



AFC MATCH OPERATIONS PROTOCOL DURING COVID-19 PANDEMIC



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INTRODUCTION

Objectives

This document is a compilation of recommended guidelines and measures to be observed and applied by AFC Match officials and the LOC match operations team.

It is aimed at minimising the risk of COVID-19 spreading among all those participating in AFC Competitions and sets out the recommended guidelines for the MAs/Clubs, when devising a plan for the matches in AFC Competitions.

The document is based on experiences from Member Associations across the world following the outbreak of COVID-19 and the health initiatives implemented by a number of Governments.

This document covers the period starting with the travel of the away team to the venue on MD-3, up to and including match day and return to their country on MD+1.

Requirements

The AFC requires mandatory face coverings (i.e. masks) for all personnel including spectators (if applicable) at the football venues.

In addition to face coverings, the following measures shall be included under the Match Operations Protocol:

- Temperature screening of all personnel at the stadium such as stadium workers, match officials, teams and spectators (if applicable).
- Changing in arrival and departure processes to minimise contact with other workers or officials.
- Movement control within the stadium before, during and after the match.
- More frequent and deeper stadium cleaning (especially official areas); and
- Simplified match protocol that minimises team movements and interaction with match officials.



The AFC will be updating the document with the inclusion of our marketing partner and the sponsors operation protocol principles whenever deemed necessary and the electronic version of the updated document will be provided to all AFC Member Associations accordingly.



MATCH OPERATIONS PROTOCOL

**Guidelines on Organising the Matches
in AFC Competitions**

Overview



To minimise the risk of COVID-19 transmission, the AFC recommends the new Match Operations Protocol as explained in this document, to be applied in all AFC Competition matches until further notice.

The points stated in this document are purely operational in nature. **Whenever applicable and in the case of contradiction, medical requirements set by the relevant National Authority shall prevail over this protocol (where such medical requirements are more stringent than those contained herein).**

This protocol covers all scenarios of AFC matches:

- **Scenario 1:** Match without spectator attendance (closed match)
- **Scenario 2:** Match with limited spectator attendance (restricted match)
- **Scenario 3:** Match with full spectator attendance (normal match)

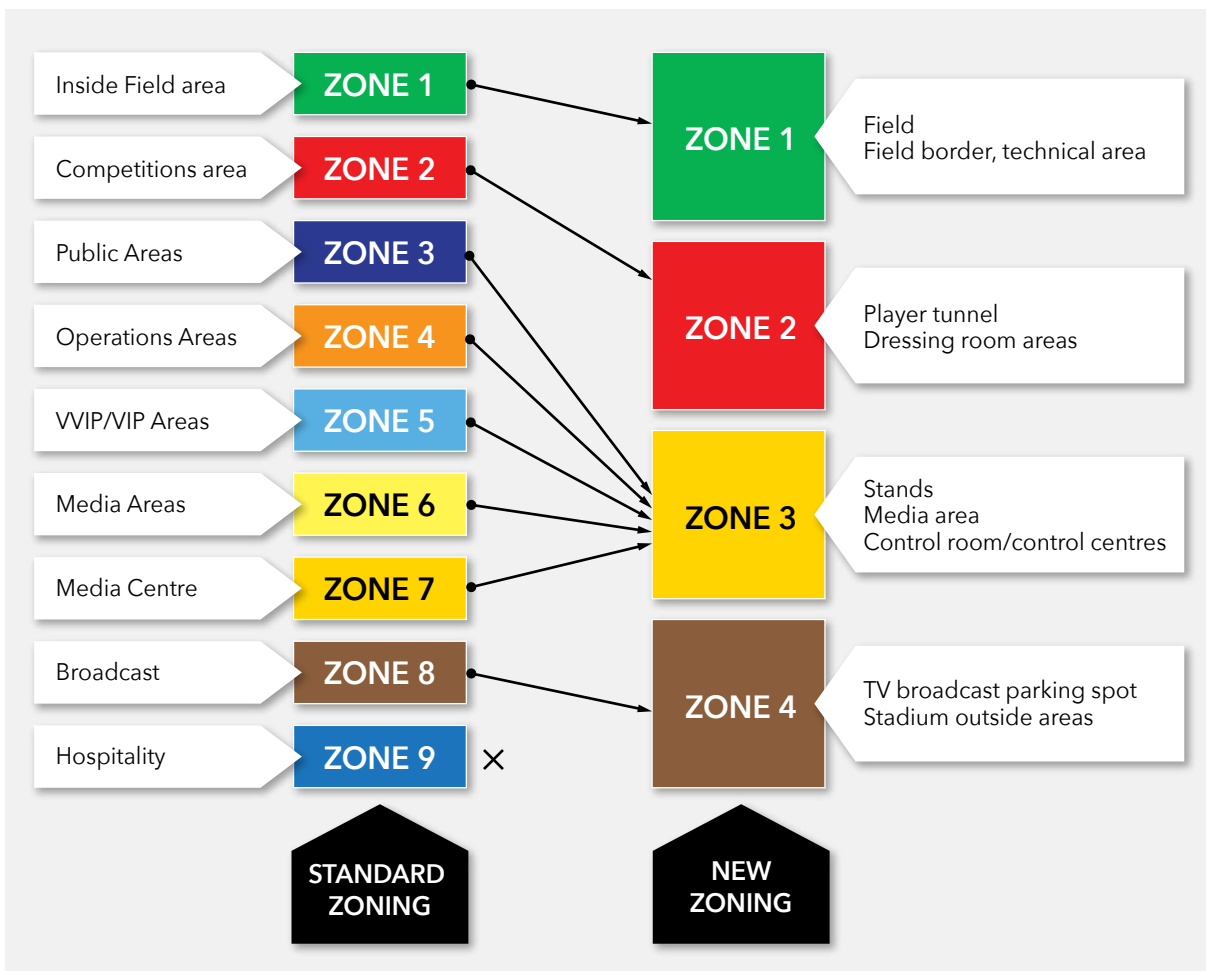
The following precautions shall be organised in the stadium on match day:

- **Zoning:** Stadium to be divided into Four Zones to avoid overcrowding and allow for social distancing to be practiced.
- **Personnel planning:** Attendance and presence of stadium personnel confirmed by AFC Match Commissioner (MC).

Stadium Zoning

- The stadium is to be divided into four zones:
 - **Zone 1:** Field of Play Area
 - **Zone 2:** Official Area
 - **Zone 3:** Stands
 - **Zone 4:** All other areas
- Host MA/Club shall keep the minimum number of people to be allowed in each zone.
- Number of people is subject to the stadium configuration and at the discretion of the host MA/Club.
- Preparation and setup for match day must be completed prior to the arrival of teams.

In comparison to standard 9 Zone allocation, it shall be understood as following:



Recommended Personnel Planning in Zone 1

Group	Team Arrival	Kick-off	Full time	Team depart
Players	0	22	22	0
Substitutes & officials	0	32	32	0
LOC Staff	5	10	10	8
Referees	0	5	0	0
Ball kids	0	6	0	0
HB	23	15	15	13
Medical/Doping	0	0	2	0
PHO	0	TBD*	TBD*	0
Stretchers	0	8	8	0
Hygiene personnel	0	3	3	0
Groundsmen/Service Crew	16	0	0	16
Security	4	4	4	4
Commercial partner	7	0	7	0

The numbers are to be adjusted depending on the venue's configuration. It should be discussed and agreed with the AFC MC in advance.

TBD - Media and PHO numbers to be adjusted at each venue accordingly.*

Recommended Personnel Planning in Zone 2

Group	Team Arrival	Kick-off	Full time	Team depart
Players	22	0	4	4
Substitutes & officials	32	0	4	4
LOC Staff	10	5	5	7
Referees	5	0	5	0
Ball kids	6	0	6	0
HB	5	0	0	0
Medical/Doping	2	2	0	2
PHO	0	0	0	0
Stretchers	8	0	0	0
Hygiene personnel	3	0	0	0
Groundsmen/Service Crew	0	0	0	0
Security	4	4	4	4
Commercial partner	2	2	2	2

The numbers are to be adjusted depending on the venue's configuration. It should be discussed and agreed with the AFC MC.

Recommended Personnel Planning in Zone 3

Group	Team Arrival	Kick-off	Full time	Team depart
Security	10	10	10	10
Stretchers	4	4	4	0
Police & Firefighters	6	6	6	0
Stadium operators	5	5	5	5
LOC staff	8	8	8	0
AFC staff / Commercial partner	10	10	10	10
Team guests	12	12	12	0
HB	26	19	19	16
Medical/Doping	2	2	0	0
Media (Journalists)	0	TBD*	TBD*	0
Video analysts	4	4	4	4
Hygiene personnel	5	5	5	8

TBD* - Media numbers to be decided by host MA/Club based on media tribune capacity, keeping social distancing measures in mind.

Recommended Personnel Planning in Zone 4

Group	Team Arrival	Kick-off	Full time	Team depart
Security	50	50	50	20
HB	14	14	14	11
Groundsmen/Service Crew	16	16	16	0
Commercial partner	2	2	2	2

The numbers are to be adjusted depending on the venue's configuration. It should be discussed and agreed with the AFC MC.

Disinfecting the Stadium

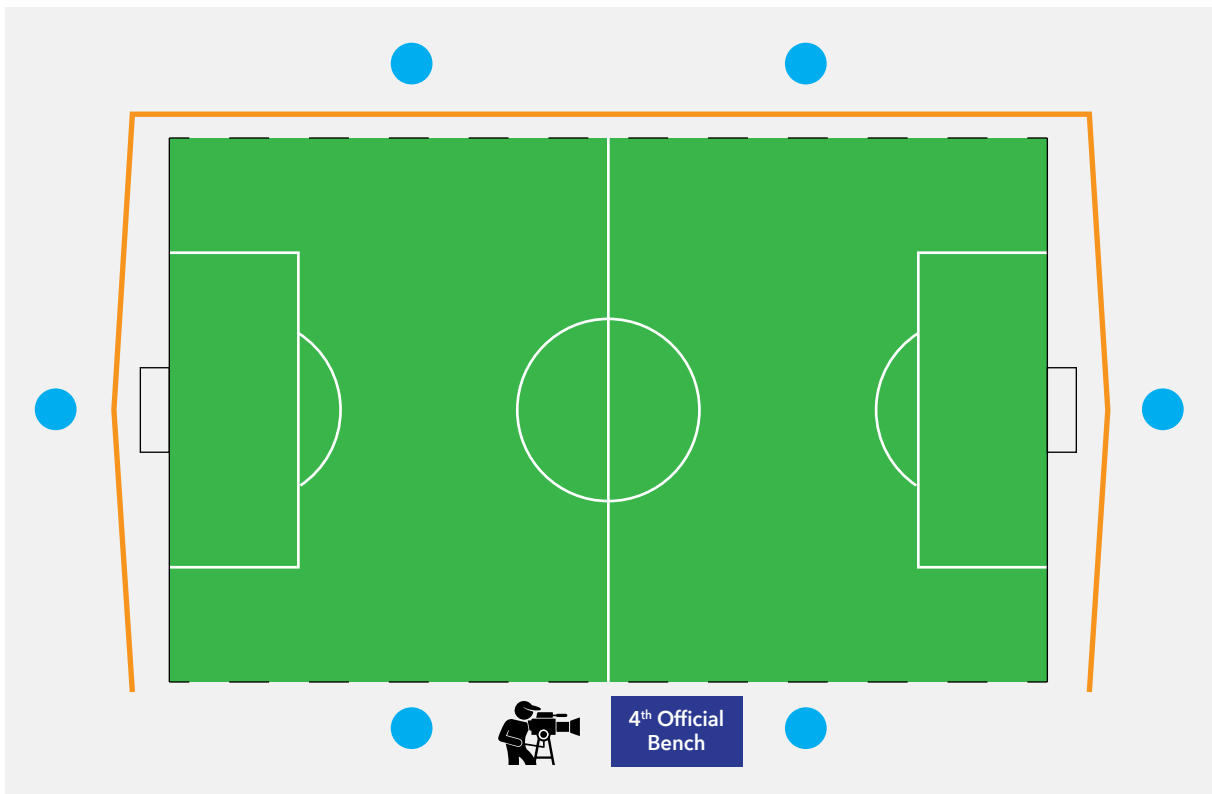
- Stadium disinfection to be conducted by the local health authority on the morning of each match.
- The disinfection must take place early in the morning before the arrival of the stadium staff.
- It is responsibility of host MA/Club to coordinate this procedure with local health authorities.
- All costs related to disinfecting shall be borne by the host MA/Club.
- Dressing rooms shall be closed at the end of disinfection.
- It is recommended that MC is present during the disinfection of dressing rooms.

Pitch Watering

- There shall be no change in the timing and order of the watering of the pitch.

Ball Kids

- Total of 6 ball kids are recommended.
- Ball kids shall be trained to cover the area allocated for them.
- Ball kids should be provided with hand sanitiser.
- Social distancing must be maintained at all times.
- Disposable gloves must be used while in the playing area.

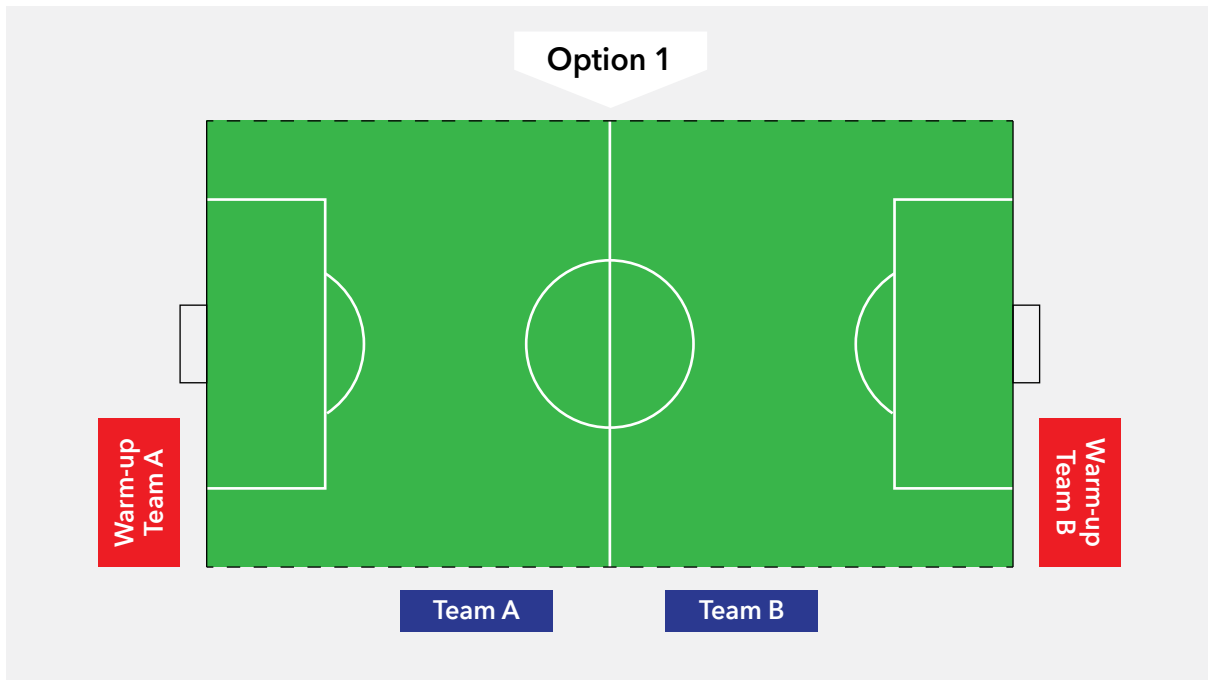


Position of Centre-Line Camera

- Centre-line Camera shall be positioned in the space as shown here - sharing centre-line with 4th official bench as per normal practice.
- MC shall have a final say in case of dispute and/or other issues raised taking into consideration space and layout of the field.

Warming Up

- To be arranged behind each goal (Option 1 below).
- If space behind goal does not permit - Option 2 shall be applied and warm up shall be arranged next to each team bench (on the left side of Team A bench for team A, on the right side of Team B bench for team B).



Team Arrival

- Each team shall use two buses (or alternative transport) to ensure adequate physical distancing between players and supporting staff inside the vehicles.
- Bus shall be disinfected prior to use and after the team vacates the bus at the stadium.
- Everyone must wear a mask, which shall be provided by the team to its delegation members. Masks may display identifications of the MA/Club but shall not bear any commercial, religious or political messages.
- Separate time and space shall be arranged for the team arrivals into the stadium (min. 10 min. gap).
- Implementation of different entry gates and different paths to the dressing rooms are recommended as much as possible (e.g. Team A and Team B enter the stadium from different gates).
- Coach on arrival interview will be conducted by HB while ensuring adequate physical distance as well as using dedicated microphone on stand for the coach.
- It should be noted that once teams arrive at the stadium, nobody can come in and nobody can leave from Zone 1 and 2. This is a recommended measure to have same people in these areas until the end of the match to have better control.

Dressing Room

- Any adjacent room space available shall be used as additional dressing room for teams to allow social distancing.
- If used, these additional rooms must also be disinfected.



Team Check by MC and 4th Official

- Team check by MC and 4th Official shall not be conducted in the dressing rooms.
- It shall be conducted in the team technical area once players come out for pre match warm-up (before start of the warm-up).

Field of Play

- Area between field of play and VIP tribune shall be clear of any people, except following personnel:
 - Team Delegation
 - 4th Official
 - Camera Position
 - Stretchers
- TV activities inside the Field of Play Area shall be minimised.

Match Officials

- A secure distance of a minimum of 1-metre should be maintained when communicating with players.
- MC, RA, LGC, LMO, LSO and 4th Official must always wear masks.



Pre-match Warm-up

- Same warm-up timings will be kept to ensure the sporting integrity.
- Teams shall use different entries for warm-up if stadium structure allows such amendment - MC to discuss with host MA/Club and make the final decision on this matter.

Final Check by Referee Before March-in

- Final check of players shall be conducted by referees at each dressing room door when players are coming out from the rooms (the gathering area inside the tunnel).

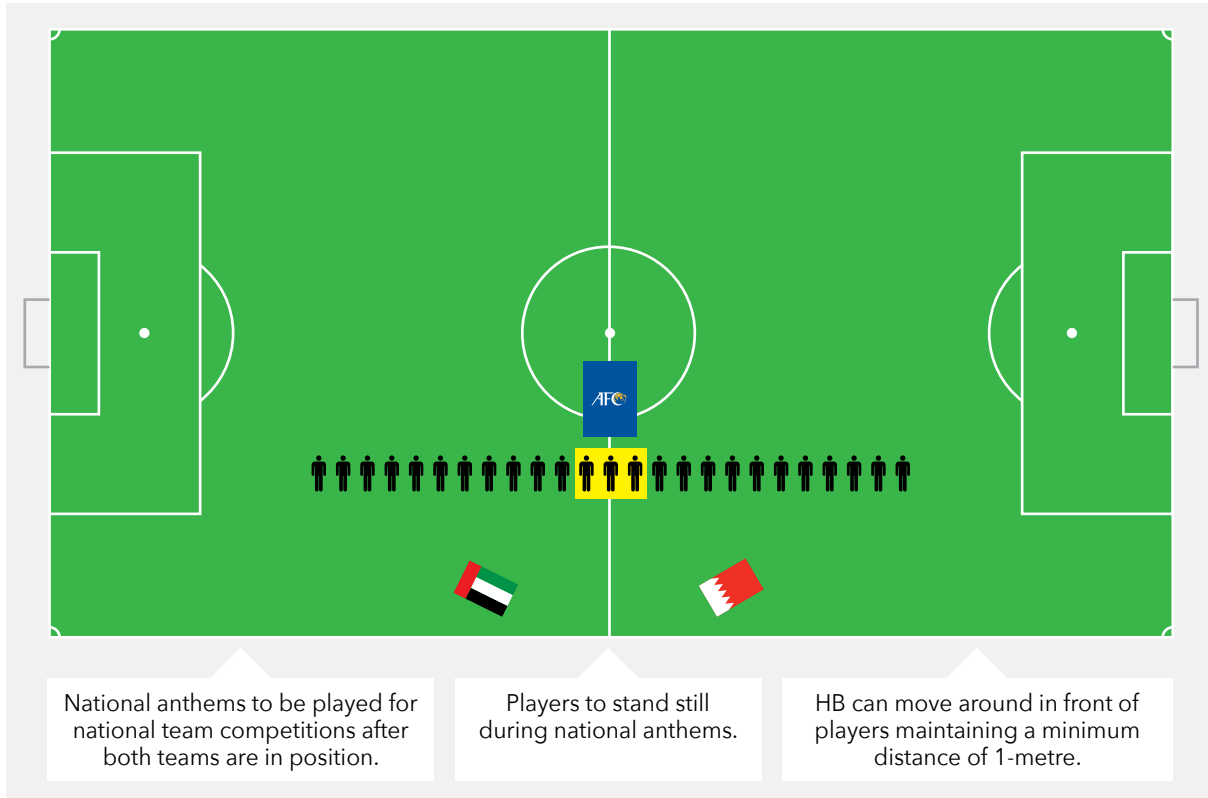


Team Entry

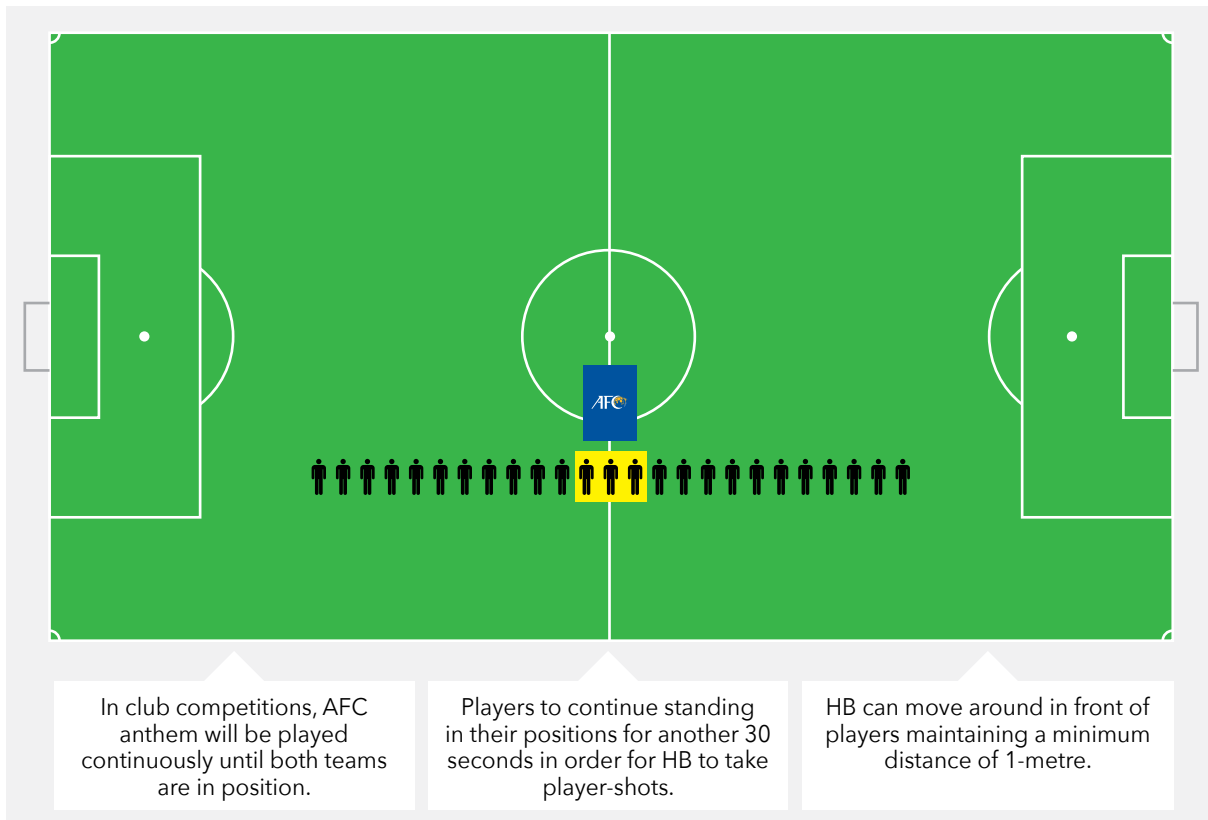
- No player escort kids.
- The same walk-in procedure to be maintained (HB allowed to film).
- No presentations by a third party, no VIP handshakes before the match.
- No handshakes between the teams.
- Team photo procedure remains the same (Only official photographer allowed to take team photo; other photographers and RTV not allowed).
- No unified team line-up for photo - only separate photos by each team.

