



RISK-ADJUSTED PLAN FOR SAFE RETURN TO THE RING

HEALTH AND SAFETY PRESCRIPTS FOR THE SAFE RETURN TO TRAINING AND BOXING EVENTS IN THE SOUTH AFRICAN COVID-19 ENVIRONMENT

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These guidelines are not intended to replace existing procedures, laws or regulations established to govern professional boxing in South Africa but to complement them in this Covid-19 environment.

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1. Foreword

- a) On Sunday, 15 March 2020, the State President, His Excellency Cyril Ramaphosa issued a statement in respect of measures to be adopted by South Africa to combat the Covid-19 epidemic. In setting the scene, the President characterized this medical emergency as being far graver than what has ever been experienced in over a century. He stated emphatically that the situation calls for an extraordinary response and there can therefore be no half measures.
- b) Part of these extra-ordinary measures included the declaration of a national state of disaster in terms of the Disaster Management Act . The overarching message to all sectors and citizens is that we all need to take urgent and drastic measures to, (1) manage the virus, (2) protect the people of this country and (3) reduce the impact of the virus on our society and our economy.
- c) As part of South Africa’s integrated and coordinated disaster management mechanism to prevent and reduce the outbreak of this virus, a number of measures were announced by the President. These measures had a direct impact on Boxing South Africa’s business processes as a professional boxing regulatory body and the wider boxing sector.

The impact

- d) Effective from 15 March 2020 all sporting competitions were suspended. Eleven days later on 26 March 2020 a nation-wide lockdown was introduced and training activities in public fitness centres and private gyms were also suspended. As we prepare these guidelines, our boxing sector has already gone beyond 95 days without tournaments and almost 84 days without boxers training at gyms.
- e) Subsequent to the Nation-wide lockdown to-date no tournaments have taken place. This is in sharp in contrast compared to 24 tournaments that took place quarter during the same period in 2018 and 15 which took place during same period in 2019. Needless to mention, this signals also the extent of loss in income which our boxers and their technical teams have suffered during that period.
- f) The socio-economic impact of this suspension of boxing tournaments has certainly been very hard on the boxing community and pleas for some manageable way through which boxing activity can resume keep getting louder and louder. On the other hand, the socio-economic reality need to be balanced against the need to manage the virus and protect lives. This is the context within which this risk-adjusted strategy is developed to provide a safe option for the return of boxing activity in a Covid-19 environment.

2. Introduction

- a) These guidelines are presented by the Medical Committee of the Boxing South Africa, these guidelines outline a **“Risk-adjusted strategy back to the Ring”**, and they’re structured to support and guide all licensees of Boxing South Africa to navigate safe return to boxing activity through careful planning, assessment and managed execution.
- b) These boxing specific guidelines are intended to work in tandem with the National Risk-Adjusted Strategy and other concomitant Directions as issued by various Ministries, more especially those addressing the Sport, Arts and Culture sector.

- c) This document will continue to evolve as we monitor the changes in the global and national environment, as we gain a better understanding of the potential health impact of the virus and as we collaborate with other sport organizations to identify best practices in this challenging Sport environment.

3. The Strategy at a Glance

- a) Boxing South Africa's '*Risk-adjusted Strategy Back to the Ring*' is tailored around the National Risk-adjusted strategy for Economic Activity as presented by the COvid-19 National Command Council. The strategy is therefore designed to fit into various Alert-levels which underpins National Cabinet's Risk-adjusted strategy for economic activity. Broadly speaking, the phases are categorised as follows:
- ~ **Phase 1:** Restricted training where no contact between trainer and boxer is allowed.
 - ~ **Phase 2:** Non-contact training where boxer and trainer can return to the gyms
 - ~ **Phase 3:** Contact training with permission for competition to resume.
- b) Activities for the three phases described below serve as baseline standards required to be met by Boxing South Africa before the resumption of training and competition. Boxing South Africa fully appreciates that any sporting activity in a Covid-19 environment is subject to stringent regulations.
- c) All practitioners of professional boxing must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete/other personnel safety. At the moment, these guidelines do not address the presence of spectators at public sporting events. All regulations related to spectators will be determined at a later stage when restrictions on public gatherings have been reviewed.

4. Baseline activities

Broadly speaking, the phases are categorised as follows:

Medical servicing

PHASE 1	PHASE 2	PHASE 3
<p>All consultations undertaken via telehealth unless face to face is considered urgent Avoid all routine and non-essential manual therapy.</p> <p>Five Moments for Hand Hygiene must be used to minimise the risk of transmission between health professionals and patients.</p> <p>Hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each boxer.</p> <p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p>	<p>History taking, or full consultations should be conducted via telehealth if practical.</p> <p>Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended.</p> <p>During any essential manual therapy, the boxer and practitioner must wear face masks.</p> <p>All boxers who are not part of the consultation and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p>	<p>Full manual therapy services can be conducted.</p> <p>All boxers who are not part of the consultation and other personnel should avoid the treatment area.</p> <p>Enhanced hygiene measures and social distancing should be maintained.</p>

