



**INTERNATIONAL
SAMBO FEDERATION**

**Safety and Prevention
Recommendation after
the COVID-19 Pandemic**

July 2020

FOREWORD

Dear National Federations members, athletes, and coaches.

The current situation regarding SARS-COVID 19 pandemic has affected all continents of the world and has had an impact on all aspects of society, including sport. However, the worldwide health situation is changing constantly, and some countries and regions were able to cope with a pandemic or significantly improve the epidemiological situation.

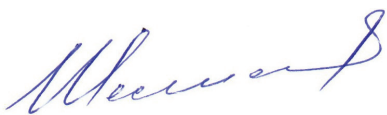
To date, medical professionals are using improved methods of treatment and prevention, testing of COVID-19, and rehabilitation after the illness. The scientific component is also developing, and it is highly likely that a vaccine will be created soon.

Due to the weakening of quarantine measures in different countries and a phased return to normal life, the athletes are starting to go back training. The most important thing to all of us is to ensure the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the FIAS strongly recommends that all NFs follow their local Government advice and World Health Organization (WHO) guidelines.

SAMBO, our sport, taught us to be strong and ready for various challenges, and to develop our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us ensure the safety of joint activities, overcome temporary difficulties, and achieve our goals in the next season.

I sincerely wish all of you good health and well-being, to remain safe and look forward with optimism and hope.

Yours sincerely,



Mr. Vasily SHESTAKOV
FIAS President



1. INTRODUCTION

This document has the goal to inform, guide, and assist the SAMBO community worldwide in the gradual return to their regular activities after the COVID-19 pandemic. It has been created following the World Health Organisation (WHO) recommendations, International Olympic Committee recommendation, International Labour Organisation (ILO) and with the participation of the FIAS Medical and Anti-Doping Commission.

WHO has also developed, for nations back to the normality, a special document addressed to sport event organizers focused on providing additional support in assessing specific risks, identifying mitigation activities, and making an informed evidence-based decision when planning mass gathering in the context of COVID-19.

Under no hypotheses these recommendations intend to replace any regional or local restrictions or policies issued by governments and health authorities; they are a supplementary material to help National Federations, athletes and their entourage, coaches, judges, and fans to restore their training and competition routines with correct management to prevent the spread of the COVID-19 virus in sport. As in these unprecedented times the development of events is extremely fast and staying updated throughout the official local government communication channels is paramount for the whole sports community.

When returning to training after lock-down, keep in mind that athletes need to adapt for at least 6 weeks before they will be able to resume normal training. It is crucial to avoid intense physical activity and to, make health and immune system maintenance the top priority during this period. Stop physical exercises immediately if there is any concern regarding health and consult a physician.

Remember to always respect the social distance and respiratory etiquette, washing hands regularly and correctly, using nose/mouth masks in certain circumstances, and avoiding shaking hands and hugging.

2. GENERAL INFORMATION

The following information on this topic has been provided by the WHO:

«Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.











The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based disinfection, rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).»

In order to recognize the symptoms of the virus and to avoid further spread within the participants at SAMBO training sessions please see image below:



Understand the symptoms

	COVID-19	Colds	Flu
 Aches and pain	Sometimes	Rare	Common
 Cough	Common (usually dry)	Common	Common (usually dry)
 Diarrhoea	Rare	No	Sometimes (children)
 Fatigue	Sometimes	Sometimes	Common
 Fever	Common	Rare	Common
 Headache	Sometimes	Common	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Shortness of breath	Sometimes	No	No
 Sneezing	No	Common	No
 Sore throat	Sometimes	Common	Common

3. SUSPENSION OF COMPETITIONS

After the FIAS's decision from 13th of March 2020 to postpone all FIAS major events until end of August 2020, Confederations and National Federations did the same following also their governments directions.

Also, in March, the FIAS President has issued a statement in support of athletes and National Federation members who are trying to come to terms with new ways of living imposed by pandemic, which has caused all SAMBO Sports activity to cease.

Today we see how many competitions in various sports are postponed and cancelled. Unfortunately, SAMBO is no exception here. No one knows how the situation with the spread of the COVID-19 virus will develop in the future, so it is very difficult for the organizers of the competition to plan something. Someone is postponing tournaments to other dates, someone has to cancel them altogether. Of course, we all understand the importance of competitions for sambists, however, the health of athletes and all participants of the competitions is still more important," Vasily Shestakov, President of the International Sambo Federation said

On 22nd of July FIAS published article at its website where is clarified that the organizing committees of several international SAMBO tournaments decided to cancel the competition in 2020 in connection with the COVID-19 pandemic and the recommendations of the World Health Organization. So, this year the following competitions will not take place:

- World Beach SAMBO Championships (scheduled for April in Larnaca, Cyprus);
- Paris SAMBO Grand Prix (the event was scheduled for May in Paris, France);
- African SAMBO Championships (the event was scheduled for June in Cairo, Egypt);
- World Masters SAMBO Championships (the event was scheduled for October in Almelo, the Netherlands);
- European SAMBO Cup Open (the event was scheduled for December in Madrid, Spain)
- World Cadets SAMBO Championships (scheduled for December in Porec, Croatia);
- Pan American SAMBO Championships (scheduled for July in Cali, Colombia);
- Asian SAMBO Championships (scheduled for June and then for September in Bali, Indonesia);
- International SAMBO Tournament "Burdikov Memorial" (scheduled for August

in Kstovo, Russia);

- International Combat SAMBO tournament “Baikal Cup” (scheduled for August in Irkutsk, Russia);
- International SAMBO Tournament “Chokheli Memorial” (scheduled for September in Tbilisi, Georgia);
- International SAMBO Tournament for the Prizes of the President of the Republic of Tatarstan (scheduled for October in Tatarstan, Russia);
- International SAMBO Tournament “Potapov Memorial” (it was planned to be held in April and then in October in Vladivostok, Russia).

«In the current situation due to COVID-19, FIAS granted the right to National and Continental SAMBO Federations, which are the organizers of tournaments, to decide independently on the cancellation or postponement of competitions, considering the epidemiological situation in these countries. For its part, the International SAMBO Federation firmly defends the position that the health of athletes is a priority of our activity. We hope that the security measures will help to cope with the new challenge as soon as possible, and soon we will be able to return to the working mode of sports events holding,» FIAS President Vasily Shestakov said.

4. COMPETITION RESTART

The FIAS is now deeply studying and working on potential solutions for the 2020 and 2021 seasons calendars. The FIAS will present in the upcoming weeks the decisions that will be made for the FIAS events of the last quarter of 2020, as well as the basic recommendation for event organizers and participants at the events “after COVID-19 pandemic”.

Confederations and all members National Federations are therefore recommended to slowly restart the process of retaking their training routines to prepare SAMBO athletes for a competition. There is no starting date neither a deadline fixed for that. Please, respect recommendations provided, and restrictions made by your national governments.

5. GENERAL GUIDANCE

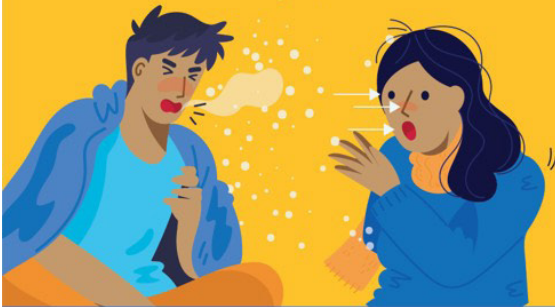
At this moment, it is widely accepted that a phased restart process is vital for a safe transition. A safe environment must be the main concern for our whole community.

Starting from individual training with minimal coaching support in a first phase and passing after to small groups carefully coordinated to respect distancing and specific training areas, the process can be concluded with bigger groups training together at the same venue.

In terms of competitions, National Federations should have in mind that sports activities will change completely, and this is going to last a long time. It is very possible that, especially in the beginning, many will not be comfortable to take part in activities with a certain number of people. It is also natural that after competitions commence, public authorities will probably restrict crowds and, consequently, public presence may be prohibited. Specific regulations regarding social distancing in spectator areas, as well as protocols for regulating entry and exit, will be needed. There is also necessary to share awareness by placing the clear instruction at the visible place inside the sport facilities. Please see example provide by WHO below:

COVID-19 Know The Facts

COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

Reduce your risk of COVID-19



Clean your hands often

Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth



Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick

Clean and disinfect frequently touched objects and surfaces



Different national and regional approaches to the gradual recommencement of normal activities will be predictable. A crucial concern for organizations is to be aware that at any time, the restart process may be required to stop, because of emerging contamination issues in the sport, local, town, or region.

6. TRAINING RECOMMENDATIONS FOR COACHES AND ATHLETES

When planning the return to training activities, some recommendations are paramount to reduce the general risk of transmission of a potential infection:

- All regulations regarding the use of sport facilities must be strictly adhered to.
- Daily disinfection and cleaning of sport facilities after/between training.
- Sharing of equipment must be prohibited.
- Training in small groups is highly recommended.
- Daily health check for all participants, including thermometry.

We encourage you to follow the recommendations of your national government. The proposal below is not exhaustive nor mandatory but can help on guaranteeing a successful restart. They should be widely promoted and exposed not only on-site but also using social media and websites. Creating awareness in the community and encouraging the adoption of all prevention actions will lead to a smooth new-routines implementation.

PLACE	RECOMMENDATIONS
Indoor gym	<ul style="list-style-type: none">• Avoiding assemblies at the entrance and exit of the training venues. It is recommended to keep a safety distance between people of at least 2 meters.• Training facilities indoors, it is important to have a space where ventilation is as enhanced as sufficient.• Provide and place inside the gym alcohol-based hand sanitizer.• Checking which staff and athletes are considered essential to conduct an effective training session and restricting presence to those people.• Specifying what close contact coaching practices should be considered as crucial to be delivered.• Do not drinking from the same bottle as others.• Take care of sufficient water intake and nutrition.• Covering mouth and nose with a tissue or arm when you cough or sneeze, never by hand.• Never touching eyes, nose, or mouth with unwashed hands.