The AFC will advise on any special team entry procedures for the centralised competitions, if required.

Final Position - National Team Competitions



Final Position - Club Competitions

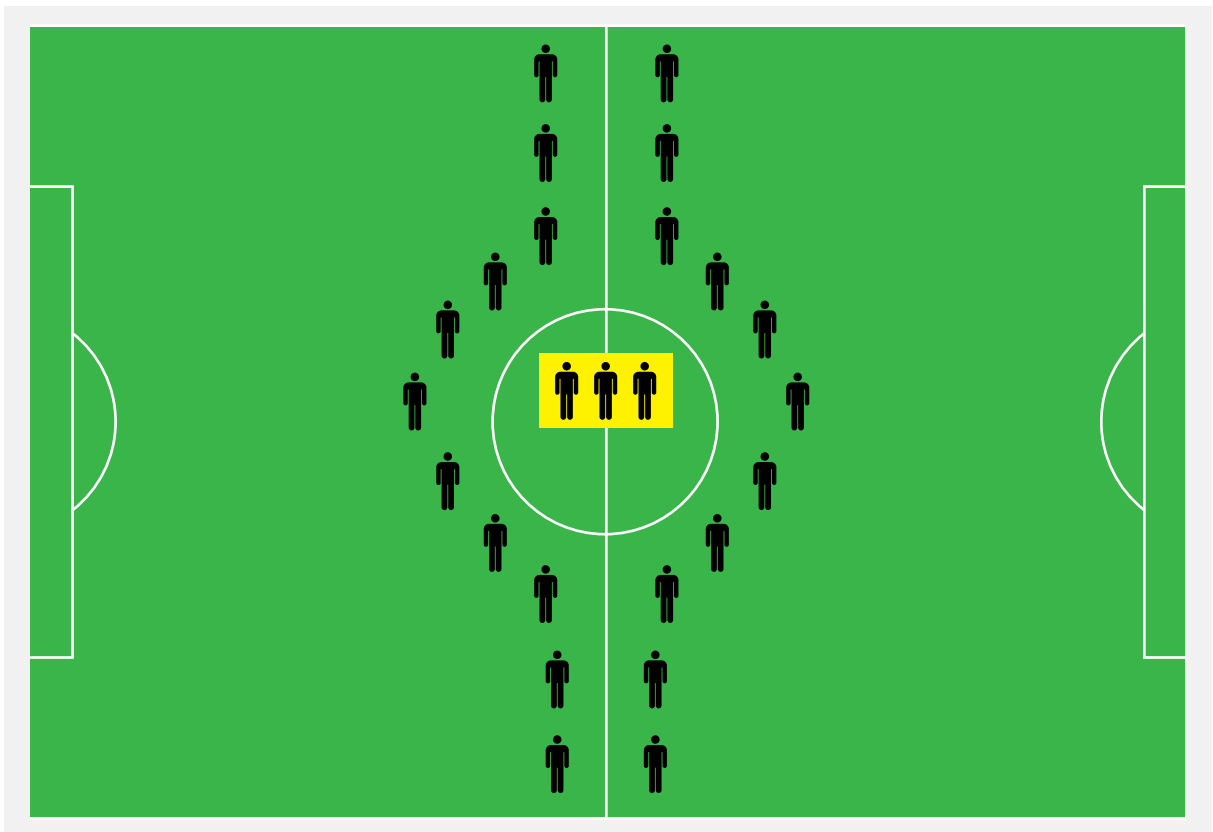


Half Time

- Separate access to dressing rooms shall be arranged depending on venue facilities.
- Hand sanitiser to be provided in the tunnel for use.
- Avoid communication with others.
- Avoid team scrum (gathering in a circle) before kick off.

After the Match

- No post-match handshake.
 - ▶ Players are encouraged to leave the field without any physical contact.
 - ▶ Teams to line up next to centre circle in their own half and applaud the other team before leaving the field.
 - ▶ Referees to remain in the centre circle until players have left the field.



- Media activities
 - ▶ Press workroom and Mixed Zone are to stay closed.
 - ▶ Press conferences will be conducted only in the press conference room with seating restrictions.
 - ▶ Minimise interviews while following strict hygiene measures.
- Operations
 - ▶ Depending on facilities, a second anti-doping room shall be used as space separation to allow distance between the players of each team and any changes on the anti-doping procedures must be in full alignment with the existing regulations.
 - ▶ Team departure to team buses shall follow the same order as to team arrival.
 - ▶ Length of stay in the dressing room after the match shall be minimised.

Cool Down After the Match

- Subject to MC's approval.
- Teams are recommended to leave stadium and minimise the length of stay after the match.

Dressing Room Visit After the Match

- Dressing room visits by team guests shall not be allowed after the match.

Recommendations to Teams

- Team members to wear masks at all times except those players in the FOP during training, warm up, cooling down and match.
- Substitute players to wear masks at all times even when seated on the team bench during the match.
- Avoid contact (handshake) as much as possible.
- Avoid spitting.
- Avoid sharing personal belongings.
- Equip personal water bottles.
- Avoid exchanging uniforms.
- It will be compulsory for those involved to wear face covering during press conference and at any media interviews.
- Avoid close contact during any goal celebration.



(c) K. LEAGUE



HOSTING MATCHES

Guidelines on Hosting
AFC Competitions



Risk Assessment Checklist

The host is recommended to use the WHO Mass Gathering Sports Addendum Risk Assessment tools in the context of COVID-19 to host the matches of AFC Competitions (relevant checklist to be provided together with **Appendix 1: Guidelines - Risk Assessment tools.**)

1. Risk assessment tool (to answer Yes/No) to 6 key questions to determine a total risk assessment score that incorporates factors specific to mass gathering in sporting events.
2. Mitigation measures checklist (to answer 62 targeted questions to determine a total mitigation score).
3. The decision matrix shall be used to make the decision with overall risk score, which includes the risk score and the mitigation score, to provide a colour determination. (The colour determination identifies the overall risk of transmission and further spread of COVID-19 in relation to the mass gathering).

The host is also encouraged to use the illustrative supporting considerations developed by the WHO and provide it to their teams for further use.

- Training, from individuals to group training.
- Athletes, before, during and after the event (adapted from sports addendum).



Normal Match, Closed Match or Restricted Match

Based on the requirements of the local government and local health authorities, the host MA/Club shall suggest if the match is held under one of the three scenarios: with spectators (normal match), without spectators (closed match) or with a limited number of spectators (restricted match).

While the AFC will fully support the selected scenario by the host MA/Club, it is the **AFC's recommendation is that the match is played without spectators** to minimise the risk, to protect all stakeholders and to avoid to be seen to be contributing to a possible spread of the virus.

Requirements for Home Team

- The home team shall assign a person in charge of the matters related with COVID-19 and establish the network of emergency contacts with public services in the country.
- It shall be compulsory for all operational staff at the stadium to wear masks and gloves.
- Disinfect the stadium in the morning of the match day, or no later than arrival of the teams.
- Disinfect and provide hand sanitisers around essential facilities (toilet, convenience store, ticket booth, etc.) every hour after the opening of gate.
- Educate sanitary workers on COVID-19 related measures.
- Establish a cooperation system with local health care centre, police station, etc.
- Inspect ventilation system before and after the match.

General Recommendations

- Put signage at the dressing rooms regarding COVID-19 recommendations.
 - Avoid contact
 - Practice coughing etiquette and hand hygiene
 - No spitting etc.
- Minimise close contact at all stages.
 - Contactless arrival and AD check processes
 - Physical distancing throughout the entry process
 - Meticulous hand hygiene
 - Enhance cleaning procedures
 - Masks / face coverings
- It is mandatory to wear masks for everyone except those players and match officials in the field of play during the match, warm up and cooling down.

Human Resources

It is recommended that the number of staff at the stadium (or the training facility) are kept to a minimum, especially around match days

Staff shall be limited to (if possible):

On-pitch staff members

- Players
- Coaching staff
- Medical and physiotherapy staff

Off-pitch staff members

- Backroom staff (directors, analysts, kitmen, etc.)
- Facility staff (cleaners, cooks, laundry staff, etc.)
- Security and ground staff

It is recommended that all facilities shall follow the advice issued by the health authorities and go through a thorough cleaning and disinfection procedures prior to the arrival of any employees.

In addition, it is recommended that hands are frequently washed using sanitiser or soap at the club facilities.

Dressing Room Area

As a potential transmission risk area, the presence of any staff members in the dressing room shall be limited as much as possible.

It is highly recommended that off-pitch staff members shall avoid using the dressing room.

Any adjacent room space shall be used as additional dressing room for teams to allow more space between each other.

Dressing rooms shall be disinfected on match day prior to team arrival and locked with a label of "**clean area**".

"**Clean area**" label shall only be opened on match day by the team delegation.

Referees' Room

Disposable masks, hand sanitiser and alcohol wipes shall be provided in the referees' room.

Set Up of VOR (Video Operation Room) (if used)

Disinfection of the VOR (Video Operation Room) shall be carried out on the match day.

Sanitisers, masks and disposable gloves shall be provided in the VOR.

Staff shall wear a mask and use disposable gloves during installation; masks and gloves shall not be reused.

Everyone inside VOR shall wear masks and disposable gloves at all times.

Ventilation and re-disinfection of equipment (including head-sets) shall be carried out during half-time.

Full ventilation and re-disinfection of VOR after the match is necessary.

Medical and Physiotherapy Area

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

- During all phases, all treatment sessions shall only consist of one physiotherapist and one player in a treatment area at any given time.
- The physiotherapist should always wear a mask, and if possible, wear gloves.
- Any disposable equipment shall be thrown out after each player is treated.
- Extra attention should be paid to the cleanliness of this area and it shall be cleaned frequently.
- The use of manual treatment should be kept to a minimum and shall be limited solely to injured players.



Medical and Physiotherapy Treatment

It is recommended that a designated medical/physiotherapist only works with the same group of selected players.

On-pitch Training Equipment

All on-pitch training equipment (cones, ladders, mannequins, balls, etc.) are recommended to be stored outside and to be disinfected before and after each training session.

It is recommended that the same members of the stadium staff shall be responsible for handling the transportation of the equipment from the storage room to training pitch/stadium and carrying out the disinfection of the equipment, including temporary goals.

It is recommended that all staff members should not share any personal training equipment during each training session and should be washed after each use.

Furthermore, all staff members are recommended to have a labeled personal water bottle, which is washed with soap after each training session and match.





PARTICIPATION

Guidelines on Participating
in AFC Competitions

Return to Training Safety Considerations



The AFC Medical team has established recommendations to ensure a safe environment for the players and team personnel when returning to formal training before the resumption of official matches.

Host MA/Club shall familiarise themselves with this document and share it with relevant parties involved.

If the main language of the host MA/Club is not English, it is encouraged that this file is translated into the local language and shared with relevant parties involved.

Appendix 2: COVID-19: Return to Football Medical Guidelines.

Normal Match, Closed Match or Restricted Match

Based on the requirements of the local government and local health authorities, the host MA/Club shall suggest if the match is held under one of the three scenarios: with spectators (normal match), without spectators (closed match) or with a limited number of spectators (restricted match).

While the AFC will fully support the selected scenario by the host MA/Club, it is the **AFC's recommendation is that the match is played without spectators** to minimise the risk, to protect all stakeholders and to avoid to be seen to be contributing to a possible spread of the virus.



Requirements for Teams

In case the local league has not resumed, a minimum period of 15 days of group and/or collective training is recommended prior to the AFC Match.

The team shall provide its players, coaches and staff with necessary supplies to protect themselves properly (with gloves and masks being the minimum requirement). All disposable masks and gloves must be thrown away at the end of each day.

The team shall establish its own guidelines regarding the purchase of disinfection and cleaning products that comply with the standards of the local health authorities.

As per the AFC Tournament Regulations, it is mandatory for the Participating Member Associations (PMAs) to conduct Pre-Competition Medical Assessment (PCMA) to be eligible to participate, which will include COVID-19 testing as part of the parameters. PMAs must submit a copy of the result prior to the competition (*please refer to the Appendix 2 for the guidelines on COVID-19 testing*).

The team shall assign a contact person to be in charge of the matters related with COVID-19.



Mode of Transport to and from Training and Stadium

It is recommended to travel with buses at half the capacity (e.g. if normal capacity is 40 people, 20 people is recommended). The same shall be provided to the away team delegation.

It is recommended to only place one staff member on each double seat, and if possible, on every second row.

The arrival and departure of staff members at the facilities of the club, hotel, stadium, etc., is recommended to be staggered while ensuring a safe distance of 1-metre between staff to ensure the least amount of off-pitch contact.

Recommendations for Hotel Accommodation

It is recommended, when staying in a hotel, each staff member has access to their own individual hotel room. Furthermore, it is recommended that the individual hotel room is seen as the temporary "home" of the staff members.

When not training, players are recommended to spend their time in their own rooms. Gatherings are not recommended regardless if it takes place in common areas or in bedrooms.

A box of gloves and masks must be made available in each room for players to be able to use at least one a day.

- Early engagement between the team and the hotel is recommended.
- A separate team delegation is recommended to travel first in order to optimise the joint coordination with the hotel (responsible for hygiene, chef, security officer etc.).
- The above-mentioned delegation shall be kept as small as possible, the staff members should be trained in hygiene; patients deemed at risk (age, underlying health conditions) should not travel with the team.
- Exclusive floor/sector shall be reserved for the team to avoid contact with other hotel guests.
- In the event that such exclusivity is impossible, it is recommended to check other options such as:
 - ▶ Separate entrance for the team.
 - ▶ Separate hotel sectors without any other visitors (room corridor, dining room, conference room).
 - ▶ Separate elevator.
- No access for players and staff members to wellness areas, gyms and other common areas (e.g. bar) – the closure of these premises can also be a solution.
- Hand sanitisers should be available in the corridor, at the entrance of and in the meeting rooms, in the rooms used by the medical team and, where possible, in every single room.
- Masks shall be provided for players and staff members when they are outside their rooms.
- Special/fundamental disinfection and cleaning of the rooms and premises shall be done before team arrival. Rooms shall have a good ventilation system.
- Large dining and conference room in order to keep the distance of minimum 1-metre between each other.



- Minimum interaction with hotel employees; service to be provided by the team staff as much as possible.
- Hotel employees should wear masks, regularly disinfect hands, be briefed and trained and must not access the team hotel if they have signs of infections.
- Minimise contact with hotel employees and provide extensive preparations in advance:
 - ▶ Sufficient food, beverages and dishes to be prepared before the players eat.
- Rooms with enough ventilation, otherwise not too dry air via the air conditioning (21°C, humidity 50-60%)
- It is recommend not to touch elevator buttons, handrails or door handles with the hand (use the elbow instead).
- Avoid using the personal devices of others.
- Physical distance of less than 1-metre shall be avoided as much as possible even within the team members.
- In general, only staff members who have an essential role shall accompany the team for the away match.



Match Day Requirements for Both Teams and All Players/Officials

1st, 2nd temperature check (prior inspection)

For all players and staff members.

- 1st: Before going to sleep on MD-1
- 2nd: 10:00am on matchday

Team manager informs the result to MC at 10:30am.

3rd temperature check (while entering stadium)

Check after being dropped off from the bus (facility to be organised by host MA/Club).
Results to be provided to MC when delivering the starting list.

Person with symptoms (players)

Check again and if temperature is above 37.5°C, immediately quarantine the individual and send back to hotel (or hospital).

Take out from the team list and inform the MC.

Requirements for Both Teams and All Players/Officials

- Separate team bus arrivals with difference of minimum 10 min gap.
- Team members must wear masks at all times.
- Players can take off mask during training, warm up, cooling down and match.
- Substitute players to wear masks at all times when seated on the team bench during the match.
- Avoid contact (handshake) as much as possible.
- Avoid spitting.
- Avoid sharing personal belongings.
- Equip personal water bottles.
- Avoid exchanging uniforms.
- It will be compulsory for those involved to wear face covering during the press conference and at any media interview.
- Avoid close contact during any goal celebrations.

Official Training

Players shall arrive at the stadium in their training kit.

From their arrival at the stadium up until they enter the field of play, players must wear mask and gloves.

If possible, individual training drills should be conducted with gloves.

At the end of training, the players shall head directly to their team hotel to minimise their movement around the facility as much as possible.

Members of the coaching staff shall be able to watch the training from a distance, while respecting the minimum distance of at least 1-metre.

Water bottles with the players name (or number) on shall be provided.

Warm-up

It is recommended that all physical pre-training and match activities (pre-activation, warm-up, etc.) shall follow these guidelines:

- Should be carried out outside on a specified and selected area of the pitch.
- Warm-up in relation to match play should be separated into groups at each end of the pitch.
- Close assembly/contact of the team is not permitted.
- All team-talks, etc. should be kept at a minimum, and if conducted on the pitch, it should adhere to the recommended safety distance (at least 1-metre).

In general, it is recommended that all non-match play related pre-match activities (handshakes with-in and between teammates, high-fives, etc.) shall not be conducted.

Match

It is recommended that during the match there should be no on-pitch limitations.

Furthermore, it is recommended that during the match the team delegations on the bench shall follow strict hygiene measures while securing safety distance from each other. It is recommended that all staff members use their personal drink bottle.

All team delegation members to be familiarised with the new AFC Match Operations Protocol prior to the match so that everyone involved is aware of the main recommendations.





MEDIA / TV

Guidelines on Attending
AFC Competitions

Access Control



- The goal is to protect all Media or Broadcast personnel who work at the stadiums.
- Maximum safety can only be accomplished through maintaining hygiene, and restricting physical contact and proximity. Individual hygiene measures are of utmost importance and must be carried out to safeguard personnel from getting infected and potentially spreading the infection to others.
- All delegates on location must confirm their willingness to comply with hygiene regulations and necessary temperature check.
- There will be a guideline issued to all accredited Media and Broadcast personnel about compliance of the basic hygiene measures (hand disinfectant, coughing and sneezing hygiene, distance) at each venue.
- Media and broadcast personnel must always wear masks on the stadium premises.
- Stadiums will have a designated point of entry on the same side as the Main Stand where accredited personnel will have their temperature taken prior to entry.
- Entry to the stadium will only be granted, at the discretion of the AFC/Venue Medical Officer, after the temperature readings meet entry requirements.
- Hand sanitisers shall be used before entry.

Additional Safety Regulations

- **Avoidance of private conversations.**
- Essential conversations should be kept to **small groups**.
- **Doors should be kept open** to prevent the need to touch door handles.
- **Keeps hands off** elevator buttons, banisters or door handles.
- **Mouth and nose protection:** It is mandatory to wear face coverings at all times. Pay attention to the correct methods of taking masks on and off, (fully covered mouth and nose).
- **Hand disinfection:** It is mandatory to disinfect your hands before and after using shared equipment (emphasis on broadcast equipment). Hand sanitisers must be used on dry hands.

Mobile Handwashing Units to be placed in relevant Media and Broadcast Areas.

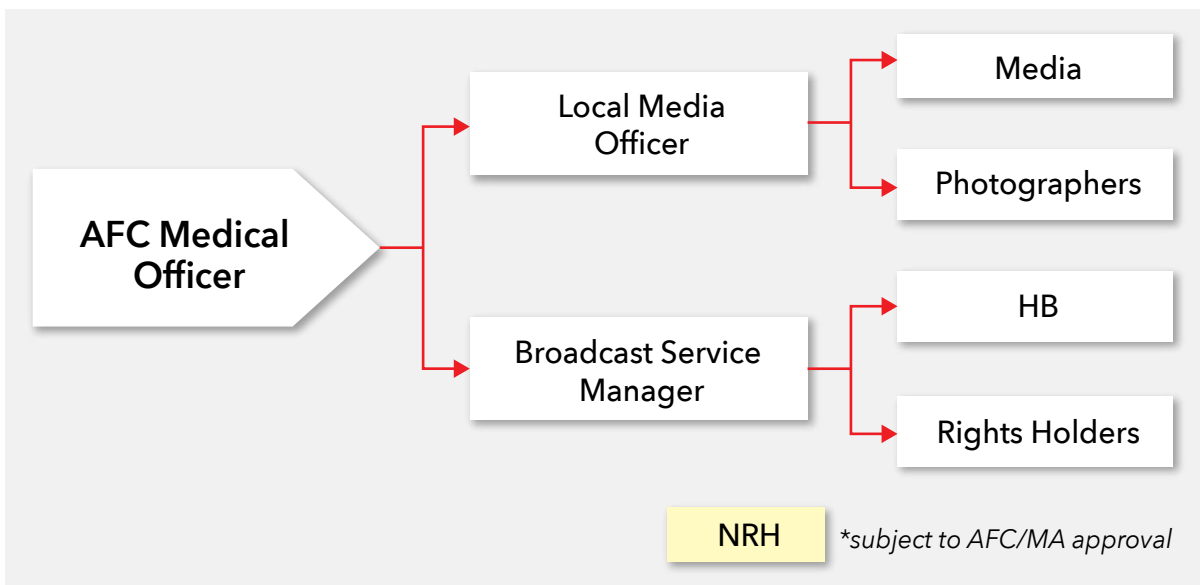


(c) K. LEAGUE

Points of Liaison

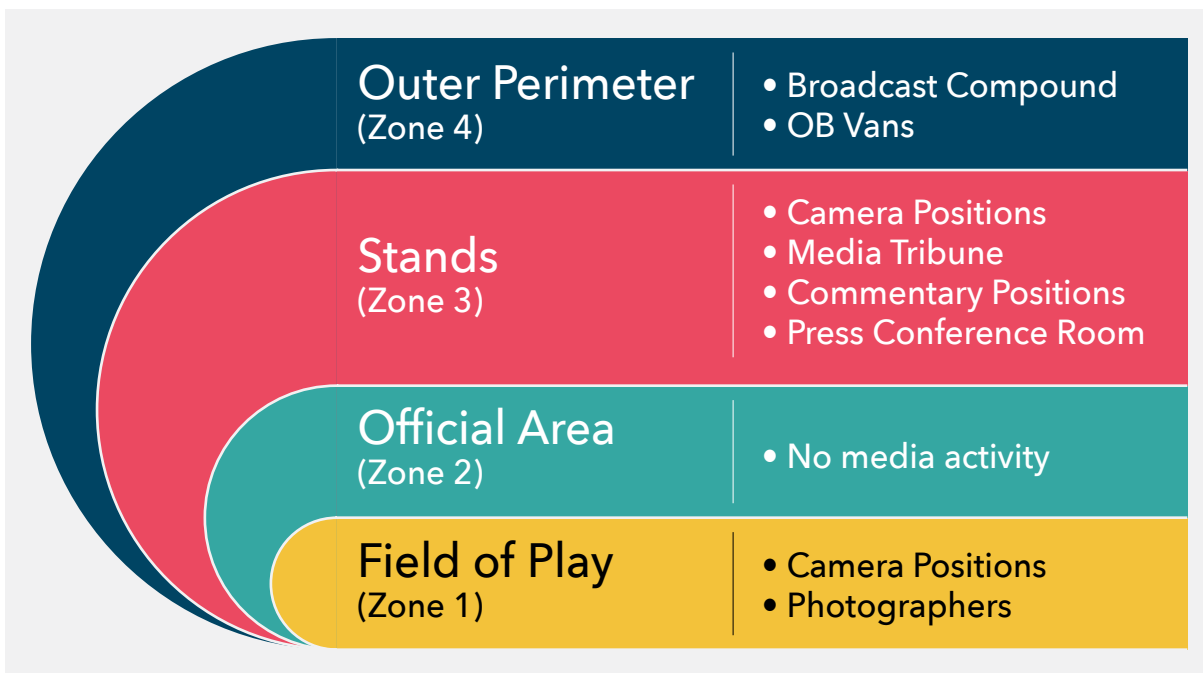
The Local Media Officer (LMO) and the Broadcast Service Manager (BSM) are responsible for the planning and implementation of all Media and Broadcast activities.