General description

PHASE 1	PHASE 2	PHASE 3
<p>No contact between boxers and/or other personnel. Examples of permitted activities — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).</p> <p>Bag work if access to own equipment, without anyone else present.</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>Indoor/outdoor activity that can be conducted in small groups (not more than 5 boxers and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>No sharing of any personal equipment like skipping ropes, hand wraps, gloves, towels, water bottles, etc</p> <p>Some sharing of training equipment permitted provided that it shall be constantly disinfected/ cleaned before each user touch it. Eg, Punching bags. Speed ball, weights, mats, etc</p> <p>Non-contact skills training. No Sparring, No focus mitts, No congested group training,</p>	<p>As per Level PHASE 2:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments)</p> <p>For larger team boxing clubs, consider maintaining some small group separation at training.</p>

General hygiene measures

PHASE 1	PHASE 2	PHASE 3
<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training at home — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not force to train if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discourage</p>	<p>Communal facilities/ Gyms can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p> <p>Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 5 boxers and other personnel in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (Strictly at home). Maintain distance of at least 2m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of training facilities. Continue hygiene and cleaning measures as per Phase 2.</p> <p>Limit unnecessary social gatherings.</p>

5. South Africa's Risk adjusted Strategy

- a) According to the Risk-adjusted strategy for economic activity, there is early evidence that the full national lockdown imposed since 26 March 2020 has successfully limited the spread of the coronavirus. However, there are serious risks associated with lifting lockdown restrictions too soon, or in an unsystematic and disorderly manner.
- b) The Risk-adjusted strategy directs that restrictions on economic activity need to be adapted to epidemiological trends, and may need to be relaxed and tightened in different periods. An alert system should therefore be created with clearly defined levels of restriction that can be imposed as necessary.
- c) If lockdown regulations are amended too drastically and recklessly, it is possible that the infection rate will accelerate and that the virus will resurge. In this scenario, it is necessary to attain a balance between lives and livelihoods (Economic Impact versus Staying alive). The strategy further made the following considerations:
 - d) **Criteria for return to activity**
 - i. Risk of transmission
 - ii. Impact of continued lockdown on the sector
 - iii. Value of the sector to the economy
 - e) **Transmission risks**
 - i. Nature of work
 - ii. Profile of workplace
 - iii. Geographic location of the workforce
 - iv. Practical mitigation measures
 - v. Feasibility of mitigation measures
 - f) **Economic value of sector**
 - i. According to StatsSA Labour Force Survey 2017, the Recreation, cultural and sport sector contributes to 0,5% of GDP and 0,5 % of employment creation.
 - g) **General exclusion**

The following restrictions will remain in place after the national lockdown, and regardless of the level of alert at any given time:-

 - i. Sit-in restaurants and hotels
 - ii. Bars and shebeens
 - iii. Conference and Convention Centres
 - iv. Entertainment venues, (Cinemas, theatres and concerts)
 - v. Sporting events
 - vi. Religious, cultural and social events
 - h) An "alert system" with five levels that allows for flexibility and responsiveness was therefore developed by the National Cabinet of South Africa.

6. Disaster Management Act of 2002: The Regulations

On 28 May 2020 the Minister of COGTA in South Africa, issued the amended Regulations of the Disaster Management Act of 2002 to address the situation with regard to Alert Level 3. There are a number of important prescripts that need to be taken into consideration by the Boxing Sector as we develop this Strategy for safe return to the Ring:

a) Movement of Persons

Regulation (1). A person may leave his or her place or residence to-

(e) to exercise between the hours of 6am to 6pm provided that this is not done in organized groups and adheres to health protocol on social distancing measures.

b) Gatherings

Regulation 37. (1) All gatherings are prohibited except gatherings at-

(e) a professional non-contact sport match, which may only include players, match officials, journalists, and medical and television crew as per directions issued by Cabinet Minister responsible for sport after consultation with the Cabinet Minister responsible for health

c) Places and premises closed to the public

Regulation 39. (1) A place or premises normally open to the public where cultural sporting, entertainment, leisure, exhibition, organization or similar activities may take place is closed to the public and all the gatherings at these places are prohibited.

(2) The places or premise referred to in sub-regulations (1) include –

(a) Gyms and Fitness Centres

(b) Sport grounds, and fields and swimming pools, except for training of professional athletes and professional non-contact sport matters as referred to in regulations 37(1) (e)

d) Compliance Officers

Regulation 47. (1) Industries, business and entities, both private and in the public sector, which are permitted to operate must-

(a) Designate a Covid-19 Compliance Officer who must oversee the –

- I. Implementation of the plan referred to in paragraph (b) hereunder.
- II. Adherence to the standards of hygiene and health protocols relating to Covid-19 at the boxing gyms.

(b) develop a plan for the phased-in return of their employees to the workplace prior to reopening the workplace for business which plan must correspond to **Annexure E** and must be retained for inspection and must contain the following information:

- I. which licensees including support staff are permitted at the boxing gym
- II. what the plans for the phased-in return of their boxers to the gym are
- III. what health protocols are in place to protect licensees from Covid-19 and
- IV. the details of the Covid-19 compliance officer.

