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**FAQ’s : Hygiene in Sport**

These FAQ’s have been produced, following questions raised as a result of the easing of restrictions by the First Minister for Wales on 10th July 2020. As further questions are raised, and restrictions eased, the FAQ’s will be updated.

**Why does good hygiene matter?**

[**Good hygiene practice**](https://gov.wales/coronavirus-social-distancing-guidance)**, by organisations and individuals, will be essential in stopping the spread of coronavirus and will allow us to take part in the sport and physical activity we love.**

**Everyone involved in sport and physical activity, including those involved in maintaining and working on courts, pitches and sports facilities, has a part to play and it's vital we all understand how we can contribute.**

**Failure to follow good hygiene practice may lead to an increase in the number of people contracting coronavirus, which in turn could result in a return to a more restrictive lockdown, preventing people taking part in many forms of physical activity.**

[**How can coronavirus be spread**](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/transmission-characteristics-and-principles-of-infection-prevention-and-control)**?**

The transmission of COVID-19 is thought to occur mainly through respiratory droplets generated by coughing and sneezing, and through contact with contaminated surfaces. There is also evidence that airborne spread of Covid-19 can occur – the aerosol effect is heavily dependant on the ventilation of the area and size of the droplets created.  Research has shown that Covid-19 may be transmitted in faeces and in tears of an infected person. Sweat, however, is not regarded as being potentially infectious.

**When exercising outside, should I use a sanitiser to clean my hands?**

If you are exercising outdoors, without access to running water and soap to clean your hands, it is advised that you use a [hand sanitiser](https://www.hse.gov.uk/coronavirus/hand-sanitiser/choosing-hand-sanitiser-surface-disinfectant.htm). However, it is important to note that hand sanitiser does not work if your hands are dirty. It is recommended that you keep disposable wipes such as baby wipes in your kit so you can clean your hands before sanitising. The latest guidance and regulations regarding outdoor sport and recreation can be found online at [Welsh Government.](file:///C%3A%5CUsers%5CCurrysPCWorld%5CDownloads%5C2.%09https%3A%5Cgov.wales%5Csport-recreation-and-leisure-guidance-phased-return-html#section-46491)

**What is meant by high touch areas?**

These are areas or surfaces that are touched regularly and by multiple people, and are therefore more likely to be potential sources of contamination. You should identify all of the high touch areas associated with your activity and ensure that they are disinfected regularly. Some common high touch surfaces that may be found in a sport setting include any shared equipment, toilets and sinks, changing rooms, handles and grab rails, seats, entrance and exit gates to courts. Also consider any tactile and braille signage at the premises.

**I don’t have access to cleaning fluids when I am coaching outdoors, should I use a towel to clean the ball?**

No. A towel or cloth repeatedly used to wipe clean a surface, such as a ball is not advised. Bacteria from the ball or other item of shared equipment will only lead to the spread of disease. Disposable paper towels should be used and disposed of after a single use.

To limit undue interruption to play, you may consider having several balls available for a shared ball sport so that a periodic exchange and cleaning can occur. Ensure, however, that any unused equipment (including balls) are not left unsupervised.

**We always share water bottles in training, can we continue to do so?**

No. Always take your own water bottle, with a name label on it.

**Can I stop for a snack during training?**

Eating encourages us to touch our faces and this should be avoided. If you need to snack during training, it is important that you clean and sanitise your hands first and again once you have finished eating.

**It’s not possible to participate in my sport without sharing equipment, is that safe?**

It is advised to use your own equipment and not to share it, where possible. Where this is not possible, surfaces should be cleaned after every training session.

**I hire out shared personal equipment, how long should I leave between use?**

Where possible, it is always advised for participants to use their own personal equipment. Where this may not be possible, such as safety helmets, wetsuits, ski boots, then it is important to follow manufacturers guidance in terms of the cleaning products to be used. This includes the ‘contact time’ of your disinfectant i.e. how long the chemical is required to be left on the surface in order to be effective. If your activity means you need a quick turnaround time on the permitted use of equipment, ensure that you are using a suitable disinfectant with a short contact time.

Where equipment **cannot** be cleaned or disinfected after use, it should be left for 72 hours before re-using.

**Where do I go for training on the use of chemicals to clean equipment?**

It is important to follow the Control Of Substances Hazardous to Health Regulations. [COSHH training](https://www.hse.gov.uk/coshh/basics/training.htm), as it is known, provides advice and guidance in the use of controlled substances for cleaning. If you are operating a facility, you can ask your chemical supplier to provide you with training. Otherwise, there are a wide range of online COSHH training courses available.

**I’m concerned that cleaning chemicals may damage our shared equipment – what should I do?**

Consider what part of the equipment needs to be cleaned, due to the fact that it has come into contact with a person. E.g. the underside of a canoe or a gym mat may not have come into contact with a person and may therefore not need to be cleaned after every person has used it. Where there is a concern that cleaning chemicals may compromise the integrity of the equipment, you are advised to contact the equipment manufacturer to get written advice on what to use and how to clean the equipment.

**I am a wheelchair user, how do I clean my chair?**

Ensure you wash your hands regularly and sanitise the handles of your chair immediately after someone has touched them.

**I am a wheelchair user and I used shared wheelchairs to play my sport, is this ok?**

Yes, but ensure that the chair is clean and that you wash your hands and sanitise before and after using the shared chair.

**A participant who has recently used our facility has tested positive for coronavirus, do I need to disinfect the entire premises?**

No. