

**VALID FROM 11 JUNE 2020**

**PROTOCOL 1 VERSION 4:**

**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 3 to version 4: For a detailed list of changes, see "Comments on Protocol 1 version 4":

- Provision to be made for the use of changing rooms and showers. It is recommended that the changing room be reserved for on-pitch staff only. A distancing requirement of at least 1 metre between on-pitch staff and a space requirement of 2 m<sup>2</sup> per on-pitch staff member should be observed.
- Use of indoor fitness facilities to be allowed. It is recommended that facilities be reserved for on-pitch staff only. A distancing requirement of at least 2 metres between on-pitch staff and a space requirement of 4 m<sup>2</sup> per on-pitch staff member should be observed.
- It is possible for the club doctor to use tests conducted elsewhere in lieu of participation in the common testing procedure if specific conditions are met.
- On- and off-pitch staff can take turns to use the same indoor facilities, including eating areas, if the two groups are kept separate and the facilities are cleaned between users.
- Where people travel in their own cars, a distancing requirement of at least 1 metre must be observed, but there is no limit on numbers. Where other privately arranged transport is used, it should be filled to half capacity and distancing and space requirements must be observed.
- Description of phases 1, 2, and 3 deleted as we are now in phase 4; restrictions off the pitch but no restrictions on the pitch.

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 staff 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 staff (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 protocol sets out the recommended guidelines to the clubs, for use in drawing up individual plans for training, external practice or competitive matches. The protocol takes the latest recommendations and guidelines issued by the Danish authorities and applies them to a footballing and everyday context. This footballing and everyday context includes staging training, external practice and competitive matches and use of the associated facilities, and relevant work processes on and off the pitch.

In the first editions, the protocol was divided into five different phases covering the resumption of training, external practice or competitive matches. All phases together constituted the recommended procedure for a return to training, external practice or competitive matches.

This protocol has been reduced to a description of the present phase 4: Training, external practice and competitive matches without on-pitch restrictions, but with off-pitch restrictions. This phase is split into two main parts, covering training and external practice or competitive matches:

- Section 4.0 Recommended guidelines for **training** without on-pitch restrictions, but with off-pitch restrictions
- Section 5.0 Recommended guidelines for **external practice and competitive matches** without on-pitch restrictions, but with off-pitch restrictions.

The protocol describes general recommendations and guidelines which will apply to the following areas:

- Staff members
- Facilities and staff working at specific facilities, including security personnel
- Securing training facilities
- Press access: Internal and external media
- Safety: Stretcher crews, stewards and first-aiders

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- 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.
- 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
- 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 individual plans for training, external practice or competitive matches. The protocol takes the latest recommendations and guidelines issued by the Danish authorities and applies them to a footballing and everyday context. This footballing and everyday context includes staging training, external practice and competitive matches and use of the associated facilities, and relevant work processes on and off the pitch.

### 2.1 The protocol

In the first editions, the protocol was divided into five different phases covering the resumption of training, external practice or competitive matches. All phases together constituted the recommended procedure for a return to training, external practice or competitive matches in a way that ensured that the players had the best possible fitness level for a safe resumption (with reduced risk of injuries) of competitive match play despite the limited time for preparation.

In the interests of clarity, this protocol has been reduced to a description of the present phase 4: Training, external practice and competitive matches without on-pitch restrictions, but with off-pitch restrictions. This phase is split into two main parts, covering training and external practice or competitive matches:

- Section 4.0 Recommended guidelines for **training** without on-pitch restrictions, but with off-pitch restrictions
- Section 5.0 Recommended guidelines for **external practice and competitive matches** without on-pitch restrictions, but with off-pitch restrictions

In practice, this means updating and combining sections 3.0, 4.0 and 8.0 from the earlier versions of Protocol 1.

### 2.2 Interpretation and application

The protocol is 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 according to the general situation in Danish society and the latest recommendations and guidelines from the Danish authorities.

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## 2.3 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 life:

- The safety of the players and their immediate families.
- The safety of the coaching staff at all of the clubs.
- The safety of all other 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, including staff interaction
- 3) Facilities and staff working at specific facilities, including security personnel
- 4) Securing training facilities
- 5) Safety: Stretcher crews, stewards and first-aiders

Each of these factors is discussed below.

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

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 (Sundhedsstyrelsen, 2020).

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

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.