7. Sport, Arts and Culture Directions: Level 3

- a) On 11 June 2020, the Minister published the amendment of directions issued in terms of Regulation 4 (10) of the Regulations made under Section 27 (2) of the Disaster Management Act, 2002: Suspension of Sport, Arts and Cultural events as measures to prevent and combat the spread of Covid-19 Level 3 Directions for Sport, Arts and Culture. (**Annexure A**- Level 3 Directions for Sport, Arts and Culture)
- b) Among the critical issues covered in the amended directions for Level 3, are the following directives which need to be taken into account as we finalise these guidelines for safe return of boxing to the ring:
- c) **6A, Resumption of Non-Contact Sport and Training**
 - 1) Training and non-contact sport matches for professional athletes may resume in compliance with the health protocols, without spectators.
 - 2) All Sporting bodies must within fourteen (14) days after the publication of these directions provide the Minister in writing, before resumption of training matches, with the following:
 - a) An operational plan; and
 - b) The date of resumption of training and matches
 - 3) Sport bodies must keep a register, which must be archived for a period of not less than 6 months, with the following details of professional athletes, support staff and officials:
 - a) Full names
 - b) Residential Address
 - c) Cell Number, Telephone Number or Email address; and
 - d) Contact details of the person or persons living in the same residence as the person attending training or matches
 - 4) All sport bodies must comply with Guidelines for quarantine and isolation in relation to Covid-19 exposure and infection issued by the Department of Health.
- d) **6B, Screening and Testing of Players and Support Staff**
 - 1) All Officials including players, athletes, match officials, support staff, journalists and television crew including radio commentators must be subjected to temperature screening before they enter the sporting venue.
 - 2) A person with a suspected high temperature may not be allowed to enter the sporting venue.
 - 3) A professional athletes or a member of the support staff who tests positive may not be allowed to train or participate in any training or matches.
 - 4) Non-contact sport training and matches in an areas declared as a hotspot is prohibited.

e) 6E, Monitoring and Compliance

- 1) Sport bodies must ensure that the athletes, players and support staff before returning to training or playing-
 - (a) Give written confirmation to the Covid-19 compliance officer or nominated operational personnel that-
 - i. They are, to the best of their knowledge, currently free from Covid-19;
 - ii. They have not had any symptoms of Covid-19 such as high temperature or fever, a new continuous cough or new unexplained shortness of breath in the 14 days immediately prior to the resumption of training or paying;
 - iii. They have not been in contact with a Covid-19 confirmed or suspected case in the 14 days immediately prior to the resumption of training or playing; or
 - iv. Club or team medical personnel have taken all infection prevention measures with the addition of the appropriate Personal Protective Equipment (PPE) when reviewing patients with suspected or confirmed Covid-19 in the 14 days immediately prior to the resumption of training or playing.
 - (b) Comply with Regulations and the Directions pertaining to contact tracing.
 - (c) Ensure compliance with minimum standards to prevent the spread of Covid-19 including the following:
 - i. Pre-match medical screening
 - ii. Sporting venue readiness and sanitization; and
 - iii. Compliance with sport bodies or international sport bodies protocols.
- 2) The department may deploy officials to monitor compliance with these Directions.

f) 6F, Appointment of Compliance Officers

- 3) Sport bodies must appoint compliance officers in writing before any resumption of training and matches to ensure compliance with these Directions in order to prevent the spread of Covid-19.
- 4) The designated compliance officer must oversee-
 - a) The implementation of the operational plan referred to in subparagraph (3); and
 - b) Adherence to the standards of hygiene and health protocols relating to Covid-19 at sporting venues .

8. Boxing South Africa' Risk adjusted Strategy

- a) Boxing South Africa's strategy for the safe resumption of boxing activity is tailored around the National Risk-adjusted strategy as already reflected above. The architectural framework of BSA's safe return to the ring strategy is therefore crafted around the various Alert-levels which underpins National Cabinet's Risk-adjusted strategy for economic activity.
- b) BSA's strategy does therefore outline the three critical phases which the boxing sector need to carefully navigate for its safe return to the ring. Broadly speaking, the phases are categorised as follows:
 - ~ **Phase 1:** Restricted training where no contact between trainer and boxer is allowed.
 - ~ **Phase 2:** Non-contact training where boxer and trainer can return to the gyms
 - ~ **Phase 3:** Contact training with permission for competition to resume.
- c) Phase 1 (Restricted training where no contact between trainer and boxer is allowed) refers mainly to the period during Levels 4 and 5 of the Nation-wide lockdown regulations. As we can recall, during level 5 no training outside ones' own residential area was allowed. During level 4 physical training was then allowed outside one's own residential area provided that it is not done in organised groups and it is within a radius of 5km from ones' residential area and is permitted only between 6am and 9am.
- d) Phase 2 (Non-contact training where boxer and trainer can return to the gyms) refers to that era whenever permission would have been granted for organised boxing training would have been given subject to whatever conditions which might be attached. In this case, boxers would be permitted to return to the gyms and reunite with trainers provided that social distancing shall still be maintained and no contact training shall be allowed.
- d) Phase 3 (Contact training with permission for competition to resume) refers to that era whenever permission would have been granted for boxing tournaments to resume subject to whatever conditions that would be attached. Of course, at the moment, the biggest projections are that in the first instance, tournaments would be allowed only with a strictly limited number of participants and without spectators.