The Venue Medical Officer or another delegated person will also liaise with them and oversee the implementation of all hygiene measures.



Zoning

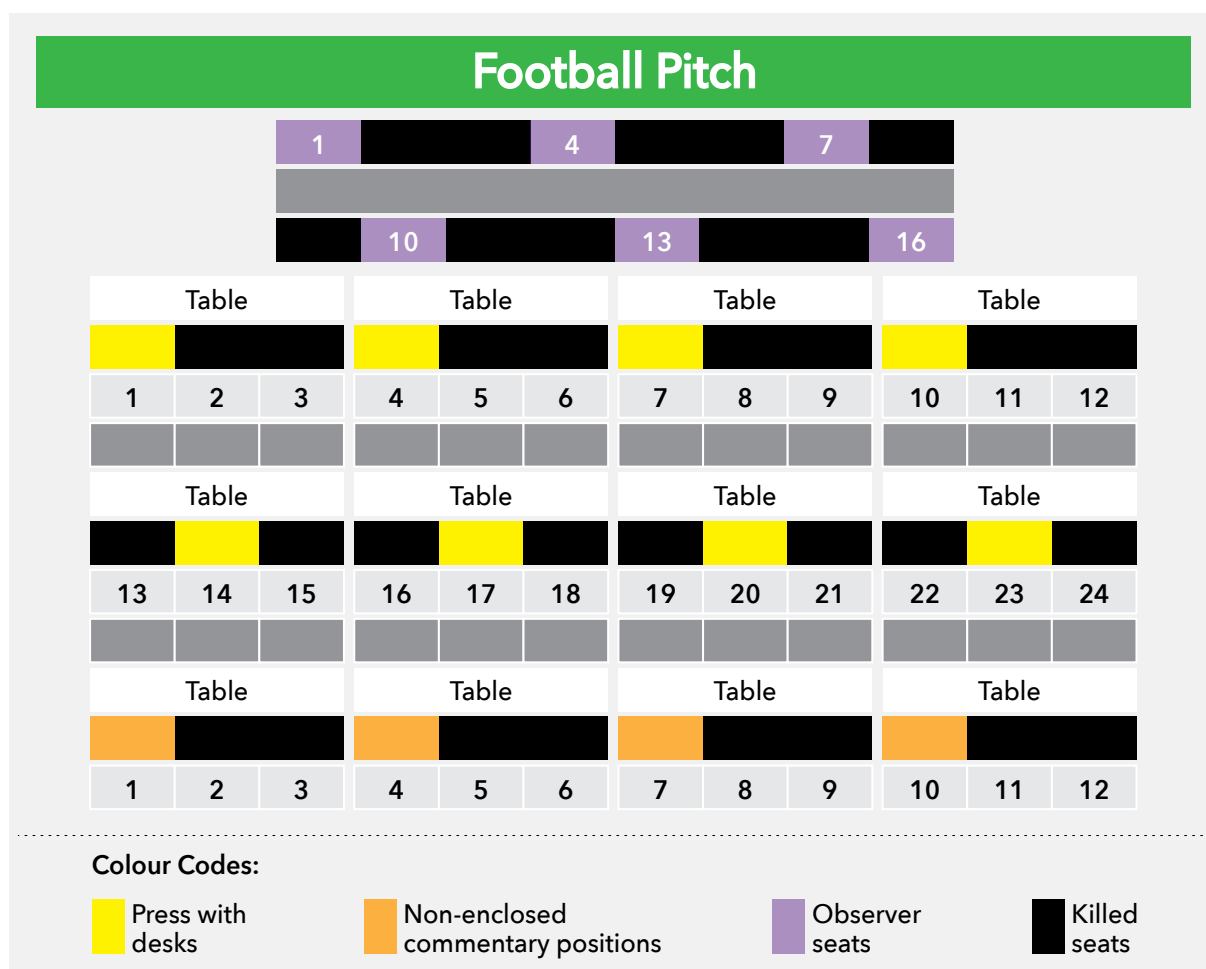
The Stadium will be divided into these four zones.



Requisite Personnel for Each Area

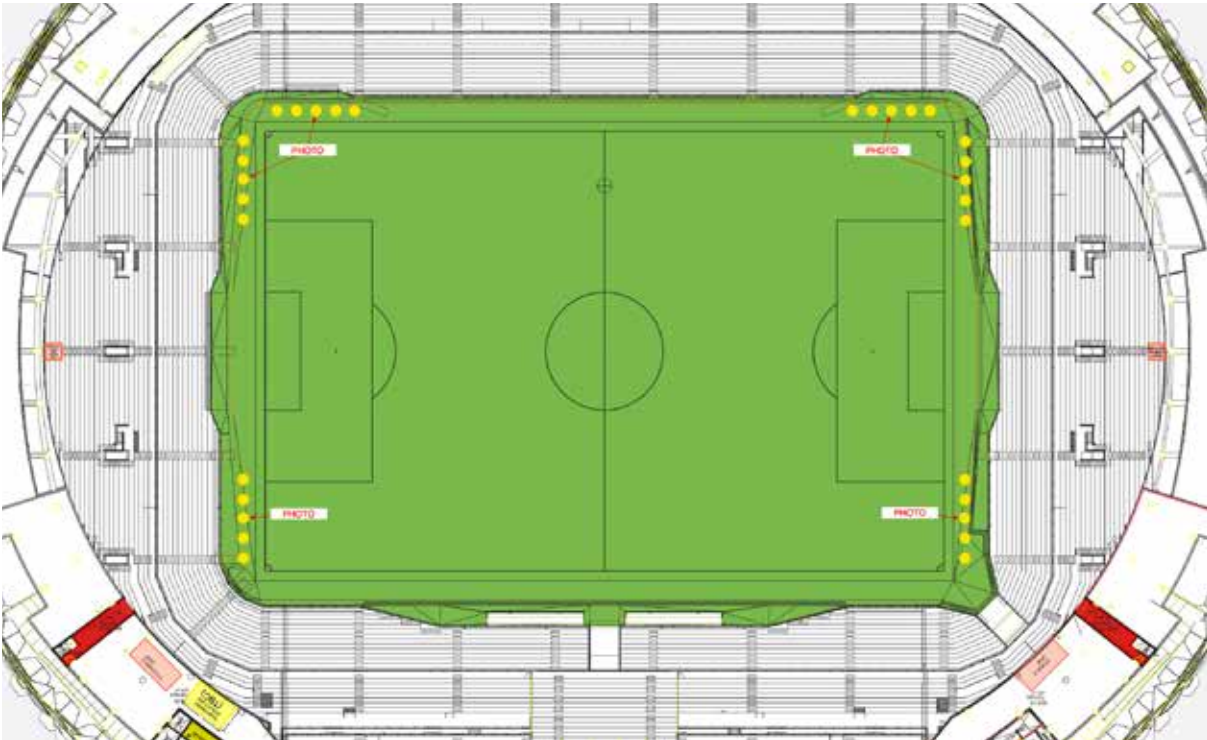
Media & Broadcast Operations - Allowed Personnel Numbers			
Media / Broadcast Area	Personnel Involved	Scenario	
		Timing	Suggested Numbers
Media Tribune	MEDIA / NRH / RTV	1 Hour before Kick Off	1 Person per 3 seats (Number to vary across stadiums)
Field of Play	PHO	1 Hour before Kick Off	30 People (including Official PHO)
Field of Play	HB	From 10hrs before KO to KO - 23 People During Match - 15 People FT to FT + 2hrs - 13 People	
Stands	HB	From 10hrs before KO to KO - 26 People During Match - 19 People FT to FT + 2hrs - 16 People	
Stadium Perimeter	HB	From 10hrs before KO to KO - 14 People During Match - 14 People FT to FT + 2hrs - 11 People	

