a club doctor should be responsible for:

¹⁶ www.sst.dk

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- 1) Administration of the SARS-CoV-2 test (if available), when considered appropriate.
- 2) Administration of health checks on on-pitch staff members, when considered appropriate.

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10.0 Request for addition or change to an existing guideline

A club can submit a detailed written request for a possible addition or change to an existing guideline

As a minimum, any such request should contain:

- Reference to the section of the existing guideline in the protocol.
- Rationale for an addition or change to the existing guideline
- Detailed description of all conditions for the addition or change to be feasible (practical, logistical etc.).
- A clinical declaration to the effect that: 1) the desired activity is not a risk to health and is consistent with the latest guidelines from the health authorities, and 2) it is the responsibility of the club doctor to ensure that the concrete procedures described can be adhered to.
- The club will receive oral and individual feedback on the request immediately before the forthcoming expansion or change to the next version of the protocols.

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11.0 Final remarks

This Protocol contains the current recommendations and guidelines from the Danish League to the professional football clubs. However, the protocol is not definitive and is undergoing constant revision in light of the latest recommendations and guidelines issued by the Danish health authorities and the general health situation in Denmark.

This Protocol has been adopted by Danish professional football clubs by way of mandatory general guidelines during the SARS-CoV-2 pandemic. The Protocol does not release the club from its full liability as an employer towards its employees, including responsibility for their health.

12.0 References

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Appendix A: Self-reported health check for on-pitch staff members.

To be filled in and submitted to the club every day for approval by the club doctor at least two hours before entering the training pitch/stadium

- Temperature: _____
- Sore throat: Yes__ No__
- Dry cough: Yes__ No__
- Headache: Yes__ No__
- Nausea: Yes__ No__
- Diarrhoea: Yes__ No__
- Muscle pain:* Yes__ No__
- Respiratory difficulties: Yes__ No__
- Other symptoms: Yes__ No__

*Not soreness after training or known injury

If your temperature is above 37.5°C or you answer yes to any of the questions, you must not report for training or match play without clearance from the team's medical staff/doctor.

If you are unsure what to enter or how to judge possible symptoms, contact the club and await a telephone call and discussion with the club doctor.

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Appendix B: Possible clinical measures after a positive test for/symptoms of SARS-CoV-2

NB: The following section has been reproduced in the original language (English) so as not to affect the meaning.

Player medical assessment post-recovery

Although COVID-19 will lead to minor symptoms in most cases, the specific aspects of this infection affecting elite footballers must be considered prior resumption of high intensity/volume exercise.

Specific assessments may be considered according to clinical presentation & specialist advice on a case by case basis and will include:

Suspected pulmonary function impairment:

Consider referral to pulmonologist or perform pulmonary function tests (pre- & post-exercise challenge). **If abnormal test**, then refer to pulmonologist for further tests.

Suspected post-viral myocarditis:

STOP physical exercise. Consider referral to cardiologist or perform resting ECG and measure of high sensitive troponin I/T (HS-TnI or HS-TnT). **If either test is abnormal**, then refer to cardiologist for further urgent tests (i.e. exercise testing, echocardiogram, cardiac MRI).

Example of timeline for return to play after experiencing symptoms and/or tested positive for SARS-CoV-2

Commence floor-based exercise only with individualized HR monitoring program for 7 days.

STOP if any cardiac symptoms (palpitations, chest pain).

Progress to bike/grass exercise with individualised HR monitoring program for further 7 days.

Club doctor to decide whether to continue exercise or refer to expert advice group.

- Use detailed symptom questionnaire
- Consider blood test (HS-TnI or HS-TnT), ECG and pulmonary function test

References

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Appendix C: Procedures for contacts with the expert committee

If the club, in dealing with an on-pitch staff member who has tested positive for SARS-CoV-2 requires supporting clinical advice and feedback on how to handle the individual case (further clinical measures, return to full training intensity) from the independent external expert committee established by the Danish League, the following procedure should be used:

- Send an e-mail through the Danish League to _____¹⁷.
- The e-mail should contain contact details for the club's medical officer.
- The e-mail should contain a brief description of the particular question.
- You will then be contacted directly by the independent external expert committee established by the Danish League for further club-specific professional advice and feedback.

NB: It should be noted that the expert committee only advises and, as the employer, the club bears the full liability towards its employees, including responsibility for their health.

The expert committee comprises:

- A specialist in infectious medicine
- A consultant in cardiology
- A consultant in pulmonary medicine

¹⁷ In the published protocol, the e-mail address has been anonymised for reasons of security.

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Background to the protocol

On 11 March 2020 the Danish government announced a series of measures that resulted in a lock-down of large parts of Danish life for an initial 14 days to tackle the health emergency caused by SARS-CoV-2. An extension of the initial lock-down to 13 April was announced on 22 March. On 30 March, the government stated that if the current trend continued through the Easter holidays, it would be possible to slowly and progressively reopen parts of Danish society.

Since the start of the health crisis, the Danish government and health authorities have informed the public of the rules and procedures to be followed to prevent an exponential spread of the SARS-CoV-2 virus (9), also offering information about the protocols for risk prevention that all employers and employees should follow to minimise or prevent exposure to SARS-CoV-2.

The situation in relation to sport

Sport in general, and especially professional football in Denmark, has suffered in both financial and sporting terms.

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 which are consistent with the latest rules, recommendations and guidelines issued by the Danish government and health authorities. Please note that these are recommended guidelines from the Danish League, and it is the responsibility of the club as an employer to safeguard and protect the health and safety of its employees at all time and to comply with the regulations and requirements laid down by national public authorities, including health authorities.

At first, on 12 March, the Danish League recommended that all professional football clubs should cancel normal football training and issued the players with individual training programmes to be followed individually from home (home training).

On 25 March, the Danish League modified these recommendations, based on several meetings with an advisory group of doctors and feedback from clubs and players, to include recommendations for strength training and modified team training (group-based).

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Contact with the Danish health authorities

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

Purpose

To produce a protocol to ensure the greatest possible safety for employees of the football clubs and to minimise the risk of spreading SARS-CoV-2 when training, external practice and competitive matches resume. The intention of the protocol is therefore to cover both on- and off-pitch risk-factors for the health of the employees (players, club members and other staff) involved in training, external practice or competitive matches and for the spread of SARS-CoV-2 in Danish society in general. This recommended protocol will be supported by the already existing protocols and safety regulations within professional football in Denmark.

Protocol for match operations during the current SARS-CoV-2 pandemic

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

- Match operations relating to safety and security
- Match operations relating to media

The protocol for match operations ensures all parties are aware of the rules and recommendations to be followed for competitive matches within professional football in Denmark. The match operations protocol also provides common ground and a management protocol to assist the clubs with their match operations in these difficult times.