8.1 Phase 1: Solo Training at home

- a) Not much time will be spent on this phase in this document since South Africa has already gone past these alert levels in terms of the nation-wide lockdown regulations. The directive from Boxing South Africa to all licensees during this period has been that kind of training activities that are permissible in this level:
 - ~ *No contact between boxers and/or other personnel. Examples for allowed activities — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).*
 - ~ *Strength and fitness training permitted if no equipment required, or have access to own equipment (e.g. shadow boxing, skipping rope, weights).*
 - ~ *Online coaching and resources (e.g. videos, play books).*

8.2 Phase 2: Non-contact training at the Gyms

- a) On 30 May 2020 the Minister of Sport, Arts and Culture, Hon. Nathi Mthethwa announced that under Covid-19 Lockdown level 3, contact sport will be permitted to return to training. Of course, this will be subject to prescribed terms and condition. In response to the Minister's pronouncement of 30 May 2020, Boxing South Africa hit the ground running to start preparing for the resumption of training in the boxing sector.
- b) An inspection questionnaire was developed to assist in preparing boxing gyms to put in place appropriate systems and practices to comply with health and hygiene measures to mitigate all risks of Covid-19 contaminations and spread in our training spaces. The questionnaire is attached as Annexure A to this strategy. (**Annexure B**- Inspection Questionnaire)
- c) The inspection of boxing gyms revealed a mixed bag of observations. It re-emphasized the sharp contrast of economic realities that characterize the broader society of South Africa. While some of the gyms inspected were adequately resourced and had strong leadership and sound management systems, others barely had anything in terms of material resources except for their strong willpower to survive, produce world champions and thrive.
- d) Outcomes of the "*needs-analysis*" from the inspection of gyms will require Boxing South Africa, within its limited resources to find some way to assist those struggling gyms with some basic health and hygiene supplies. This might not be everything but clearly Boxing South Africa can't let any gym resume training without basic supplies to screen boxers daily and safeguard the space and equipment.

8.3 Phase 3: Resumption of boxing competitions

- a) Under Level 3 Directions, only non-contact sports are permitted, subject to the prescribed conditions to resume competitions. It is however still extremely important for the boxing sector to also have its plan in place and duly submitted to the Minister. This will assist to bring certainty and all-round clarity in terms of which plans does the boxing sector have in place to manage Covid-19 risks and protect lives should permission be granted for tournaments to resume in this Covid-19 environment.
- b) For purposes of this document, a closed event refers to a boxing tournament where there is restricted access without audience or spectators. Closed is also featured by limited numbers of essential ring personnel. These closed events may have live broadcast via close circuit television, live streaming or pay per view etc. Boxing South Africa retains the right to redefine who is viewed as essential personnel in order to limit exposure, including limiting access to the ring.
- c) Presently under level 3, permission for boxing competition to take place is still not granted. It is further not clear whether such permission will be granted under Level 2 or Level 1 of the Risk-adjusted strategy levels. The Guidelines presented below are intended to provide guidance, education and informational updates for future use whenever such permission is granted.

9. Detailed activities

9.1 Resumption of non-contact training at gyms

Once restrictions are lifted and return to training facilities and gyms is allowed, all gyms must be able to comply with the public health guidelines as issued by the National Department of Health and the Directions for Sport, Arts and Culture as issued by the Minister. While it is the personal responsibility of every licensee to protect him or herself with these prescripts and the general Covid-19 mitigation measures, additional responsibility will however be placed directly on the shoulders of each manager or trainer responsible for a training facility.

a) The following are general guidelines to protect against Covid-19 in training:

- i. Any individual who is ill or feels unwell should NOT attend training.
- ii. Every person must always take protective measures even if they are symptom free.
- iii. The Coach should always wear a (clean) protective facial mask when training others.

b) Non-Contact Training and General Personal Guidelines

- i. Boxers and Coach should maintain social distancing of 6 feet (2 M) focused on any training that avoids physical contact.
- ii. Boxers should not share any personal equipment- Skipping ropes, Hand wraps, Gloves, Towels, water bottles
- iii. Hand washing for a minimum of 20 seconds with soap and water should be done pre, post, and during training.

c) How to wash your hands

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- i. *Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.*
- ii. *Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.*
- iii. *Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.*
- iv. *Rinse your hands well under clean, running water.*
- v. *Dry your hands using a clean towel or air dry them.*

d) How to use hand sanitizer

- i. *Apply the gel product to the palm of one hand (read the label to learn the correct amount).*
- ii. *Rub your hands together.*
- iii. *Rub the gel over all the surfaces of your hands and fingers until your hands are dry.*
- iv. *This should take around 20 seconds.*
- v. *Sanitizers do not get rid of all types of germs*
- vi. *Hand sanitizers may not be as effective when hands are visibly dirty or greasy*

e) Other important general measures

- i. Avoid drinking from public water coolers or refilling water bottles from these coolers.

- ii. Wipe or spray public used/accessed equipment, objects, and surfaces before and after use such as door handles, gym bags, counters etc.
- iii. Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection. Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
- iv. Take a full shower with soap and water or bath before and after training (at home)
- v. Do not spit or clear nasal secretions in publicly accessed or exposed settings.
- vi. No hanging around communal facilities, bathrooms, showers etc. is allowed
- vii. Place dirty clothing/used towels/ personal gear in plastic bag to avoid potential cross contamination with other clean items of clothing and sanitize.
- viii. Use face mask when moving in public or outdoor facilities.
- ix. Stay home if you are sick. Keep away from people who are sick.