Media Tribune Layout

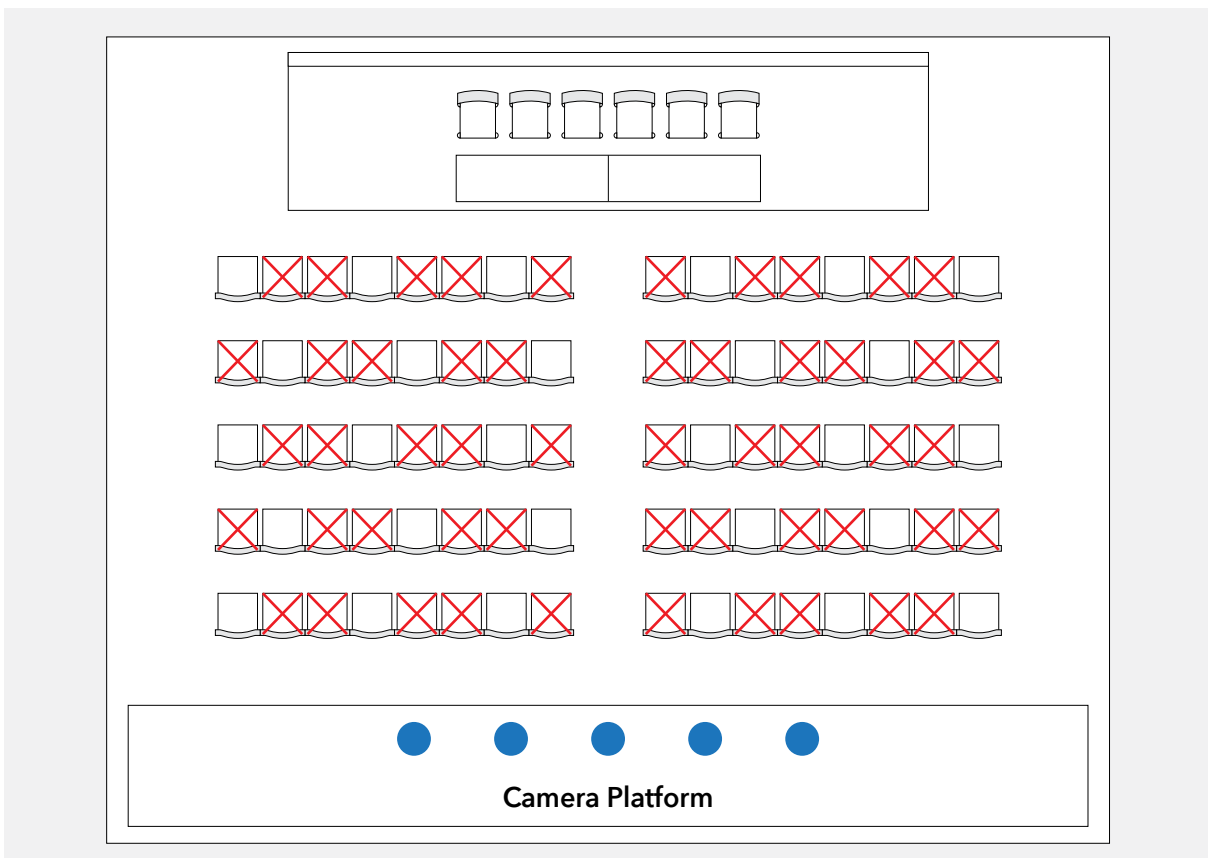


*Preference to be given to Rights Holders and Agencies

PHO Seating Layout

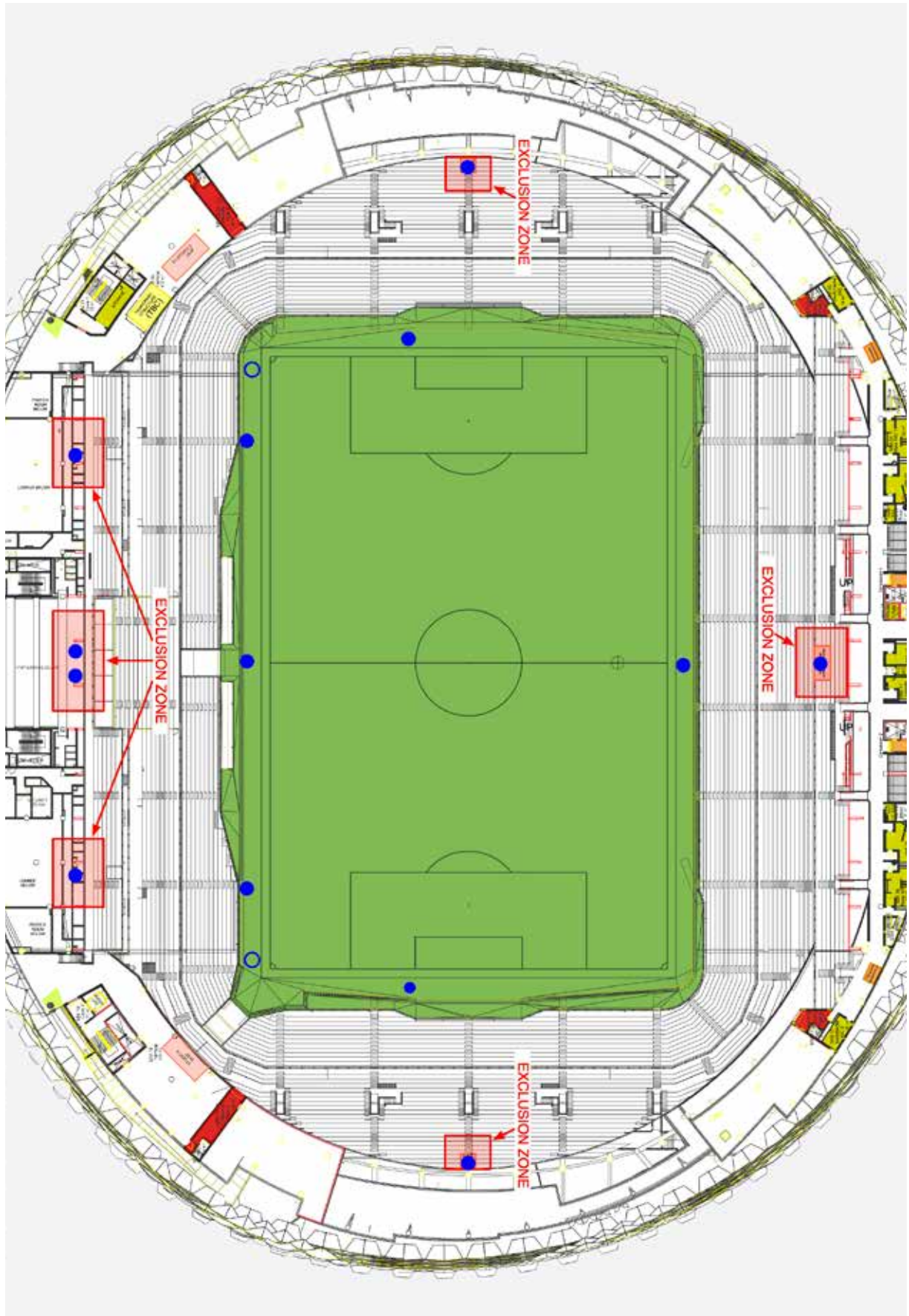


PC Room Layout



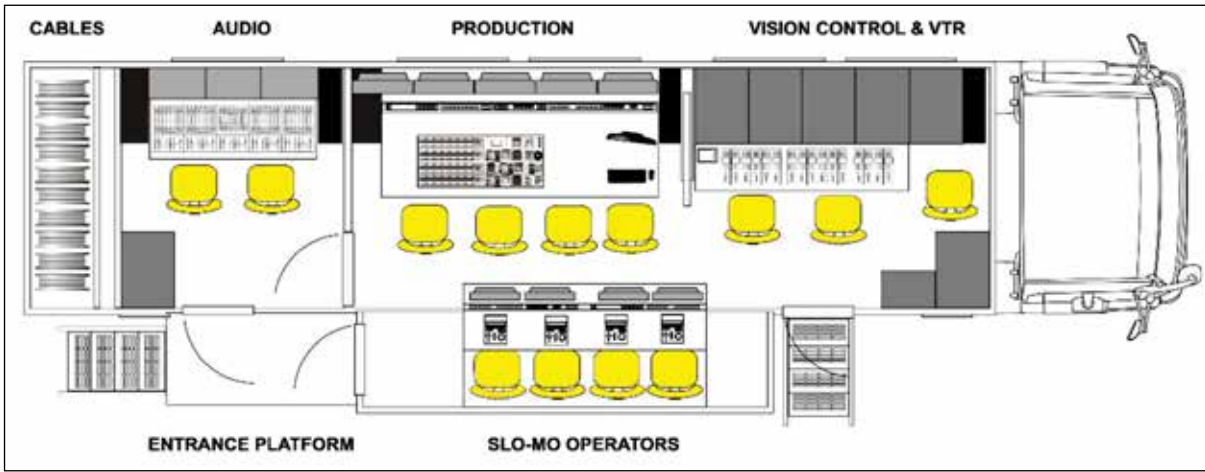
**Preference to be given to Rights Holders and Agencies*

Camera Plan

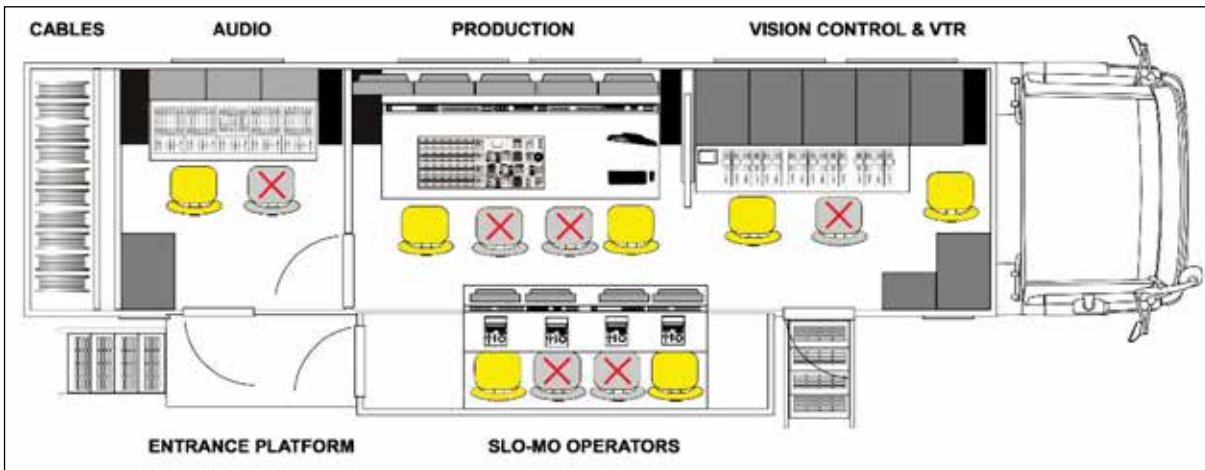


OB Van Layout

Usual Layout



Post COVID-19 Layout



Additional Guidelines

- The length of stay on-site shall be minimised (as mentioned in previous slides).
- In order to prevent congregating of any kind, no catering will be offered. The Stadium Media Centre will remain closed.
- The production truck will remain inaccessible to unauthorised personnel not working in it.
- The minimum distance of at least 1-metre on camera platform and in the Media Tribune must be observed and shall be managed by AFC/LOC Media officer in charge of the match.
- Separate equipment such as microphones and headsets to be used for interviewee and interviewer.
- Mandatory to clean equipment and working surfaces after the match.



Media Activities - Stadium Entrance

- **Must wear AD card and should be visible at all times.**
- **Compulsory to sign media register list before entering.**
 - Those who refuse to sign will be denied entry.
- **Temperature check upon entering.**
- **Separate media gate and players entrance.**
 - If it is not possible due to stadium layout, a barricade should be placed and the distance between should be at least 1-metre away.
- **All media members must wear masks.**
 - The media must supply and wear masks at all times. Those failing to comply will not be allowed to enter the stadium.

Media Activities - Before Kickoff

- No interview before the match.
- No stand up interviews are allowed before or after the match.
- No mixed zone.
- Movement by photographers must be separated from the teams.
- Only official photographer and HB allowed to be present near the benches during team march in procedure. Other photographers and RTVs should take their positions behind the A-boards directly.
- For HB:
 - Coach on arrival interview is allowed but maintaining physical distancing is necessary as well as using dedicated microphone on stand for the coach.
 - Flash interview is allowed, but must be held outside (FOP).
 - Flash interview must secure at least 1-metre distance (use long poll with mic), and interviewer must wear masks.
 - It is not allowed to film the player locker rooms at any time.
 - Allowed to film team walk-in procedure

Media Activities - During the Match

- Secure photo line at least 1-metre distance when players enter FOP, to be controlled by AFC/LOC Media officer in charge of the match.
- Photographers and cameramen can film within the area stated under the existing media regulation.
- Designated media seats will be allocated and assigned according to a first-come-first-served basis.
- Media seats will secure at least 1-metre distance from each other.
 - If the seats are not enough, spectators' seats will be used.
- For HB:
 - Filming of players waiting in the tunnel is allowed, but 1-metre physical distance and wearing of mask must be observed at all times.

Media Activities - After the Match

- **PMPC:** Movement should be controlled between the media personnel and team members.
- All personnel entering PMPC room must wear masks.
- Recording devices (dictaphones, mobile phones, etc) must not be placed on the press conference podium.
- Avoid seating at the front row, secure at least 1-metre distance between the media and interviewee.
- Secure at least 1-metre distance between media personnel: a bigger room can also be required.
- Mixed zone will not be used.
- Media personnel will be prohibited to enter the area where team exits.
- For HB:
 - Flash interview for Head Coach and Key player will be allowed, but must be held outside (FOP) as well as using dedicated microphone on stand for the coach/players.
 - All media personnel must wear masks and gloves during flash interview, and should secure at least 1-meter distance apart during the interview.