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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 for cleaning*

#### *3.1.2.1 General recommendations to limit the spread of infection in society and to protect high-risk groups*

- 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 take care.

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

#### *3.2.1.2 General recommendations for cleaning*

- Follow the latest recommendations and guidelines for cleaning issued by the Danish health authorities, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).
- Hand sanitiser should be used.
- There should be frequent cleaning.
- All current cleaning recommendations issued by the health authorities should be followed.
- If possible, obtain additional approved cleaning equipment (e.g. handheld UV equipment etc.).

## **3.2 Staff**

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 in order 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 involved on the pitch):

- Basically covers the sports staff.
- Staff members whose work process cannot be adapted (e.g. to observe the distancing requirement), as this will limit the scope for training and match play.

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- 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.

**Off-pitch staff members** (staff who are not involved 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.).
- Facility staff (cleaners, cooks, laundry staff, etc.).
- Security and ground staff.
- Internal media staff

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

#### *3.2.1.1 Off-pitch staff, 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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture, (Kulturministeriet, 2020) including the **distancing requirement of at least 1 metre.**

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#### 3.2.1.2 On-pitch staff, 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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020), and observe the distancing requirement of at least 1 metre. However, the following points in relation to the specific recommendations and guidelines issued by the Danish Health and Medicines Authority (Sundhedsstyrelsen, 2020) and the Ministry of Culture, (Kulturministeriet, 2020) and the need for caution, are **subject to** a distancing requirement of at least 2 metres:

- Use of specific indoor club facilities such as changing rooms and fitness facilities (for more detail, see **section 3.3.2 Changing rooms** and **section 3.3.4 Fitness facilities**).
- Between coaches etc. and players: *“in activities involving heavy breathing where droplets are formed and projected further away from the person than with normal speech, e.g. instructions to players, chanting, singing, physical exertion etc., a distance of 2 metres should be maintained”* (Kulturministeriet, 2020, s. 2).

#### 3.2.1.3 On- and off-pitch staff interaction

All interaction **between on- and off-pitch** staff members should 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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020), including the distancing requirement of **at least 2 metres (interviews, communication etc.)**, and should take place outdoors if possible.

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

### 3.3 Facilities and staff working at specific facilities, including security personnel

It is recommended that all facilities be subjected to thorough cleaning and disinfection before any staff members arrive to resume their work. Clubs are also advised 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.

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### **3.3.1 Kitchen and laundry room**

The kitchen and laundry room should only be used by **off-pitch staff** (see **section 3.2.1.1 Off-pitch staff, internal**). It is therefore 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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).
- 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.
- The cleaning staff should lock the indoor facilities after cleaning.

### **Laundry room**

- The staff 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 Changing rooms**

Changing rooms should only be used by **on-pitch staff** (see **section 3.3.1.2 On-pitch staff, internal**).

As the use of changing rooms to change and shower is a big potential risk area for spreading infection, clubs are advised to follow **closely** the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).

The use of changing and showering facilities is subject to a space requirement of 2 m<sup>2</sup> per on-pitch staff member, and a distancing requirement of at least 2 metres between on-pitch staff members should be observed. The club should produce a plan for the organisation (setup) and procedure for use and cleaning which prevents queues from forming, crowding, contact between on-pitch staff and the spread of infection:

#### **The organisation plan could include:**

- Fixed places with plastic containers for used training kit

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- Use of every other shower/individual showers
- Markings on the floor etc.

**The procedure plan could cover:**

- Access to and movement to and from the changing room and showers (e.g. one-way traffic).
- Collection of used training or match kit in e.g. plastic containers, bags etc., preventing direct contact between training or match kit and towels used by individual on-pitch staff members.
- Constant and thorough airing.
- The fewest possible on-pitch staff members should use the same changing and showering facilities at the same time (staggered times/use of multiple facilities).

**Plan for the cleaning procedure, including:**

Showering and changing facilities to be cleaned thoroughly and frequently, with every surface wiped and

contact surfaces disinfected. No shared towels or bars of soap to be used.

The individual changing area should be cleaned before and after use by an on-pitch staff member.

Further attention should be given to:

- Effective, visible and regular cleaning of all door handles and various fittings.
- Effective, visible and regular cleaning of all showering facilities.
- Effective, visible and regular cleaning of toilets.
- Disinfection of contact surfaces on lockers and benches in changing rooms before and after use by on-pitch staff

### ***3.3.3 Medical and physiotherapy area***

The medical and physiotherapy area should only be used by **on-pitch staff** (see **section 3.3.1.2 On-pitch staff, internal**).

Recommendations for the operation of the medical and physiotherapy area:

- Comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).

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- 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 (Kulturministeriet, 2020, s. 4)
- 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

Fitness facilities should only be used by **on-pitch staff** (see **section 3.3.1.2 On-pitch staff, internal**). Where possible, outdoor fitness facilities should be established by moving the gym equipment outside and applying the guidelines in this section.

The use of **indoor fitness facilities** is a major risk area for spreading infection and is subject to a space requirement of **4 m<sup>2</sup>** per on-pitch staff member, and a distancing requirement of at least **2 metres** between on-pitch staff members should be observed. The club should produce **a plan for the organisation (setup) and procedure for use and cleaning** which prevents queues from forming, crowding, contact between on-pitch staff and the spread of infection:

#### The organisation plan could include:

- Establishing independent and physically separate training stations incl. equipment (weights, apparatus etc.) to satisfy the space and distancing requirements and ensure that there is no face-to-face interaction during training.
- Individual use of sweat-absorbing equipment such as yoga and training mats, sand bags and boxing gloves is governed by the guidelines in **section 4.6 Individual training kit and equipment**.

#### The procedure plan could cover:

- Access to and movement within indoor fitness facilities (e.g. one-way traffic).
- Constant and thorough airing.
- The fewest possible on-pitch staff members should use the same indoor fitness facilities at the same time (staggered times/use of multiple facilities).

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- Disinfection before, between and after use: With equipment and apparatus, contact surfaces should be cleaned before, between and after each use.

**Plan for the cleaning procedure, including:**

- Extra cleaning: Extra airing and cleaning should be included in daily operation, with frequent disinfection of contact surfaces such as door handles, card readers, taps and training equipment and apparatus.

### 3.4 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 area 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.

#### 3.4.1 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 in if the need should arise.
- The club is advised to enter into discussions with the authorities right away.



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### 3.4.2 Press access: Internal and external media at training sessions

Internal and external media are regarded as off-pitch staff, so they interact with on-pitch staff (see **section 3.3.1.3 On- and off-pitch staff interaction**) 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.

#### 3.4.2.1 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.
- People in the media area must comply with the latest recommendations and guidelines on distancing and hygiene from the health authorities (Sundhedsstyrelsen, 2020)
- 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 from 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 (Sundhedsstyrelsen, 2020).

#### 3.4.2.2 Recommendations for conducting interviews

Recommendations for conducting interviews with the club's on-pitch staff members (players, coaches, etc.):

- Always use the outside media working area as a studio if possible, or a secluded area away from the training pitch.
- Always comply with the distancing requirement of at least 2 metres between the interviewer and the individual on-pitch staff member (i.e. use suitable equipment such as long microphone stands or holders).

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- **Do not** use chairs, desks, boards, etc., but if these are used, 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 of moving to and from the media area easier.

### 3.5 Safety: Stretcher crews, stewards and first-aiders

This section deals separately with stretcher crews (**section 3.5.1**) and stewards (**section 3.5.2**). First-aiders will be dealt with in a Protocol 3 covering competitive matches with spectators.

#### 3.5.1 Stretcher crews

Members of the stretcher crew will be 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 from 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 (Institut, 2020):
  - full-face visor or
  - face mask (type 2) with attached visor (type 2), or
  - face mask (type 2) with safety glasses

#### 3.5.2 Stewards

It is recommended that stewards should be present at **training, external practice and competitive matches, with and without spectators** (*for a description of attendance at external practice or competitive matches with spectators, see future Protocol 3*).

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

- Observing the distancing requirement of **at least 2 metres** in contacts with the club's on-pitch staff.
- Observing the distancing requirement of **at least 1 metre** in contacts with spectators.
- Spectator contact:  
Where possible, conversations should be held at a distance of at least 2 metres.

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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)

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## 4.0 Recommended guidelines for training without on-pitch restrictions, but with off-pitch restrictions

In this phase it is recommended that:

- All on-pitch training activities should have no restrictions in terms of number of people, contact or distances.
- All training must be conducted behind closed doors with no spectators.
- A more detailed list of the necessary staff members allowed can be found in **section 5.5 List of staff allowed at the stadium during competitive matches.**

This section deals with the following areas with regard to the general recommendations and guidelines. These general recommendations and guidelines should be applied to minimise the risk of spreading SARS-CoV-2.

