



## **Thailand Bodybuilding and Physique Sports Association Covid-19 Health and Safety Guidelines**

### **1. Venue & and Safety Essentials**

1.1 For all activities (seminar, trainings and championships), staffs, athletes and participants must do self-assessment with Thaichana application prior to the activities

1.2 Staffs, athletes and participants who cannot access the mobile phone to use Thaichana application must register manually prior to the activities.

1.3 The venue is limited to only 1 access point, providing temperature check & check-up point prior to the activities.

1.4 Hand sanitizer and hand wash must be provided in the venue including in bathroom and restroom areas.

1.5 Staffs, athletes and participants must keep at least 1-meter distance and avoid close contact at all time in the activities.

1.6 The venue must be cleaned and sanitized prior to the activities.

1.7 The venue must provide clear signs and safety guidelines to all participants

1.8 The venue must be well-ventilated, considering install ventilation system in bathroom and restroom areas.

1.9 Staffs, athletes and participants are required to have and wear a facial mask.

1.10 The venue must provide clear signs for 1-meter social distancing

1.11 All activities are scheduled with flexible time to prevent overcrowding

### **2. Pre-Activity Preparation**

#### **2.1 Health Check-up**

(1) Staffs, athletes and participants must be checked up for any symptom of fever, cough, flu or respiratory problem prior to the activities. The body temperature must not exceed 37.5 degree Celsius.

(2) Anyone showing symptoms of fever, cough, flu or respiratory problem will be observed in a separate rest area and undergo another body temperature screening.

(3) Anyone showing symptoms of fever, cough, flu or respiratory problem must be reported to each sector or agency accordingly.

(4) In case of confirmed or suspected Covid-19 Temporary Closure of Premises

## **2.2 Preventive Measurement**

(1) 1 follower is allowed for each athlete or training participant. Audiences are not allowed to attend the activities.

(2) All scheduled should be flexible to any further adjustment.

(3) Participants are limited to a certain number for each activity to prevent overcrowding

(4) Staffs, athletes and participants must keep 1meter social distance.

(5) Participants are encouraged to wash or sanitized their hands frequently.

(6) All activities must be carried out under proper surveillance and guidelines

(7) Staffs, athletes and participants who cannot follow health and safety guidelines will not be permitted to enter the premises or participate in the activities.

(8) The health and safety guidelines must be announced and published to all staffs, athletes and participants

(9) in case of confirmed or suspected Covid-19 infection. The venue must be closed and adhered strictly to the procedures, and in compliance with the regulation of the Ministry of Public Health.

## **2.3 Cleaning**

(1) Cleaning staff must have personal protective equipment such as facial mask, gloves, protective gown and litter picker.

(2) All venue and activity areas must be cleaned and disinfected frequently, including the contact points such as doorknob, elevator button, handrail and equipment.

(3) Bathroom and restroom area must be cleaned and disinfected at least twice a day, including the contact points such as doorknob, bidet, toilet seat, and faucet

(4) The venue must provide litter bins with lid in each area. Hazardous waste such as facial masks must be disposed in a separate bin.

## **Health and Safety Guidelines for the athletes and participants**

### **1. Pre-Activity Preparation**

1.1 Anyone showing symptoms of fever, cough, flu or respiratory problem will not be permitted to enter the premises or participate in the activities.

1.2 Athletes and participants must wear a facial mask.

1.3 Athletes and participants are encouraged to wash or sanitized their hands frequently.

1.4 Athletes and participants are required to disclose personal information such as medical conditions and travel history from/to contagious areas.

### **1. During and Post-Activity**

2.1 Athletes and participants must do the registration via QR code both prior to and after the activities

2.2 Athletes and participants must strictly adhere to the health and safety procedures, such as temperature check as well as providing medical conditions and travel history information accordingly.

2.3 Athletes and participants must check equipment and surroundings for personal safety.

2.4 Athletes and participants are not allowed to spit in the venue area. Touching the venue surface is also discouraged.

2.5 Athletes and participants are encouraged to wash or sanitized their hands frequently.

2.6 Shouting in the venue, coughing in the close contact with another person are discouraged.

2.7 Athletes and participants must report to the organization in case of any suspected non-compliant.