PLACE	RECOMMENDATIONS
Indoor gym	<ul style="list-style-type: none"> • Avoiding use gym equipment if you do not know if it has been disinfected beforehand. • After exercising clean SAMBO mats by hot water and disinfection • After exercising wash your clothes. Use ordinary detergent. • Avoiding sharing any kind of equipment with other athletes such are SAMBO uniform, gloves, helmet, shoes etc. • During all training sessions coaches and entourage should wear protective masks. (please see appendix 1) • In all talks between athletes and coaches during the training sessions keeping the safety distance. • Body temperature checks should be carried out as often as possible. In case of body temperature equal to or higher than 37.5 ° C, the person should not take part in the training session and the physician in charge of the team must be immediately contacted. • Share awareness (see examples in appendix 2).
Outdoor gym	<ul style="list-style-type: none"> • To held training session outside should be prioritising if sufficient. • Checking which staff and athletes are considered essential to conduct an effective training session and restricting presence to those people. • Specifying what close contact coaching practices should be considered as crucial to be delivered. • Do not drinking from the same bottle as others. • Take care of sufficient water intake and nutrition. • Avoiding sharing any kind of equipment with other athletes such are SAMBO uniform, gloves, helmet, shoes etc. • Covering mouth and nose with a tissue or arm when you cough or sneeze, never by hand. • Never touching eyes, nose, or mouth with unwashed hands.

PLACE	RECOMMENDATIONS
Outdoor gym	<ul style="list-style-type: none"> • In all talks between athletes and coaches during the training sessions keeping the safety distance. • Optimization of circulation in training sites to avoid crossings.
Changing rooms	<ul style="list-style-type: none"> • Put personal items and clothes in personal bags, avoiding leave them exposed in the changing rooms. • Provide and place inside the changing room alcohol-based hand sanitizer. • Minimise the time spent in changing room, avoiding direct contact and maintaining a social distance. • Ensure that changing rooms are regularly cleaned and disinfected.
Restrooms and showers	<ul style="list-style-type: none"> • Provide and place inside the restrooms room alcohol-based hand sanitizer. • The restrooms should be regularly disinfected. • One restroom inside the sport facility should be dedicated to athletes and coaches. • The showers should not be used.

The table above is based on following document: <https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>

Please note that under no hypotheses these recommendations intend to replace any regional or local restrictions or policies issued by governments and health authorities. It is a supplementary material to help our athletes and their entourage, coaches, and judges to restore training and competition routines.

References:

- Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance <https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>
- Key planning recommendations for Mass Gatherings during COVID-19 <https://www.who.int/publications/i/item/key-planning-recommendations-for-mass-gatherings-in-the-context-of-the-current-covid-19-outbreak>
- Advice on the use of masks in the context of COVID-19 [https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)
- Covid-19 Infographics - <https://www.who.int/westernpacific/emergencies/covid-19/information>

Questions:

If you have any questions about this document, please contact FIAS at: swissoffice@sambo-fias.com

Appendix 1 – Safety use of face mask

HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

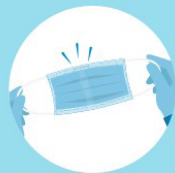
Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



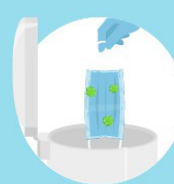
Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN



Appendix 2 – Examples of awareness sharing

A HOW-TO GUIDE FOR PHYSICAL DISTANCING

Staying active is always important but, at this time, it's best to exercise at home. If you are allowed to exercise outdoors keep at least 1m distance from others and don't use any communal equipment.

#BreakTheChain of #COVID19 transmission by keeping a distance when you exercise.

World Health Organization
Western Pacific Region

COVID-19 mainly spreads from person to person

But it can also be left on objects and surfaces...

tissue
doorknobs
digital devices
pens
laptop and mouse
lift buttons

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

World Health Organization
Western Pacific Region
11 Mar 2020

Reduce your risk of COVID-19 infection

1. Clean your hands often
2. Cough or sneeze in your bent elbow – not your hands!
3. Avoid touching your eyes, nose and mouth
4. Avoid close contact with someone who is sick
5. Clean and disinfect frequently touched objects and surfaces

1m

World Health Organization
Western Pacific Region

STAY HEALTHY IN THE WORKPLACE

Hold meetings via phone or over the internet

Clean and disinfect your workplace regularly – particularly door handles, phones, keyboards, elevator buttons, kitchens and bathrooms

World Health Organization
Western Pacific Region
#COVID19
5 June 2020

Source: <https://www.who.int/westernpacific/emergencies/covid-19/information>