f) Managed Non-Contact Training with a Coach

- I. Individual non-contact supervised technical skills training can include shared equipment such as bags, speedball, pads, paddles, shields. Social Distancing is enforced. No contact training or sparring. Shadow Boxing only.
- II. Measures to maintain personal hygiene as stated above should be followed.
- III. The Coach should wear a protective facial mask because during heavy breathing as done during practice and training, the virus can travel further than just breathing, or talking by a person who may have the virus.
- IV. Only approved boxers whose names have been submitted to Boxing South Africa may come to the gym. No more than 5 boxers should be in the gym per training session and a minimum personal space of 2 meters between each boxer should exist during training.

g) General Considerations For Training Facilities And Gyms:

MAINTAINING A HYGIENIC TRAINING ENVIRONMENT:

- I. Establish a daily schedule for the routine cleaning to maintain a healthy environment.
- II. Frequently used and high traffic areas should be cleaned with soap and water AND sanitized more regularly especially when facilities are in use. This includes equipment, floors, mats, bags, counters, door handles, handrails, bathroom surfaces including toilets, showers, and sinks and other communal areas.
- III. Hard, non-porous surfaces require more frequent cleaning and disinfection.
- IV. Porous materials like carpets in high traffic areas should be removed as contamination can be spread through the soles of shoes.
- V. There must be hand sanitizer available on entry / exit and all high traffic areas / public spaces and a sink with soap and water at the entry to wash hands.
- VI. There must be a register available on entry/ exit and all people coming in and out of the gym must be recorded on a daily basis including their screening results (temperature, name, contact details, symptoms)
- VII. No socializing should happen at the training facilities gym.
- VIII. Any symptomatic person or untested individual should not be at/using the facilities.

9.2 Return of boxing competitions

(a) Contact Training with a Coach

Obviously where boxers are preparing for sanctioned boxing tournaments, permission will further need to be granted for them to resume contact training. In this case, both the Boxer/Team and Coach will need to be tested and show no symptoms of the virus or have self-isolated or quarantined for 14 days and do not show symptoms of the virus. Only then will they be allowed to escalate their training activities to also include activities like sparring and focus mitts.

Any boxer who is preparing for competition, will be mandated to be in self-quarantine for a period of 14 days with their corner / team in preparation for competition if so instructed. Covid-19 self-quarantine guidelines as issued by the National Department of Health provides a framework for this process and further details can be accessed from, whatsapp: 0600 123 456 | NICD Hotline 0800 029 999 | sacoronavirus.co.za

(b) Return to the Ring

Boxing competition must be re-structured to mitigate the risk of spread of Covid-19 and to minimize strain to the local Healthcare System. Boxing South Africa will work with Promoters, Regional Bodies and Local Commissions to restart competitive boxing by hosting Closed Door Events in the intervening period before permission is granted for boxing tournaments where audiences / spectators can also attend. no permission later to hold Live Venue Events.

For the purpose of this document, a closed event is considered restricted access competition without a live audience. It is also featured by limited numbers of essential ring personnel. Boxing South Africa may temporarily redefine who is viewed as essential personnel to limit exposure in the immediate ring environment including limiting ring access.

Promoters may also have live broadcast of event via close circuit television, live streaming or pay per view etc. It is understood that in the least, anyone who will have access to the ring, must test negative for Covid-19, has been subject to daily temperature readings and remains symptom free. Any person who tests positive for Covid-19 within 14 days of competition is exempt from participation. Boxing South Africa will also have every participant complete a pre-event risk screening questionnaire and a mandatory test for Covid-19.

(c) Event details

The number of working participants should be limited to improve the safety in managing the production of the event and minimize the numbers of persons exposed to potential risk. From an operational and safety standpoint, the following may be considered essential personnel using social distancing guidelines: Commission Representative / sanctioning body Representative (Supervisor) if a Championship event, 2 Boxers, 2 Corners each, Referee, 3 Judges, Timekeeper, Ringside Physician and Promoter. Traditional distances to the ring may be modified.

Respecting the social distancing environment, other onsite personnel will include Event Management staff (including Promoter team, venue, and security), Paramedic Ambulance 9 Services, 2 Inspectors, Ring Announcer, Camera crew, who should not have contact with any ring personnel. Additional persons may include a Doping Control Officer.

Boxing card should be limited in the number of bouts to facilitate ease of management of production. Use of local Personnel /Officials should be encouraged to limit travel risk exposure. If National travel restrictions are still enforced, it also means that all Boxers on the card will also be local so amendments in sanction regulations may be required or special permission for provincial cross-border travel secured. General health and safety measures at the tournament:

- i. The ring should be kept clean and disinfected before, after and between fights and this should also include the ropes.
- ii. Referee will wear gloves and may wear facial mask and / facial splash protector.
- iii. All working ringside Personnel should wear protective masks and splash protectors.
- iv. Computers should not be shared
- v. Main table for Officials should be set for: Local Commission taking scores, 1 Assistant or the Supervisor from sanctioning Body and Timekeeper, using social distancing guidelines.
- vi. Anyone receiving the score cards should wear gloves
- vii. Large disposable bags to be used at ringside to remove towels, gloves, wraps etc. after event.
- viii. Tournament supervisors should monitor and enforce the proper use of Protective masks at ringside.
- ix. Nearest Health Care Facilities that is not treating Covid-19 patients should be notified by the Commission before the event, to plan ahead in the event that a Boxer needs to be taken for X-Ray or stitching.
- x. Notice should also be given to the closest High Level Facility should a Boxer need to be transferred due to an extremely dangerous injury such as subdural hematomas - whether or not there are positive Covid-19 cases being treated.
- xi. Additionally, NO PERSON should **WORK AT THE CLOSED-DOOR TOURNAMENT** if they are:
 - ~ Over the age of sixty (*Unless a special permission for this purpose is secured*)
 - ~ Has underlying diseases (heart disease, chronic lung, or asthmatic condition)
 - ~ Person with compromised health condition - diabetes, kidney disease or other comorbidity
 - ~ Pregnant
 - ~ A person who has been exposed to anyone who has tested positive for Covid-19
 - ~ A person who has had fever, cough, or flu-like symptoms in the past 14 days
 - ~ A person who has travelled abroad within 14 days of an event.