- *Procedures concerning SARS-CoV-2*
- *Availability of hand sanitiser and/or soap for good hand hygiene*
- *Use of indoor club facilities by on-pitch staff members for training*
- *Meals: Breakfast, lunch and dinner*
- *Transport to and from training, external practice or competitive matches*
- *Staying at a hotel*
- *Individual training kit and equipment*
- *On-pitch training equipment*
- *Toilet facilities*
- *Medical and physiotherapy treatment*
- *Note: Staging external practice or competitive matches*

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#### 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 (Sundhedsstyrelsen, Sundhedsstyrelsen, 2020)).

##### 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:

- 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**.
- 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**) on all on-pitch staff members selected to participate in the practice or competitive match before they enter 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 the individual on-pitch staff member each morning.
- To be reported to the club at least 2 hours before arriving at the facilities of the ground/stadium.

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- 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 should be applied (Sundhedsstyrelsen, Sundhedsstyrelsen, 2020).
- 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, which consists of daily self-reported health checks and weekly clinical screenings in connection with 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 (Divisionsforeningen, 2020; Divisionsforeningen, 2020) for procedures to handle SARS-CoV-2, within the guidelines for professional football in Denmark issued by the Ministry of Culture (Kulturministeriet, 2020).

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

- **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.**

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- 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 (Sundhedsstyrelsen, Sundhedsstyrelsen, 2020)).

##### **4.1.4.1 Handling of individual 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 individual on-pitch staff members who test positive for SARS-CoV-2:

- The individual on-pitch staff member should go into self-isolation for 7 days (from the date of inoculation)<sup>1</sup>
- If the symptoms appear within the 7 days, the individual on-pitch staff member should remain isolated until 48 hours after their symptoms disappear.

##### **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 League<sup>2</sup> 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.

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<sup>1</sup> and continue daily self-reporting of symptoms to the club.

<sup>2</sup> An infectious diseases specialist, a cardiologist and a pulmonary specialist

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#### *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 member who tested negative for SARS-CoV-2 in the same round of screening continues 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.

#### *4.1.4.3 Handling of on-pitch staff members in close contact with a person who tests positive for SARS-CoV-2*

An on-pitch staff member whose family have symptoms or are infectious is defined as a "close" contact, and the Ministry of Culture has stipulated that the individual on-pitch staff member must follow the latest guidelines from the Danish Health and Medicines Authority on "close contacts" (Kulturministeriet, 2020, s. 3; Sundhedsstyrelsen, 2020):

- Stay at home and refuse all visitors (self-isolation).
- Where possible, keep a distance from the people you live with and avoid physical contact such as hugging and kissing. It is particularly important to keep a distance from people at high risk.
- Be especially careful to comply with the general recommendations from the Danish Health and Medicines Authority on good hand hygiene and coughing etiquette, and focus on thorough and frequent cleaning.
- Pay special attention to any symptoms of COVID-19 (sore throat, general malaise, aching muscles, dry cough, fever etc.).
- Contact your own doctor as quickly as possible to be referred for a test - even if you do not have any symptoms.

The Danish Health and Medicines Authority also specifies that the individual should:

**Book time for two tests:**



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- Test 1: Book a time for the first test immediately after you have been referred by the doctor. But no sooner than 4 weeks after your first close contact with the infected person.
- Test 2: Book a time for the second test 2 days after the first.
- If you have been in continuous contact with an infected person, e.g. because you are living together, you should book a time for the first test as quickly as possible and a time for the second test 2 days later.

#### **Book one test:**

- If more than 6 days have passed since your close contact with the infected person, you should simply book a time for a test as quickly as possible, and for one test only.

#### **No test:**

- If more than 13 days have passed and you have not had any symptoms since you were in contact with the infected person, you should not book a time for a test as you cannot have been infected.

#### **Period from inoculation to test result**

- The individual on-pitch staff member should remain in self-isolation.

#### **Negative test results**

- If the first test is negative, you can go back to work, but you should still take test number 2 as this will increase the certainty that the negative result is correct.
- Even if the second test is negative, you should continue to be extra watchful for possible symptoms of COVID-19 right up to 14 days after you had close contact with the infected person, as the test may be negative even though you are infected with SARS-CoV-2.