Media Activities - Summary

Section	Media personnel	Media activity	Availability	Remark
Before kick off	HB	Players' bus drop off	Available	Secure at least 1-metre distance
		Dressing rooms	Not available	
		Head Coach flash interview	Available	Outside (FOP)
	Photographer	Players' bus drop off/ entrance in to stadium	Available	Official PHO is allowed
	Reporter	Head Coach & Players pre-interview	Not available	
During match	HB	Players' waiting in tunnel	Available	Secure at least 1-metre distance
	PHO	Line up, tossing coin, etc	Available	Secure at least 1-metre distance
Post match	HB	Head Coach & Players flash interview	Available	Secure at least 1-metre distance
	Reporter	Official press conference	Available	Briefing room (secure distance)
		Mixed Zone	Not available	



(c) J. LEAGUE

EXPLANATION OF SCENARIO 1

Match without Spectator Attendance
(Closed Match)

Match Without Spectators (Closed Match)



In the case of implementation of the post-COVID-19 Match Operations Protocol, the objective is to safeguard the safety of all stakeholders involved in the matches. This is of paramount concern. If the MA/Club decides to play the match behind closed doors the AFC shall be informed of the decision by the host MA/Club and this decision will be supported by the AFC.

When it is decided to play a match without spectators, the AFC Match Operations Protocols on conducting a match behind closed doors shall apply.

Supporters will not be permitted to enter the stadium to view the match.

However, access can be granted to the following:

The number of people allowed from each team

- Players and team officials as accredited for the match
- Maximum of 2 guests in VVIP tribune
- Maximum of 25 guests in VIP tribune
- No guests in other areas

Other people allowed to attend the match

- LOC and Stadium management involved in the match organisation (the number of people to be confirmed with AFC Match Commissioner in advance)
- Security personnel (the numbers to be confirmed with AFC Match Commissioner in advance)
- Representatives of the AFC and its commercial partner
- Accredited media and TV broadcast

No tickets shall be sold for the match.

All personnel in the team not directly involved during in the match play (excluded are the 22 players and referees on the pitch), should always wear masks.

While some VVIP and VIP guests may attend the matches as per the numbers given above, dressing room visits shall not be allowed at any time.

All facilities including entrance, ticket booth should have clear signs indicating that the match is taking place behind closed doors and that no tickets are available. This will prevent anyone asking for tickets.

The host MA/Club shall make it clear that the match will be played behind closed doors on the MA/Club website and by all appropriate outlets.

Additional security and safety officials should be deployed outside the stadium to dispense any crowds which may attempt to gather.

Teams and other stakeholders should enter, where possible, be different entrances but the number of gates should be kept to the safety minimum.

The home team will be allowed to play recorded cheering to create an atmosphere in stadium for crowd simulation without any obligation to away team. The content must be approved by AFC Match Commissioner in advance.

The home team is also allowed, with the approval of the Match Commissioner, to play goal celebration noise and supporting video materials on the giant screen at the appropriate time during the match. Recorded sound shall not bear any commercial, religious, political or offensive messages.

All protocols, procedures, material and appropriateness of content must be cleared by the AFC Match Commissioner in advance of the fixture.

If the Host Broadcaster has issues with the sound effects, then there may be a request to adjust the noise levels.

The AFC Match Commissioner and/or the Match Officials reserve the right to stop the crowd effects and/or reduce the volume at any time during the game for any reason.



EXPLANATION OF SCENARIO 2

Match with Limited Spectator
Attendance (Restricted Match)

Match With Limited Spectators (Restricted Match)



This type of game has no different from the full match other than for the very specific protocol of regulating the number of spectators allowed into a stadium to below normal capacity.

This option is to facilitate social distancing during the COVID-19 emergency and to avoid the mass gathering of fans at the stadium.

The host MA/Club can exercise this option only with the permission of the local authorities for crowds to attend the events. This will allow, rather than a full capacity, a step-by-step approach to admitting a limited number of spectators.

Main recommendation for the delivery of this match:

- Instead of normal ticket sales, only selected spectators (members of the fan club, season ticket holders for league matches etc.) can be allowed.
- Spectator capacity for restricted match shall be less than 50% of the total sale able tickets while the recommended ratio is 30% of the total tickets available for sale, including the allocation of away tickets.
- Allocation of away tickets shall be discussed between two teams. However, it is not recommended to reduce the percentage of away team, maintaining at 8% of total capacity.
- Similar to closed match, there shall be clear announcements through appropriate media channels, including the MA/Clubs own platform, to make spectators aware of the status of the match.
- While the maximum number of spectators is recommended to be 30% of the total tickets available for sale, the fans who attend should be spread around the stadium and the distance between them controlled by the host MA/Club.
- Distance between spectators shall be controlled by the host MA/Club according to local regulations.
- Announcement shall be made regularly to control distance between spectators.
- The host MA/Club shall manage and control the number of spectators per entrance entering the stadium and shall also control the speed of entry of the spectators.
- Speed of entry of spectators (e.g. limited number of people per hour etc.).



EXPLANATION OF SCENARIO 3

Match with Full Spectator Attendance
(Normal Match)

Match With Full Spectators (Normal Match)

This phase consists of a full return to the normal use and procedures for on- and off-pitch facilities and activities with no limitations.

However, during this type of match, it is still required that the host MA/Club complies with the strictest hygiene and disinfection guidelines.

The continuation of the highest standards of hygiene measures should continue until the emergency health situation is declared over. Regular health messages should also be broadcast during matches to continue the process of educating fans.





APPENDIX 1

Guidelines - Risk Assessment Tools

Guidance for the Use of the WHO Mass Gathering Sports Addendum Risk Assessment Tools in the Context of COVID-19

Guidance for organisers of sports events planning mass gatherings during the current outbreak of COVID-19.

Routine planning for mass gatherings includes conducting risk assessments to determine the overall risk of disease spread. In view of the current outbreak of COVID-19, a disease-specific and event-specific risk assessment and mitigation checklist has been developed for use by host countries and organisers of mass gathering, to assess the specific risk of COVID-19.

This tool includes all factors from the general WHO risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events, to enable event organisers to determine a more accurate overall risk score.

The following risk assessment and mitigation checklist should be used in conjunction with the WHO Mass Gathering Sports Addendum Guidelines.

In order to accurately provide answers to the following risk assessment and mitigation checklist, organisers must be knowledgeable on the current COVID-19 outbreak. The organisers should reference the daily global COVID-19 situation reports provided by WHO as well as the national COVID-19 situation reports, if available.

The tool must be completed in this Excel spreadsheet (see following tabs), as the scores are automatically calculated there. After the tools have been completed, the scores you receive in the Excel spreadsheet for both sections will need to be entered into the decision matrix found on the final tab ("Overall risk scores") for the overall risk score to be determined.

It must be ensured that this risk assessment is conducted with input from local public health authorities and that the necessary personnel with expertise in mass gatherings, risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning.

For the overall determination, factors under consideration include:

- The current stage of the COVID-19 outbreak and known transmission dynamics.
- The geographical distribution and number of participants, and their individual risk profile.
- The risk assessment tool.
- The mitigation measures that are currently in place or feasible.

It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat. It is WHO's view that all countries with community transmission should seriously consider postponing or reducing mass gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing. Any decision will be supported through the use of WHO tools, in particular the Risk Assessment for Mass Gatherings during COVID-19.

If movement restrictions and further national measures have been established in the country, the WHO RA does not apply.

However, when the process of re-opening/conducting mass gatherings is being considered post movement restrictions, it will be key to ensure any decisions are based on a risk assessment, such as the WHO Mass gatherings COVID-19 risk assessment.

You can find the Football-specific risk assessment tool [here](https://resources.fifa.com/image/upload/covid-19-footballra-060520a-final-hsp.xlsx?cloudid=raw/upload/gasm901hqp2n0zj4mtsr.xlsx). (<https://resources.fifa.com/image/upload/covid-19-footballra-060520a-final-hsp.xlsx?cloudid=raw/upload/gasm901hqp2n0zj4mtsr.xlsx>)



APPENDIX 2

COVID-19: Return to Football
Medical Guidelines

1. Introduction

COVID-19 infection labelled as a pandemic has caused major disruptions in the lives of people and organisations. The virus is highly virulent and contagious as well as potentially fatal with no available specific drug therapy or vaccine. It is transmitted via human contact and the most effective way to contain the infection is to “Break the Chain” of the spread. Implementing regulations and adherence to recommendations of the World Health Organization, Local Governments and Football Organisations will help to break the chain of infection and control its spread. We are still not out of the woods as the virus is not fully understood by experts.

The intensity of infection varies from country to country in Asia. Limited hospital capacity in most places has led governments to implement stringent measures to keep the disease in check in collaboration with international assistance. Most Asian countries have reported reduction in the number of COVID-19 infections with flattening of the curve or plateau. Hence easing of restrictions will vary from country to country. This has led to much excitement and enthusiasm among the football community to commence the return of football.

With the lifting of restrictions in various countries, the custodians of the game of football need to exercise extreme caution for the reintroduction of football participation and competition. It is essential that Football Associations need to abide by the regulations of local governments and recommendations / guidelines by WHO, CDC and FIFA as health is of prime importance.



2. Return of Football

Health and safety of players is pivotal to the re-introduction of football. The following guidelines are advocated:

Pre-Competition Phase

1. Medical Examinations

- a) Daily screening of players / officials for body temperature and other symptoms such as cough, flu, shortness of breath etc. It is highly recommended that players / officials must do self-monitoring twice daily and record the results on a paper or electronic log that can be monitored by the team doctor.
- b) All players must be subjected to medical evaluation and tested for COVID-19 exposure (strictly PCR testing procedure) prior to training resumption.
- c) Asymptomatic Player with positive COVID-19
 1. No training for two weeks.
 2. Isolation with medical evaluation, cardiac screening (ECG; Echo and Cardiac MRI); blood tests for Troponin & C-Reactive Protein (CRP).
 3. If no cardiac concerns, player may proceed to graduated return to training with no high intensity training for one week.
- d) Symptomatic Player
 1. To follow local health governmental guidelines; and
 2. To undergo Pre-Competition Medical Assessment (PCMA) upon return to training.

Football being a contact sport, it is very important from a psychological perspective to convince the team that all players have been tested and no cases of COVID-19 exposure prevails within the team. This will enhance commitment and confidence in training and matches.

2. Training

- a) Detraining adversely affects fitness and performance of players. Coaches need to assess fitness of players. Hence gradual increase in intensity and workload need to be exercised to prevent injuries and illness.
- b) Training may begin as individual or pairs; small groups or as a complete team.
- c) Players with symptoms such as flu, fever, cough, sore throat, rashes, asthma etc. should be isolated, monitored and not attend the training.
- d) Players should maintain personal hygiene i.e. wash hands regularly, use hand sanitiser; no sharing of personal equipment (water bottles, towels, soaps, etc), cover mouth while sneezing or coughing etiquette using elbows or disposable wipe tissues.
- e) Avoid spitting and clearing of nasal/respiratory secretions on the pitch.
- f) No handshake, hugging, cheek to cheek, high five or any other physical contact. Greet with hello, nod or wave.
- g) After training: wear face mask; avoid crowding and disperse as soon as possible.



3. General Measures

- a) Players must have 8 - 10 hours of sleep, eat adequate amount of varied food both in quantity and quality and adequate amounts of fluids.
- b) Avoid crowded places. Maintain social distance of at least 1- 2 metres from other people.
- c) Reduce number of team officials at training sites.
- d) Disinfect and rigorously clean team dressing rooms, balls, and related equipment prior to and after training.
- e) Ensure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitiser, facial tissues, facial coverings, etc.).
- f) Players should separate their dirty clothes in a disposable bag and use fresh clothes when leaving the training site.
- g) Wear masks during travelling to/from the training site.
- h) Dispose of used tissues and masks in sealed bins.
- i) Travelling procedures: follow local government guidelines.
- j) If a player is found positive for COVID-19:
 - Testing of team.
 - Contact tracing.
 - Management to follow local health guidelines.
 - Notify AFC with strict confidentiality.

