



CAF MEDICAL PROTOCOL

COVID-19

01.

Preamble

This recommendation is not to encourage member associations and their professional clubs to resume, at all costs, the course of their competition's men and women, while continuing to prevail, to varying degrees around the world and across our continent, one of the most devastating pandemics of our time.

It is our responsibility to anticipate all eventualities and to consider the risk assessments and factors that must be in place for professional football to eventually be able to resume safely. This can only happen at a time when the health, social and economic benefits outweigh the risks associated with COVID-19, while maximizing the safety of athletes, staff, supporters and society in general.

It is also the view of CAF, that football activities are secondary to the well-being of those who wish to participate. The health of footballers (mental and physical) across our continent and the world is essential and should constitute the ethics of all decision-making regarding the reintroduction of football activities.



The purpose of this process is to define the main planning considerations for organizers of football events in the context of the new epidemic of coronavirus (COVID-19).



It should be read in conjunction with organizational medical standards, international and national guidelines on public health and mass gatherings.

02.

COVID-19 Pandemic

The Coronavirus (COVID-19) pandemic, caused by the SARS-CoV-2 virus, has seriously challenged the health systems of all countries in the world. preventive measures are still the best way to fight against the spread of the Virus.

It is our responsibility to anticipate all eventualities and to consider the risk assessments and factors that must be in place for football to resume safely. This can only happen at a time when the health, social and economic benefits outweigh the risks associated with COVID-19, while maximizing the safety of athletes, staff, supporters and society in general.

It is also the view of CAF, that the most important thing for us is the well-being of those who wish to participate in our competitions, the actors of the game. The health of footballers (mental and physical) across our continent and in this case in CAF TotalEnergies AFCON Cameroon 2021, is essential and should constitute the ethics of all decision-making regarding the reintroduction of CAF football activities.



In any event, it must obtain the authorization of the national authorities in charge of the health; This document provided by CAF is a guide. The use made of its content therefore commits only its user as to the consequences which could ensue from it.

03.

MEDICAL ORGANIZATION

1- At the Airport:

(Please respect the sanitary measures put in place by the Local Organizing Committee (LOC)):

- A special Line for CAF delegates should be created apart from the rest of the passengers (recommendation);
- Temperature measurement with an infrared thermometer;
- Completion and submission of the health information form (during the flight), when applicable;
- Immediately report any suspicious symptoms that have arisen since departure and in the aircraft;
- Availability of Masks and disinfectants (Hydroalcoholic Gel);
- Respect and enforce social distancing;
- Respect and enforce the compulsory wearing of a mask;
- Presence of a fully equipped ambulance during arrivals and departures;
- A Rapid Diagnosis Test will be performed upon arrival (If applicable by the Local Health Authorities);
- If the test comes positive you will be self-isolated in a medical facility as per the Local Medical Authorities protocol;
- If negative, you will proceed to the hotel.



Before departing to the host country, it would be suitable for any delegate to obtain from his doctor a certificate of good health, about COVID-19 symptoms.



04. At the hotel

- Temperature measurement with an infrared thermometer at the entrance of the hotel and the conference room;
- Compulsory wearing of face masks;
- Respect and enforce social distancing within the hotel;
- Respect and enforce social distancing during coffee breaks and restaurant meals;
- No buffet in the restaurant, “a la carte” service;
- Regular hand washing with running water and soap (after using the toilet, before and after meals, before entering the conference room);
- Regularly disinfect your hands with the disinfectants available in the Hotel and the conference room;
- In toilets and showers, use the automatic dispenser containing soap;
- Avoid handshakes;
- Respect and enforce the number of people in an elevator (2 or 4 maximum depending on the space in the elevator and the signs on the ground);
- Respect and enforce the number of seats around a single table (2 or 3 maximum depending on the width of the table);
- Avoid leaving the hotel for leisure time;

”

2- During transport to the hotel:

- Respect and enforce the compulsory wearing of a mask;
- Availability of Hydroalcoholic Gel in vehicles;
- Respect and enforce social distancing in vehicles.

05.

Sanitary Rules

Measures taken to combat the Covid-19:

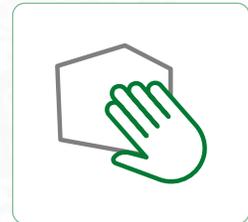
Barrier Gestures:



Wash your hands with soap and water



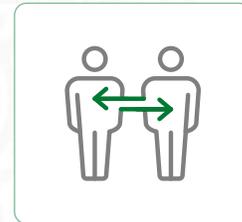
Cover your mouth and nose with your bent elbow when you cough or sneeze



Dispose of the used tissue immediately



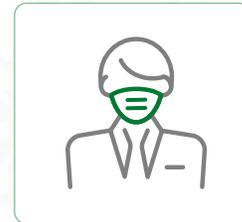
NO hand shaking or hugging



Keep social distancing stay 2m (6ft) apart



Stay home



Wear a face mask



Wear gloves if necessary

Social Distancing:

Isolation, confinement, quarantine, screening

06.

| Principles of Organization

Temperature measurement for anyone entering the stadium:

Ideally, depending on the means, by installing an infrared temperature measurement airlock at the entrance to the stadium or training site.