#### **Positive test result**

- If either test 1 or test 2 is positive, **section 4.1.4.1 Handling of individual on-pitch staff members who test positive for SARS-CoV-2** will apply.

Employees whose family have symptoms or are infected should follow the guidelines from the Danish Health and Medicines Authority for “close contacts”.

#### ***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

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work. The latest published recommendations and guidelines from the Danish health authorities from 25 May 2020 state that anyone testing positive for SARS-CoV-2 and/or experiencing symptoms should:

- Go into self-isolation for at least 7 days (from the date of inoculation)<sup>3</sup>.
- If the symptoms appear within the 7 days, the person should remain isolated until 48 hours their symptoms disappear.

#### 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 League<sup>4</sup> 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 day<sup>5</sup>, 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 League<sup>6</sup> 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.

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<sup>3</sup> and continue daily self-reporting of symptoms to the club.

<sup>4</sup> An infectious diseases specialist, a cardiologist and a pulmonary specialist

<sup>5</sup> 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.

<sup>6</sup> An infectious diseases specialist, a cardiologist and a pulmonary specialist

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- *In rare cases:* People who have been hospitalised may suffer inflammation of the heart. Leading cardiologists then advise 3 months' rest.
- 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 individual 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.com](mailto:divisionsforeningen@protonmail.com)<sup>7</sup>.
- The documentation should **only** contain the on-pitch staff member's full 1. 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.**

#### *4.1.7 Special considerations for club doctors tested on their own behalf*

It is possible for the club doctor to use tests conducted elsewhere in lieu of participation in the common testing procedure if specific conditions are met.

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

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- The club doctor must follow the same weekly testing frequency as the common testing procedure in the weeks in which he/she is part of the training or match environment.
- Before first entering the training or match environment in **a given week**, the club doctor must have taken a test for SARS-CoV-2 with a negative result.
- The test results for the club doctor are subject to the same guidelines (**section 4.1.3 Procedures for handling a positive test result for SARS-CoV-2**) as the results from the common testing procedure.
- The club doctor must inform the club of the weekly testing time (inoculation time) and subsequent test result, so the club can safeguard the health of the other staff.
- Every week in which the club doctor is part of the training and match environment, he/she must send documentation of the test and the results, when these have been received, by secure email to: [divisionsforeningen@protonmail.com](mailto:divisionsforeningen@protonmail.com).
- The club and the club doctor are responsible for ensuring that the test used is valid and that the documentation submitted is correct.

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

It is recommended that all staff members (and staff listed in **section 5.5 List of staff 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.). You are also advised, as a minimum, to disinfect or wash your hands immediately before and after training and match play.

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#### 4.3 Use of indoor club facilities by on- and off-pitch staff members for training.

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

- Changing room area
- Fitness facilities
- Premises used as offices
- Premises used as indoor conference, meeting, video rooms etc. (also applicable to hotel accommodation)
- Restaurants, indoor eating places etc. (also applicable to hotel accommodation)
- Other indoor facilities

#### **Note:**

- For specific recommended guidelines for the use of changing rooms and fitness facilities, see **section 3.3.2 Changing rooms** and **section 3.3.4 Fitness facilities**.

##### *4.3.1 Conditions for the use of indoor club facilities for training*

The present recommended guidelines for meals apply separately to **on- and off-pitch internal** (see **section 3.2.1.1 Off-pitch staff, internal** and **section 3.2.1.2 On-pitch staff, internal**), where any use of the same indoor facilities should be staggered to allow for cleaning and disinfection before and after use (see **section 3.2.1.2 General recommendations for cleaning**).

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

- Indoor facilities should be used before physical training and after changing and showering following physical training (**except for 3.3.2 Changing rooms and 3.3.4 Fitness facilities**). No use of indoor facilities wearing used training kit or similar.
- 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, (Sundhedsstyrelsen, 2020), as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).
- **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.) (Sundhedsstyrelsen, 2020) (Kulturministeriet, 2020).
- The indoor facilities used should allow the safe distance specified by the Danish authorities (currently 1 metre) to be maintained at all times.

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For further information, refer to the latest recommendations and guidelines for hand hygiene, cleaning and cough etiquette issued by the Danish health authorities (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).