4. Education

It is essential to focus on preventing the spread and/or return of COVID-19 and the complications that may arise from infection. The implementation of the general measures must coincide with a comprehensive and continuous education regarding infection mitigation procedures:

- a) Ensure that players and team members are updated on the current pandemic situation and any emerging information.
- b) Ensure that players and team members are updated and fully understand the directives and guidelines of the local health authority.
- c) Continue to advocate measures such as personal hygiene, social distancing and maintaining a healthy lifestyle.



Competition Phase

1. Screening

One of the key factors in tackling the spread of COVID-19 across the globe is testing and it is vital to test quickly to identify and isolate those with the disease and to calculate accurate infection and survival rates. The testing availability worldwide has been limited, but it has changed over the course of the pandemic as cases and definitions evolve resulting in testing kits have become more available.

Now, testing is essential until such time the vaccine is available to safeguard the health of the players, coaches and other members of the team.

- a) The Pre-Competition Medical Assessment (PCMA) including COVID-19 testing must be conducted based on the following guidelines:
 - The COVID-19 testing shall be mandatory and part of the PCMA of all the Participating Players to be submitted to the AFC - 72 hours prior to your Team's departure from their home country to the Competition Venue. The PCMA documents shall be part of the eligibility requirements in accordance with the specific provisions set out in the relevant Competition Regulations.
 - Participating Clubs that have submitted the PCMA Declaration at the beginning of the AFC Champions League 2020 and AFC Cup 2020 do not need to resubmit a new PCMA, but are required to submit a copy of the COVID-19 test results to the AFC - 72 hours prior to your Team's departure from their home country to the Competition Venue.
 - All Team Officials must undergo the COVID-19 testing and copy of the results are required to be submitted to the AFC -72 hours prior to their departure from their home country to the Competition Venue.
 - The Polymerase Chain Reaction (PCR) shall be strictly used as the diagnostic test procedure.

- Officials and Players who are tested positive for COVID-19 prior to their departure from their home country shall submit an immunity certificate proving their recovery as well as a medical certificate by the Team Doctor (with relevant medical qualification); to ensure that the said players are fit to play - subject to approval of the AFC.
 - Team Delegation (Officials and Players) shall be subjected to COVID-19 testing upon arrival at the Competition Venue in accordance with the local health authorities' guidelines and/or any other restrictions deriving from the national legislation of the country or territory in which the Competition is taking place.
 - Team Officials and Players may be subject to sampling and testing, at the discretion of the AFC, throughout the duration of the Competition.
 - The AFC reserves the right to request additional documents in all cases.
- b) All players and officials must be screened for body temperature, cough, sore throat, etc. prior travel to stadium and upon entering the stadium.
- c) For the team delegation, reduce number of officials.

2. Match Operations

The AFC has established its protocol on match operations in the context of the COVID-19 pandemic situation which covers areas of operations with the aim to mitigate the spread of virus and ensure safe environment for the players and those involved in the organisation. The teams should adhere with the modifications as part of the "new normal".

3. Travel

a) Pre-Travel

- Advanced communication, coordination, and planning with the organiser and responsible authorities prior to departure.
- The LOC must appoint a medical liaison officer in constant communication with the club/team doctor and AFC.
- Follow local health screening procedures prior to embarkation. It is advisable that the team must arrive earlier at the airport to have sufficient time to go through check-in procedures and health screening requirements.

b) In-flight

Social distancing is difficult on crowded flights, and persons may have to sit near others (within 6 feet), sometimes for hours. This may increase risk exposure to infected person with COVID-19.

Travel increases chances of exposure to the virus as passengers require spending time in security lines and airport terminals which can bring a person in close contact with other people and frequently touched surfaces.

There are few ways to protect oneself from contacting the virus while on-board:

- Keep hands clean by bringing a pocket hand sanitiser on board or a small pocket of antiseptic hand wipes which can be used to wipe armrests, tray tables, remote controls at your seat and frequently touched surfaces such as handrails and lavatory handles and knobs.
- Wear face mask, if necessary.
- Avoid touching your eyes, nose, or mouth with unwashed or unsanitised hands.
- Avoid close contact with a sick person on board and sit in group and refrain from gathering in groups as much as possible. The team's administration can plan and coordinate early with the airlines to request the team members to be seated in group.

- c) On Arrival
 - The Club/Team arriving at the host country should follow local health authority screening guidelines and management.
 - To maintain appropriate distancing strategy when passing through the immigration.
 - The LOC, however, can pre-arrange a dedicated fast lane or other modes of checking at the immigration and custom to avoid mixing with other passengers.
- d) Transport to and from the airport
 - Number of vehicles must be enough to implement social distancing.
 - All vehicles must be thoroughly cleaned and disinfected.
 - Drivers and other personnel involved (at a minimum number) should be certified free from COVID-19 and must be wearing a mask, gloves, etc.

4. Team Bus

- a) Team bus must be cleaned and disinfected before the players embark to the stadium and after the players step-out of the bus. The disinfection must follow local government regulations.
- b) Driver must be free from symptoms of COVID-19 and must wear personal protective equipment such as mask and gloves.
- c) Only team members with proper accreditation shall be allowed to board the team bus.

5. Hotel Accommodations

- a) The Local Organising Committee (**LOC**) and hotel must appoint a person responsible for hygiene.
- b) The LOC Hygiene Personnel must inspect the hotel and discuss special provisions on sanitation and best solution to minimise possible transmission.
- c) The LOC must pre-book the official hotel/s with the number of rooms required for the visiting club/team while the visiting club/team should provide the list of players and officials at least 1-week prior to travelling. Any changes or additional people must be communicated two (2) days prior to the match.

- d) Hotel declaration form must be provided to the team before travelling and must be completed prior disembarking from the aircraft. The team responsible person will hand-over the forms to hotel manager.
- e) The LOC must ensure that all team members are on the same floor.
- f) A dedicated spacious dining room must be available to allow social distancing of 1 - 2 meters apart. Meals should be scheduled in a staggered basis to avoid overcrowding of the dining hall and maintain social distancing.
- g) Access to common areas such as spa, gym and bars is prohibited.
- h) Availability of hand sanitisers at the common access areas such as corridor, lift, main entrance of hotel and outside and inside the team medical room.
- i) Players and staff members must wear a face mask when they travel and when they are outside their rooms, the dining room and the team bus.
- j) Sanitising and cleaning of the rooms and premises must comply within the local government regulations.
- k) Maintain a good ventilation of the room. Air-conditioning in hotels can cause respiratory tract ailments and the risk of contagion can largely be prevented simply by switching off the air-conditioning in the hotel room, especially at night.
- l) Hotel should appoint a dedicated staff to clean the rooms for the entire duration of teams' stay. Alternatively, cleaning of room can be done as per the member request.
- m) Hotel employees should maintain personal hygiene by regular washing and disinfectant of hands, to wear face masks at all time especially if close contact with the team members. Hotel staff with symptoms of infections must not have access to the team hotel.
- n) Minimum number of hotel employees service to be provided to minimise transmission.
- o) Avoid direct contact with the buttons, handrails or door handles with the hand (some ideas to avoid contacts by using pen to press the lift button, use of elbow to open doors etc). However, make sure to wash hands frequently with soap and water for at least 20 seconds or use alcohol-based sanitisers.
- p) Avoid using other person's mobile phone/tablet/PlayStation/etc. Should the need arise high caution must be observed.

6. Meals

- a) Sufficient amount of food, beverages and dishes should be prepared before the players' arrival.
- b) No self-service/no buffet. Meals to be handed out by the own staff and/or the least number of hotel staff. The food will be put onto a table and fetched by players/coaches/staff members.
- c) The tables can only be cleared after the players have left the dining hall in order to have the least possible presence of hotel staff in the dining rooms during the meals.

3. Future Consideration

1. In the event vaccine is made available, teams must make an effort to vaccinate all players and team officials.
2. To continue to maintain personal hygiene of players and team personnel at place of stay, during training and in public though social distancing is no longer required.
3. Maintain the standard of cleaning and disinfection of training grounds, common touched areas, and equipment before, during and after training.
4. Continue to educate the players and team personnel on the infection control measures.



4. References to Available Guidelines

AFC recommends referring to the following documents as a guide to those undertaking risks assessments when organising training/competitions:

1. Football-specific risk assessment tool
<https://resources.fifa.com/image/upload/covid-19-footballra-060520a-finalhsp.xlsx?cloudid=raw/upload/gasm901hqp2nzj4mtsr.xlsx>
2. WHO risk assessment and mitigation checklist for mass gatherings in the context of COVID-19
https://apps.who.int/iris/bitstream/handle/10665/332079/WHO-2019-nCoV-Adjusting_PH_measures-Mass_gatherings-2020.1-eng.pdf.
3. WHO risk assessment tool: addendum for sports mass gatherings in the context of COVID-19
(<https://www.who.int/who-documents-detail/guidance-for-the-use-of-the-who-mass-gatherings-sports-addendum-risk-assessment-tools-in-the-context-of-covid-19>).
4. Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19
(<https://apps.who.int/iris/handle/10665/331764>).

5. Final Comments

1. Changes to the protocol shall be made from time to time.
2. Given that the COVID-19 pandemic situation is evolving, and diagnosis of the disease is emerging, please refer to the following resources for further updated information:
 - a) the WHO's global COVID-19 situation reports (<https://www.who.int/health-topics/coronavirus>)
 - b) COVID-19 statistics by country, to identify risk by geographical location (<https://www.worldometers.info/coronavirus/#countries>).
 - c) the daily WHO situation and country-specific report (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>).
 - d) regional/national COVID-19 situation reports; and
 - e) the European Centre for Disease Prevention and Control website on COVID-19 (<https://www.ecdc.europa.eu/en/novel-coronavirus-china>).



**THE BEST WAY TO
PROTECT YOURSELF
FROM COVID-19**



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitiser if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching, your eyes, nose or mouth with unwashed hands.



Maintain social distancing and stay at least 1 – 2 metres away from other people.



When sick, consult your health care provider and inform your team doctor.



Clean and disinfect surfaces and objects people frequently touch.



Wear a face mask when you are in crowded places and if you have respiratory symptoms.

HEALTH PROTOCOL RETURN TO TRAINING DURING THE CURRENT COVID-19 PANDEMIC

1 Before Training



- 1 Do a self-check (temperature and monitoring for other symptoms) to ensure you are well. If you are not well, do not go to training and instead inform your team doctor/health provider and seek advice.



- 2 Prepare your mask, hand sanitiser, wipes, tissues, and own water bottle.



- 3 Bring extra clothes for changing after training.



- 4 Upon arrival for training, team doctor should check player's temperature.



- 5 Education on infection control must be included in the pre-training briefing.



- 6 Team personnel to ensure equipment are rigorously cleaned and disinfected.

HEALTH PROTOCOL RETURN TO TRAINING DURING THE CURRENT COVID-19 PANDEMIC

2 During Training



- 1** Players should not share clothing, towels, bar soap or other personal items.



- 2** Avoid spitting and clearing of nasal/respiratory secretions on the pitch during training and play.



- 3** Players should not share water bottle. Strictly follow infection control measures (wash hands or use hand sanitiser, facial tissues, facial coverings, etc.).



- 4** Avoid touching door handles, railing & lift button, instead, use elbow and disinfect your hands when touching commonly touched areas.



- 5** No handshake, hugging, cheek to cheek, high five or any other physical contact. Greet with hello, nod or wave.



HEALTH PROTOCOL RETURN TO TRAINING DURING THE CURRENT COVID-19 PANDEMIC

3 After Training



1

Players should separate their dirty clothes in a disposable bag and use fresh clothes when leaving the training site.



2

Ensure all equipment are rigorously cleaned and disinfected after training. Proper disposal of used waste materials after training.



3

Use mask when leaving the training site to return home or place of stay. If you are staying at home, do not expose yourself to your family before cleaning and sanitising.



4

Disinfect all your training apparel (e.g. bag, shoes, gloves etc.) and wash clothes immediately.



5

Take a shower, clean oneself from head to toe.



6

Eat balanced diet and sleep 8 – 10 hours to boost your immunity



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