(d) Other Considerations: Airport/Train and Hotel

- i. Masks should be worn in vehicles with other persons and public spaces
- ii. Transport arrangements should be structured 1 car/ 2 persons or shuttle bus with 1 person every other seat or 1 person per row.
- iii. Conducting of daily temperature screening *and rules reading should be handled in a manner that minimizes unnecessary movement and exposure.*
- iv. Participants should be given a pre-event screening questionnaire which includes declaration of travel and symptoms, if any, in the past 14 days. (See the Annexure A of the Inspection Questionnaire)
- v. All event Participants should have their temperature recorded upon check-in at the hotel and daily up to the event.
- vi. All essential event Participants or persons who will have ring access **SHOULD BE TESTED** for Covid-19 upon arrival.

(e) Weigh-in – 24-36 hours before the event

- i. Only licensed and approved persons should attend the Weigh-in. (Attending Boxers would have tested negative for COVID-19 at the Medical Examinations)
- ii. A temperature screening can be performed on everyone entering the weigh-in area
- iii. Where the technology exists, the image of the scale may be projected onto a wall so as to minimize the huddling around the scale.
- iv. Seating should be set up to adhere to social distancing rules.
- v. A protective facial mask should be worn by everyone attending the weigh-in.
- vi. The Weigh-In should take place after all medicals have been completed.
- vii. Only licensed and tested persons should be allowed in the staging area/platform for the weigh-in: As a guide this may include 2 Boxers and a Representative each, Tournament Supervisor and Promoter.
- viii. Only the Boxers will be allowed to break social-distancing rules following a negative test result.
- ix. Their masks may be removed for the purpose of photo.

(f) Rules Reading

- i. The Rules Reading /glove selection room should be a closed and restricted access space limited to the Tournament Supervisor (if a sanctioned Title event), Boxers and a coach each.
- ii. Rules reading room seating will be set up for social distancing of 2 M/ 6 feet.
- iii. Whoever is conducting the rules will wear a facial protective mask.
- iv. Boxing South Africa will use technology efficiently. Documents requiring signing can be done using a tablet / Ipad so screen and pen can be cleaned after use.
- v. A Commission table and a Sanction Body table should be set with seating to facilitate a smooth flow for signing documents.

(g) General Covid-19 Testing Procedures : What to expect

Nasal Swab

- i. The nasopharyngeal or Nasal Swab test is the most common test for COVID-19, and is recommended by the CDC to determine an active case of COVID-19. This test may be done upon arrival at the hotel or again as part of the Pre-Fight Medical Exam. It can be completed within 10 second and is best if you relax and tilt your head slightly back and allow your mouth to open.
- ii. The tester inserts a Q-tip like swab through your nose and gently pushes back to the back of your throat. The swab is then rotated to collect any viral specimens that are usually found in that section. The process is described as being slightly uncomfortable but is not painful.

Antigen Screening

- i. Boxing South Africa may also require antigen screening which is a test to identify people with signs of past infection of Covid-19 virus.
- ii. At this time, science does NOT support the use of antibody testing to clear someone from the potential of future infection. A positive Antigen screening test is NOT conclusive, as science has not determined IF or how long a person could be immune. All boxers, coaches, and other officials must follow all guidelines, regardless of prior COVID-19 infection or positive antibody testing.
- iii. **Until further is known, Boxers and the Referee must test negative for both tests to take part in an event.**

Testing and self-quarantine

- i. All participants must be medically cleared and test negative for Covid-19 to take part in the event.
- ii. *Travelling /Overseas Boxers and any representative/team should also be licensed and cleared for competition by Boxing South Africa through a negative Covid-19 test BEFORE they can travel internationally to compete.*
- iii. *If required, Boxers with their working Camp/corner and Referee should be able to self-quarantine for a duration of 14 days before an event. When borders open, some government regulations may still require Travelers to self-quarantine for 14 days upon arrival.*

(h) General Consideration For Event Organizers and their Venue

- i. Guarantee the availability of hand washing facilities, alcohol-based hand gel at multiple locations in the gym/arena and lodging
- ii. Ensure proper signage showing main hygiene measures in all areas of the gym/arena
- iii. Signage should also discourage anyone who is symptomatic, or who has potential additional risks (comorbidities, medications, allergies, old age) to attend public events.
- iv. Teams/ Participants should be able to use a different access/exit than public unscreened Spectators
- v. Guarantee the availability of rubber gloves and masks for staff and volunteers who handle clothing, towels, etc. (Recommended single use towels)
- vi. Have special containers available in all areas of the gym, including locker rooms, with lids, for the disposal of tissues and other used disposables.
- vii. Provide hand sanitizing towels and advise gym/sand cleaning staff to sanitize door handles, toilet handles, bathroom tap handles, etc. in all areas several times a day
- viii. Designate seating for spectators to maintain a physical distance of approximately 2 meters/12 feet
- ix. Crowd screening should be done.