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

The present recommended guidelines for meals apply separately to **on- and off-pitch internal** (see **section 3.2.1.1 Off-pitch staff, internal** and **section 3.2.1.2 On-pitch staff, internal**), where any use of the same indoor facilities should be staggered to allow for cleaning and disinfection before and after use (see **section 3.2.1.2 General recommendations for cleaning**).

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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).
- 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 and **close attention** to contact surfaces, including hygiene and cleaning, and use of personal or disposable utensils or ready portions in the case of self-service.



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#### 4.5 Transport to and from training, external practice and competitive matches

These recommended guidelines for transport apply only to **on-pitch staff, internal** (see **section 3.2.1.2 On-pitch staff, internal**).

Transport to and from training and matches should comply with the following recommended guidelines:

Use of private cars:

- Pay close attention to hygiene and coughing etiquette, and cleaning of contact surfaces, and take great care to clean the vehicle before and after use (transport to and from).
- Maintain the applicable safe distance (at least 1 metre) specified by the Danish authorities for on-pitch staff.

Use of private buses:

- Where privately arranged transport is used, it should be filled to half capacity (i.e. with 20 passengers if the normal capacity is 40), which is also the restriction imposed on public bus transport in Denmark (Movia, 2020). It is also recommended that the distancing requirement of at least 1 metre and the space requirement of 2 m<sup>2</sup> should be observed during the journey. Also comply with the latest recommendations and guidelines for hand hygiene, cleaning and coughing etiquette issued by the Danish health authorities, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).

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#### 4.6 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 4.6 Individual training kit and equipment** and **Section 4.7 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, training equipment, water bottles, etc.) should conform to the rules in one of these two sections:

##### 4.6.1 Individual handling

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.

##### 4.6.2 Handling by 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 to the club before training or competitive matches.
- It is recommended that **used training kit be picked up** individually after training and matches, and collected in black bags to be handled by a team leader, laundryman etc. wearing gloves.

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#### **4.7 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- or off-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 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.

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#### 4.8 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 (Sundhedsstyrelsen, 2020).
- Close attention to frequent cleaning of all contact surfaces (fittings, taps, door handles etc.) (Kulturministeriet, 2020).

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#### **4.9 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. All specific guidelines for cleaning, equipment and procedures for staff members working in the medical and physiotherapy area can be seen in section **3.2.4 Medical and physiotherapy area**.

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. All practitioners and first-aiders, when examining the player, are recommended to follow the procedures in section **3.3.3 Medical and physiotherapy area**.

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

In this phase it is recommended that:

- 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 operations**).
- A more detailed list of staff members with a necessary job function can be found in **section 5.5 List of staff 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**

### 5.1 Before external practice or competitive matches

The following specific guidelines for **travel, 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 5.1.1 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**.

#### 5.1.1 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.

The sections below list the guidelines and procedures applicable before, during and after a stay at a hotel:

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

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### *5.1.2 Arrival at external practice or competitive matches*

The recommended guidelines in **section 4.3 Use of indoor club facilities by on- and off-pitch staff members for training** will apply, along with **section 3.3.2 Changing rooms** where changing and showering facilities are used. Where indoor facilities are to be used, the choice is **subject** to the **same** conditions being provided for **the officials and both teams**. The following conditions also apply to the indoor facilities:

1. Before the match, the home team must inform the away team of the possibility of using indoor facilities in connection with the external practice or competitive match, so they can prepare for this.
2. Use is reserved for **on-pitch staff and match officials**.
3. Separate, staggered access to the indoor facilities for the two clubs' on-pitch staff and the match officials.
4. There must be physical separation between the officials and the two clubs' on-pitch staff (min. three physical indoor areas) where indoor facilities are used.
5. 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 4.8 Toilet facilities**.
6. The premises must be thoroughly cleaned **before** use.
7. **In the interests of caution, the size of the facilities must ensure that all on-pitch staff from the individual clubs and the officials can observe the distancing requirement of at least 2 metres from each other at all times, including during team talks.**
8. 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, (Sundhedsstyrelsen, 2020) as described in the recommended guidelines issued by the Ministry of Culture (Kulturministeriet, 2020).
9. The premises should be cleaned and disinfected after use (access for warming up).

