



Fédération Internationale de Sports d'Obstacles

## **GUIDE FOR REINTRODUCING OBSTACLE EVENTS IN A COVID ENVIRONMENT**

*This guide is provided for obstacle events and competitions worldwide and should be adopted to meet national laws and guidelines.*

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## GENERAL RESTRICTIONS

EXTREME RISK	SEVERE RISK	HIGH RISK	MODERATE RISK	LOW RISK
<p>Stay at home / shelter in place orders</p> <p>No mass transport</p> <p>No regional, national or international travel</p> <p>Essential local travel only</p> <p>No mass gathering</p> <p>Gyms, fitness facilities, sporting events are closed</p> <p>Personal protection equipment mandatory</p>	<p>Essential services travel allowed</p> <p>Over 60 years old required to stay at home</p> <p>Limited mass transit.</p> <p>No regional travel</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms and fitness facilities closed</p> <p>Theme parks are not allowed to operate</p> <p>Individual, outdoor exercises is allowed with restrictions and personal protection equipment</p>	<p>Movement for leisure purposes prohibited</p> <p>Essential personal travel allowed</p> <p>Over 60 years old may be allowed to go outdoors with personal protection</p> <p>Local and regional travel allowed</p> <p>Public transport operates at limited capacity</p> <p>Schools closed</p> <p>School sports are suspended</p> <p>Regional movement allowed</p> <p>No mass gathering</p> <p>Sporting events prohibited</p> <p>Gyms, fitness facilities closed</p> <p>No face to face classes in schools, gyms, coaching or training</p> <p>Personal protection equipment required</p>	<p>People allowed to move freely outside</p> <p>Local, regional and national travel allowed</p> <p>Individual and group outdoor activities are allowed with no sharing of equipment</p> <p>High risk individuals encouraged to stay at home</p> <p>Sporting events allowed at reduced capacity</p> <p>Mass participation events allowed with cleaning and sanitization controls in place for people and equipment</p> <p>Establishment allowed to operate at reduced capacity</p> <p>Transportation is allowed to operate at reduced capacity</p> <p>Personal protection equipment encouraged</p>	<p>No current guidelines</p> <p>Local, regional, national and international travel allowed</p>

## TRAINING RECOMMENDATIONS

EXTREME RISK	SEVERE RISK	HIGH RISK	MODERATE RISK	LOW RISK
<p>Solo Work out at home premises:</p> <p>Bike trainer</p> <p>Run on treadmill</p> <p>Obstacle, Strength &amp; Conditioning at home</p> <p>Shuttle runs and drills inside or on property</p> <p>Virtual/Online coaching</p> <p>Virtual team workouts</p>	<p>Solo Work out at home premises:</p> <p>Bike trainer</p> <p>Run on treadmill</p> <p>Obstacle, Strength &amp; Conditioning at home</p> <p>Shuttle runs and drills on enclosed streets</p> <p>Virtual and online coaching</p> <p>Virtual team workouts &amp; racing with</p> <p>Personal protection equipment required</p>	<p>Solo outdoor workouts maintaining physical distance of 2m to 6m depending on speed and wind direction</p> <p>Long runs short enclosed circuits</p> <p>Runs on short trails and tracks</p> <p>Obstacle, Strength &amp; Conditioning at home or isolated outdoors</p> <p>Virtual/Online coaching</p> <p>Virtual team workouts &amp; racing with teammates</p> <p>Outdoor time trials</p> <p>Personal protection equipment required</p>	<p>Group outdoor workouts among distanced individuals with proper sanitation</p> <p>Long runs on short enclosed circuits</p> <p>Runs on trails and tracks</p> <p>Obstacle, Strength &amp; Conditioning outdoors maintaining appropriate physical distances</p> <p>Maximum four (4) people in training groups including coach</p> <p>Group runs observing strict physical distancing</p> <p>Personal protection equipment encouraged</p>	<p>Group outdoor workouts among distanced individuals</p> <p>With proper sanitation</p> <p>Normal workout routines with physical distancing</p> <p>Observe max number of persons for mass gatherings</p> <p>Racing with approval from local authorities</p> <p>Personal protection equipment discretionary</p>

