To All: Code Committees (Basketball, Football, Hockey, Netball, Rugby and Volleyball)
School Principals
Regional Chairpersons
Regional Sport Officers
Sport Organisers
Coaches

Dear Sir/ Madam

RE: GUIDELINES FOR THE RETURN TO CONTACT SPORT UNDER THE STATE OF EMERGENCY STAGE 4 REGULATIONS

Stage 1 of Stage 4 from the 01st of July 2020 until 31st of July 2020.

As from the 01st of July 2020, Namibia moved to stage 4 of the Lockdown rules under the State of Emergency. Stage 4 allows for the resumption of contact sport. The NSSU understands that the health and well-being of our children, officials and spectators remain at the core of our decision making, and it is of utmost importance to adhere to these guidelines to ensure a safe and sustainable return to sport.

These guidelines serve to implement and monitor COVID-19 precautionary and protocol measures at all sport activities in order to mitigate, suppress and reduce the further spread of the virus. The following guidelines will assist our members to ensure that the above objectives are achieved. All sporting events permitted to resume including contact sports as defined in the Regulations, subject to adherence to the public gathering limit of 250 persons and Health and Hygienic protocols.

However, it’s required from all the schools that wish to host organised sporting events, which involves mass gathering as per the regulations to seek approval from NSSU, who in turn will seek approval from the relevant Federations and the NSC, in the prescribed manner.

The schools should meet all the requirements as per hosting regulations and prescribed in the Namibia Sport Act No 12 of 2003. This will ensure that the host school is in compliance with the COVID-19, NSC and other agencies and that we can monitor the event procession.

1. GENERAL GUIDELINES

- No player / official should be allowed to train if he/she shows the following symptoms: (coughing, fever, sore throat, shortness of breath, loss of sense of smell and taste)
- No player / official should be allowed to train if he/she has been in contact with another person who has shown the above-mentioned symptoms or has been diagnosed with COVID-19
- Players / Officials that are sick are advised to stay home, seek medical advice and to inform the relevant authorities
-2-

- Avoid touching your eyes, nose and mouth
- Wash your hands regularly with soap and water, or use a water based hand sanitizer
- Cough/sneeze into the pit of your elbow
- Avoid physical contact and adhere to the social distancing rules
- The wearing of a face mask / buff is compulsory

2. GUIDELINES FOR TRAINING GROUPS

- Players / Officials should observe social distancing when not doing drills
- Players should play with their own gear and must sanitize their equipment before and after each practice
- The wearing of masks / buffs are mandatory
- All cones and other training equipment, should only be handled by coaching staff
- Players should bring their own bib or training clothes, and they should not be shared.
- Players must bring their own water bottled and these may not be shared. Food may also not be shared.
- There should be enough time in between training groups to allow the players to arrive, prepare for practice and leave the venue immediately after their practice.
- There should not be more than 25 players including the coach at any given time.

3. GUIDELINES FOR MATCHES (PRACTICE ON LEAGUE)

- No matches are permitted during this stage

4. EVENTS

- All events (leagues, tournaments, social and fun days) should be registered with the NSSU and the NSC.
- Schools should provide a roaster of their training sessions to the NSSU for record keeping.

The NSC Secretariat in collaboration with the NSSU, Regional Sport Officer of the Ministry of Sport, Youth and National Services are empowered to conduct regular inspections in collaboration with Law Enforcement Agencies to ensure that the schools are in compliance and adherence to the approved State of Emergency COVID-19 guidelines at all times.

We trust you will find the above to be in order and that you will familiarise yourselves as such.

Yours in Sport Development

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Mr. S. Doker
National Co-ordinator
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CC: Presidents of Federations
   Mr Simata Mwiya: Chief Administrator NSC
   Mr Irvine Ndjaveria: Deputy Director of School Sport

Namb'ia Schools Sport Union (NSSU)
Cabinet Resolution 52/0128/007
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2 | Page