#### *5.1.2.1 Use of outdoor facilities*

The home team may also assign three segregated outdoor areas<sup>8</sup> 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 the distancing requirement of at least 1 metre can be observed.

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<sup>8</sup> May be covered against rain and snow or strong sunshine.

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### *5.1.3 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 (Kulturministeriet, 2020, s. 4).
- The use of indoor facilities **after warming up and before the match starts** requires the area to be cleaned and disinfected after use (end of warm-up); the same procedures should be followed before and after use in the half-time interval.
- 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.

## **5.2 During external practice or competitive matches**

Further recommendations for training, external practice or competitive matches:

- The placing of on-pitch staff and officials not taking part in the practice match should comply with the distancing requirement 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 (bibs etc.).
- All on-pitch staff members should limit themselves to individual goal celebrations.

### *5.2.1 Warm-up and substitution during external practice or competitive matches*

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

1. If it is possible to observe the distancing requirement 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 observing the distancing requirement 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.



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- Any substituted player can use the directions given below in **section 5.3 After training, external practice or competitive matches** before sitting on the bench.

### *5.2.2 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

### *5.2.3 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**:

#### **1) Use of indoor facilities**

The clubs' on-pitch staff and the match officials can again use the separate and segregated indoor facilities<sup>9</sup> provided for the match on these conditions:

1. The area and associated toilets must be cleaned after initial use.
2. All conditions for use specified in section 5.1.2 Arrival at external practice and competitive matches must be observed.
3. Each club must have a procedure for collecting and storing used sweat tops etc. in e.g. plastic bags.

#### **2) Use of outdoor areas**

The home team may again assign three segregated outdoor areas<sup>10</sup> 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 the distancing requirement of at least 1 metre can be observed.

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<sup>9</sup> The area must **not** be a changing room.

<sup>10</sup> May be covered against rain and snow or strong sunshine.

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### 5.3 After external practice or competitive matches

In general, it is recommended that 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.) should be omitted.

Clubs are also 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**:

#### 1) Possible use of indoor facilities

The clubs' on-pitch staff and the match officials can again use the separate and segregated indoor facilities<sup>11</sup> provided for the match on these conditions:

1. The premises and associated toilets must be cleaned after use in the break.
2. All conditions for use specified in **section 5.1.2 Arrival at external practice and competitive matches** and for the use of changing and showering facilities in **section 3.3.2 Changing rooms**.
3. Use must be limited in numbers in order to meet the distancing requirement of at least 2 metres.

#### 2) 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**).

### 5.4 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**.

### 5.5 List of staff 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 as part of their employment** should be at the stadium. There should be no

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<sup>11</sup> The area must **not** be a changing room.

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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 personnel
- First aid staff
- Press and communications staff
- Stadium operations and pitch 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 with a minimum distance of 1 metre between themselves at all times.

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## 6.0 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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## 7.0 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.

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## 8.0 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

### 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 individualised 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 or shows symptoms of 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 \_\_\_\_\_<sup>12</sup>.
- 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

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<sup>12</sup> In the published protocol, the e-mail address has been anonymised for reasons of security.

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## Appendix C: Description and calculation of number, space and distancing requirements

It should be emphasised that the use of indoor club facilities is limited to on-pitch staff internally and off-pitch staff internally, and not both together.

Current space and distancing requirements for use of indoor club facilities (not applicable to outdoor fitness facilities):

- Space requirement : 2 m<sup>2</sup> per on-pitch staff member
- Distancing requirement : 1 metre between on-pitch staff members

Current space and distancing requirements for use of indoor club fitness facilities:

- Space requirement : 4 m<sup>2</sup> per spectator
- Distancing requirement : 2 metres between on-pitch staff members

Measuring the distancing requirement between on-pitch staff members

- The distancing requirement between on-pitch staff member is measured nose-tip to nose-tip or from the middle of a seat to the middle of the next seat.

Calculating the space requirement

- The space requirement for indoor facilities is measured from wall to wall, regardless of fixtures and fittings etc.

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## **Appendix D: 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 (Sundhedsstyrelsen, 2020), also offering information about the protocols for risk prevention that all employers and staff 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 staff 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 restrictions across football clubs participating in the 3F Superliga, Nordic Bet Liga, 2nd Division and Sydbank Cup.

### **Purpose**

To produce a protocol to ensure the greatest possible safety for staff 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 staff (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:

- Safety and security at matches
- 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.