Installation of gel dispensers or hand washing facilities (better than wearing gloves)



Wearing a mask in all places of circulation on the site

07.

At the Stadium

- Measuring of the temperature of all teams' members and referees
- Only tested negative persons will be allowed to access the Stadium operational area (Zones 1 and 2)
- All areas of access and dressing rooms will be disinfected before, half time and after each match.
- No shake hands, social distancing required, wear of masks at all times except for the 11 players in the starting list, referees and head coach
- The maximum number of players who can sit on the bench is 4, the rest must go, and sit in the stands with direct access to the pitch.
- Maximum Number of ball-boys is 8
- The balls should not be thrown at the players, but placed on the grass, outside the field of play (preferable on top of a pin).



08.

Medical Assessment and Monitoring

MEANS OF RECOVERY



Complete medical checkup strengthened before recovery, based on a fitness and recovery checkup. PCMA +



Planning of biological assessments (IGE, mineral, hematological assessment, vitamins) to detect risks



Adapt well to nutrition at the level of sporting activity and biological assessments

09.

Doping Control

- CAF Doping Control Officer will conduct the sample collection in their capacity as a CAF Doping Control Officer following the Covid19 new measures.
- In principle, two (2) players from each team will be tested at the end of each match in accordance with the CAF/ FIFA Anti-Doping Regulations. However, the CAF Doping Control Officer is authorized to select additional players for sample collection without giving any reason.
- The players to be tested shall be selected via targeted or random methods by the CAF Doping Control Officer. These players are required to provide urine sample and blood samples, as requested.
- The players selected to undergo a doping test will be escorted by a chaperone from the field of play directly to the doping control room. A player who has been sent off will be accompanied by a chaperone until the end of the match and must be available for testing.
- The players selected to undergo a doping test must directly report to the doping control room straight from the pitch and must remain within the direct observation of the chaperone or the CAF Doping Control Officer until completion of the sample collection process. Failure to do so may be construed as a failure to comply in accordance with the CAF / FIFA Anti-Doping Regulations.
- Each player who is tested must be accompanied to the doping control area by a team official, preferably the team doctor.



10.

Doping Control

Injured selected player

- CAF Doping Control Officer shall perform a draw in order to replace the injured player for the doping control and will immediately inform CAF General Coordinator.
- Selected player also selected for Flash interview
- The player can process to the flash interview under the control of the chaperone and join immediately the Doping Control Office
- Players with red cards
- Must be escorted to either the doping control room (TV available) or dressing room (no TV) and wait there with the chaperone until the draw is completed.
- Management of special Injuries:
 - Suspected concussion: Team doctor ONLY , to authorise player's return to play
 - Noncontact collapse on field (Suspected SCA, no referee's authorization to medical team required to enter pitch to assist player)



11.

Covid 19 Officer

1. Before the match day.

- Contact the Match Commissioner and the CAF security officer for a good coordination of activities
- Request from the organizers the provision on the day of the match of four (04) controllers of the COVID medical arrangements: two (02) in the stands and one (01) at the entrance of each dressing room
- Contact the two team doctors and discuss the medical conditions of the game
- Contact local medical officials in charge of emergency care
- Ensure the casualty evacuation circuit and welcome medical centers
- Verification of the PCR testing schedule: Ensure that the program is fully respected for players and staff.
- Checking the availability of players' medical files: PCMA + for all players and additional
- examinations for players who have been infected (PCR +) or in whom symptoms have appeared specific.

2. Concerning the Stadium on match day

- Checking the availability of all the elements described in the chapter on the organization of
- emergency care for players and officials (See Appendix): In particular
 - Defibrillators
 - Emergency and evacuation equipment

Procedures must be in place, sufficient, simple but precise, which must absolutely be followed. ✓



- Check the availability of ambulances, stretcher bearers and their equipment.
- Adjustment with team doctors and care managers emergency
- Update with the Match Commissioner and the CAF security official: Information on the gaps
- Establishment and instruction of COVID Controllers made available
- Strict application of the Protocol concerning access to stands and ground.
- Strict application of distancing measures, the wearing of masks and the use of hydro-alcoholic gel
- identify recalcitrant individuals, advise them to submit to rules and possibly report them to security



12.

Organization of Tests

Football participant testing will depend on the availability and reliability / validity of the test kits:



A proposal for a COVID-19 screening procedure:
All players, referees and managers who return to football must be tested for COVID-19 in order to safeguard and strengthen the psychological confidence within the team and the environment.