(i) Event Dressing Rooms

- i. Hand sanitizer available at entry/exit of room to be used
- ii. Closed containers/ bins in dressing rooms for all disposable hygienic materials
- iii. Conduct general cleaning and disinfection of the dressing room area. Special attention to disinfecting frequently touched surfaces such as door handles, bathroom surfaces, benches, chairs, and handrails, should be cleaned with soap and water and sanitized before and after the event.
- iv. Provide shoe protectors for the Boxer to be worn to walk to the ring.

(j) Risk Communication

- i. Ensure adequate public health advice and mitigation actions are available before and during the event to all participants, support staff and all relevant parties.
- ii. Advise, through effective communication campaigns, groups at risk do not attend events.

10. General Guidelines For Participants (Boxers, Officials, Judges Etc)

Always demonstrate personal and social responsibility for health and safety. Any person who is licensed or commissioned to participate in a boxing event (boxers, referees, judges, multi-disciplinary team, officials, and spectators) should proactively and regularly check their health status.

a) Before the Event

- i. All Boxers / Team who are competing outside of their country must test negative for Covid-19 before travel.
- ii. Any Official who is feeling ill should not accept an assignment.
- iii. Participants should be familiar with all prevention and infection control measures, and where to find further information.

b) Immediately Prior and During the Event

- i. Know and cooperate with the local Commission / medical staff as required.
- ii. Submit to a daily temperature recording from the date of arrival to competition (organized by Commission)
- iii. Upon arrival /check-in at the designated event hotel, complete a declaration of travel and symptoms, if any, in the past 14 days.
- iv. Any temperature above 38 ° C should be reported to the medical director and the event Organizer.
- v. Avoid hugs, handshakes and high fives.
- vi. Regularly wash your hands with soap and water (20 seconds). Use alcohol-based hand sanitizer or sanitized wet wipes if soap and water are not available
- vii. Practice respiratory etiquette (keep your distance: at least 1 m/ 6 feet, cover coughs and sneezes with tissues or a bent elbow, wash your hands).
- viii. When working, Corner personnel should wear latex gloves.
- ix. Towels should not be shared.
- x. Boxers shall not share clothing, soap or other personal items such as water bottles
- xi. Boxers should use disposable shoe covers to walk to the ring. Sanitize soles of ring shoes before using the shoe covers. Shoe covers will be removed and disposed before entering ring.
- xii. If a Title belt or Medal is involved, it should be handed to the Referee to be placed on the Boxer.
- xiii. Officials should wear clothing without hanging objects to minimize contact points (ie. no ties).

c) Post-event phase

- i. Support the authorities' response in the event of suspected transmission of the COVID-19 virus.
- ii. Facilitate the exchange of information should any participant develop symptoms after an event (contact information, itineraries, hotel etc.)

11. General guidelines for Referees

A Referee should undergo regular health checks and submit an annual medical report to their local commission so they can be cleared medically fit to work in the ring. A Referee should not accept an assignment if they have any concerns whether the safety measures in place are adequate. Stress compromises the immune system.

(a) No Referee must be appointed if, he/ she:

- i. Has any of the following:
 - ~ A person with heart disease, chronic lung, or asthmatic condition .
 - ~ Person with compromised health condition - diabetes, kidney disease or other comorbidity
 - ~ Pregnant
 - ~ A person who has been exposed to anyone who has tested positive for Covid-19
 - ~ A person who has had fever, cough, or flu-like symptoms in the past 14 days
 - ~ A person who has travelled abroad within 14 days of an event.
- ii. A Referee who accepts an assignment must be prepared to self- quarantine for 14 days before an assignment AND to be tested for Covid-19.
- iii. For either Closed Door or Live events, once international borders are open, a Referee accepting an assignment across State or International assignment should ideally
 - ~ *Test negative for Covid-19 before travel*
 - ~ *Or self-quarantined for 14 days prior to an event.*
 - ~ *If using public transport, be able to arrive a minimum of 5 days before an event and be subject to testing upon arrival.*
 - ~ *Be prepared to restrict movement in public spaces*
- iv. At all times a Referee is expected to manage their risks of exposure at the hotels, restaurants. Transportation, venue, weigh-in, medical and any other exposure with other outside persons maintaining social distancing, using protective masks and hand washing with soap and water, etc.

(b) Equipment /Gear

- i. All BSA appointed Referees will be given a “BSA Protective Kit” with all essential safety equipment to fulfill their duties.
- ii. A Referee will keep his work clothes protected in a plastic bag
- iii. A Referee will carry on his person hand sanitizer and hand wipes
- iv. At the venue, a restricted access room should be available for Referees.
- v. Referee should consider wearing head cover, gloves, facial mask and goggles or facial splash protector in the ring. (Further research is required to determine the necessity and effectiveness).