## HYGIENE RECOMMENDATIONS

EXTREME RISK	SEVERE RISK	HIGH RISK	MODERATE RISK	LOW RISK
<p>Use of face masks and disposable gloves</p> <p>Regular 20 seconds hand washing with soap and warm water</p> <p>Shower immediately after training session</p> <p>Regular alcohol cleaning</p>	<p>Use of face masks and disposable gloves</p> <p>Regular 20 seconds hand washing with soap and warm water</p> <p>Shower immediately after training</p> <p>Disinfection protocols</p> <p>Regular alcohol cleaning</p> <p>Physical distancing</p>	<p>Use of face masks</p> <p>Regular 20 seconds hand washing with soap and warm water</p> <p>Shower immediately after training</p> <p>Disinfection protocols</p> <p>Regular alcohol cleaning</p> <p>Physical distancing</p>	<p>Use of face masks</p> <p>Regular 20 seconds hand washing with soap and warm water</p> <p>Shower immediately after training</p> <p>Disinfection protocols</p> <p>Regular alcohol cleaning</p> <p>Physical distancing</p>	<p>Regular 20 seconds hand washing with soap and warm water</p> <p>Shower immediately after training</p> <p>Disinfection protocols</p> <p>Regular alcohol cleaning</p> <p>Physical distancing</p> <p>Consider testing athletes in preparation for resumption of regular training and competition</p> <p>Consider testing event staff</p> <p>Provide training procedures for race staff for:</p> <ul style="list-style-type: none"> <li>- Temperature checks</li> <li>- Shoe and clothing repository</li> <li>- Frequent cleaning</li> <li>- Availability of cleaning and sanitizing agents</li> <li>- Separate office equipment</li> <li>- Require face masks and physical distancing</li> </ul> <p>Consider testing and vaccination of athletes, participant and staff</p>

## FACILITIES RECOMMENDATIONS

EXTREME RISK	SEVERE RISK	HIGH RISK	MODERATE RISK	LOW RISK
<p>Cleaning and disinfecting protocols for all equipment and facilities</p> <p>Availability of cleaning and sanitizing equipment and supplies at all times</p>	<p>Cleaning and disinfecting protocols for all equipment and facilities</p> <p>Availability of cleaning and sanitizing equipment and supplies at all times</p>	<p>Cleaning and disinfecting protocols for all equipment and facilities</p> <p>Availability of cleaning and sanitizing equipment and supplies at all times</p>	<p>Cleaning and disinfecting protocols for all equipment and facilities</p> <p>Availability of cleaning and sanitizing equipment and supplies at all times</p> <p>Assign safety officers for training and events</p>	<p>Cleaning and disinfecting protocols for all equipment and facilities</p> <p>Availability of cleaning and sanitizing equipment and supplies at all times</p> <p>Assign safety officers for training and events</p>

## EVENT STAFF AND SPECTATORS RECOMMENDATIONS

EXTREME RISK	SEVERE RISK	HIGH RISK	MODERATE RISK	LOW RISK
N/A	N/A	<p>No spectators</p> <p>Event staff with personal protective equipment, physical distancing and active, routine cleaning and disinfecting</p>	<p>Dispersed spectators with physical distance maintained in all areas and at all times, face masks and gloves required</p> <p>Health evaluation required for venue entry</p> <p>Event staff with personal protective equipment, physical distancing, constant routine cleaning and disinfecting of event equipment and obstacles</p> <p>Gated festival area following local safety requirements for shops and stores</p>	<p>Spectators with physical distancing and health evaluation required for venue entry</p> <p>Event staff with physical distancing, routine cleaning and disinfecting of event equipment and obstacles</p> <p>Festival area following local safety requirements for shops and stores</p>