Control PCR test normally done before the knockout matches depending on the fixtures, and if it is a tournament or home and away matches.



The first test to be performed 72 hours or 48 hours before travelling to the host country (depending on the local medical authorities Protocol)



PCR test to travel back to participants home countries. PCR test Sample collection must be performed 24 to 48 hours before departure depending on the time of delivering of results.



The second test to perform 48 hours before the start of the first match. CAF mandatory test, eligibility test.



Participants whose tests are positive should follow the recommendation of the health authorities of the country concerned.

13.

Organization of Tests

- The host Federation is responsible for the payment of the test of the match officials and its delegation.
The host Federation shall reimburse the match officials the cost of PCR done before travelling upon presentation of the supporting documents.
- The visiting team always covers the cost of the PCR test of all its delegation.
- In case of a match played in neutral ground, the initial host is responsible of the financial coverage

- The mandatory PCR test should be conducted no earlier than 48 hours before the match participants access the stadium.
- Results shall be available 24 hours before MD.

- For the purpose of participating in or working at the match, the PCR test results will be Presented in person at the time of entering the stadium on MD-1 and MD.
- Wearing face masks covering the nose and mouth is always mandatory while in the Stadium except for match participants involved in match activities, including training/warming up and playing
- Before travelling, an individual who tests positive should be isolated immediately for several days (typically seven to ten), as stipulated by the local public health authorities in the country.
- After arrival in the host country: Individuals who test positive should isolate immediately for a period determined by the public health directives of the host country.
- Each Team is responsible for the welfare of its player and delegation member throughout the period of isolation/ quarantine. The Team Manager should only leave a country when the last player leaves in case of isolation or quarantine.



In Case of positive cases that stay in isolation after the end of the competition, all expenses associated to the stay is the responsibility of the host federation

Availability
exposure to
COVID-19

to finance

The level
of competition





Recommendations

This health protocol must consider the following measures:



Submit each actor to the COVID-19 test 48 before a match



Close doors match



No children to accompany the players



Ensure the capacity to isolate suspected cases



Respect for physical distance in the locker room



Prohibition of handshakes or hugs to celebrate goals



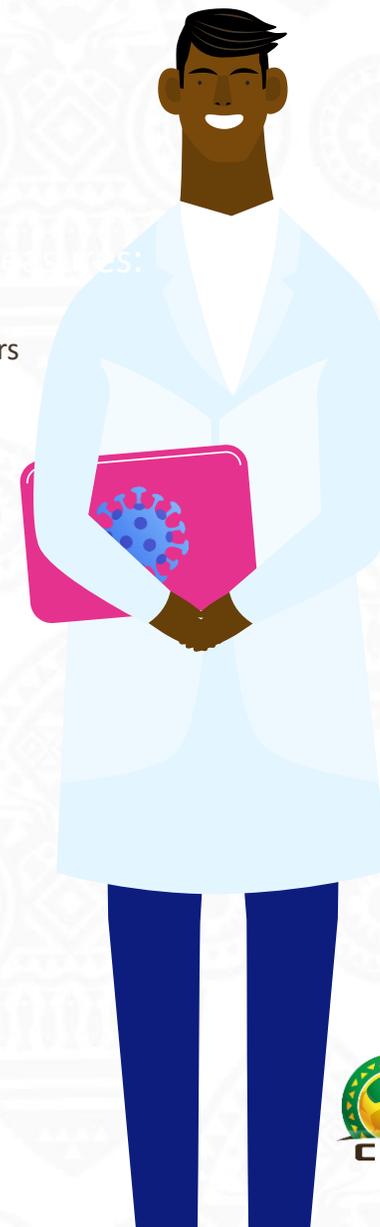
Medical masks must be made available to medical staff and stakeholders



Enter the field separately for the two teams



Balls disinfected several times





Recommendations



Gather all the teams in a city (in one place) and this until the end of the championship



Each team must be made up of 23 players, 10 members of the technical and medical staff



Match officials, the media and all those who work in the stadiums during the match will all have to take the test (Ball boys)



Ban exchange of shirts



Use of 5 replacements
Drinking break 30 and 75 min.
Discourage spitting on the field



Make the means available to the federations to guarantee the tests



Mask ports for substitutes and supervisors on the sidelines...



No press conference except flash interviews for players



Flash interviews to be conducted respecting the physical distancing of 2 meters and more





CAF MEDICAL PROTOCOL

Confédération Africaine De Football

3 Abdel Khalek Tharwat Street, El Hay El Motamayez, P.O. Box 23, 6th October City, Egypt

Tel.: +202 38247272/ Fax : +202 38247274

info@cafonline.com , CAFdevelopment@cafonline.com