12. IN CONCLUSION

PHASE 1	PHASE 2	PHASE 3
SOLO TRAINING AT HOME	NON-CONTACT TRAINING AT GYMS	CONTACT TRAINING & COMPETITION
<p>No contact between boxers and/or other personnel. Examples for allowed activities — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and fitness training permitted if no equipment required, or have access to own equipment (e.g. shadow boxing, skipping rope, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>Going to the gym in manageable small groups that allow for proper maintaining of social distance while training. (2m between people)</p> <p>No sharing of any personal equipment like skipping ropes, hand wraps, gloves, towels, water bottles, etc</p> <p>Some sharing of training equipment permitted provided that it shall be constantly disinfected/ cleaned before each user touch it. Eg, Punching bags. Speed ball, weights, mats, etc</p> <p>Non-contact skills training. No Sparring, No focus mitts, No congested group training,</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (Strictly at home).</p> <p>No socialising or group meals. Strictly 'ARRIVE, GYM, GO!'</p>	<p>Until further direction is received from the Minister of Sport, Arts and Culture, the following activities are not allowed at all:</p> <ul style="list-style-type: none"> • Contact training (Eg, Sparring, Touching) • Competition / Boxing tournaments

“Testing of all professional athletes and support staff is a prerequisite for the resumption of contact sport and professional training.

All professional athletes and non-contact sport personnel must be quarantined or self-isolated in terms of the Guidelines for quarantine and isolation in relation to Covid-19 exposure and infection issued by the Department of Health.”

END

ADDITIONAL INFORMATION ON COVID-19

13. What is Covid-19?

- a) COVID-19 is an acute respiratory illness caused by a new human coronavirus (SARS-CoV-2, frequently referred to as the novel coronavirus also known as COVID-19 virus) On 30th January 2020 after a delayed response, the World Health Organization (WHO) declared COVID-19 a major public health emergency of international dimension
- b) A further delay in responsiveness allowed rapid community spread of the virus across International borders resulting in Covid-19 being declared a Pandemic by the WHO on March 11th, 2020. There was no confirmed case of someone who tested positive for Covid-19 in South Africa until 5th March 2020.
- c) All over the world, this pandemic impacted communities worldwide, resulting in significant restrictions affecting all sectors of society, including sport. The result included closure of Gyms, Sport and Recreational Facilities, Stadiums and Event venues, and the cancellation or indefinite postponement of competition.
- d) As Public Health systems transition from detection and treatment of the most serious cases to the detection and effective management of Covid-19 cases, and, communities show success in minimizing the risk of transmission, their readiness for “rolling back” lockdown orders will take place, resulting in the phased return to Sport and return to the Ring for training and competition.
- e) Public training and open sporting events, in the context of COVID-19, have the potential to produce serious public health consequences if not carefully planned and managed. Contact sports pose a greater risk of COVID-19 transmission because of the reality of close physical contact between Boxers and Referee.

14. Symptoms of Covid-19

- a) Boxing as a Sport is used widely in many communities to improve physical, mental health and economic situation of many practitioners, more especially the previously disadvantaged majority. Continued suspension of boxing activity therefore have direct dire impact on these boxing practitioners. The return to Boxing should however not place any individual or community at risk of exposure to the Covid-19 virus. The current situation requires Boxing South Africa and Boxing Sanctioning Bodies all over the word to consider new measures in managing boxing events.
- b) An estimated 44% of all infections occur in people without any symptoms. They also serve to become “silent carriers,” meaning they spread the infection to others, unknowingly. Additionally, in those who do develop symptoms, it can take 2-14 days from the time they are infected to the time any symptoms occur (on average 5 days). They, too, serve as a vector to spread COVID-19, because they may not know they are infected.

- c) So far, confirmed symptoms include, (a) *Coughing*, (b) *Shortness of breath or difficulty breathing*, (c) *Fever*, (d) *Chills*, (e) *Muscle pains*, (f) *Sore throat*, (g) *New loss of taste or smell*, etc. Long term immunity and ongoing medical implications such as effects on multiple organs/systems are still unknown.

15. Transmission of Covid-19

- a) These guidelines identify 3 Major phases for the safe return of Boxing. These guidelines do however remain subservient to the National Covid-19 prescripts as issues by the National State of Disaster Act and Covid-19 Regulations and Directions.
- b) The environment in which this document is presented is EVOLVING. It therefore not easy to simply adopt a Red light/Green light approach. As a result, the timelines for the proposed phases are unknown and will vary widely by location and other circumstances. These may include the viral/ antibody testing, future immunizations, and other unknowns.
- c) COVID-19 is a highly contagious, acute respiratory illness caused by a new human coronavirus (SARS-CoV-2, frequently referred to as the novel coronavirus also known as COVID-19 virus). For Boxing South Africa licensees to understand how COVID-19 is spread will help to improve preventive strategies and wise actions, including situations where guidance may not be immediately available.
- d) Covid-19 is spread mainly from person-to-person contact, through respiratory droplets produced when an infected person coughs, sneezes, talks, breaths, laughs, or sings. These droplets can land in the mouths or noses or eyes of people who are nearby. Generally, this is believed to occur between people who are in close contact with one another (within 1,5m distance)
- e) COVID-19 is spread when respiratory droplets land on a surface (countertops, doorknobs, boxing gloves, boxing bag) and get picked up by hand, and hands touch our eyes, nose, or mouth. COVID-19 and other viruses and bacteria generally enter our body through mucus membranes, a different type of skin seen on our eyes, nose, and mouth. They do not generally enter via our hands or other skin found on our body. It is possible that COVID-19 can survive on some surfaces for several hours, even days.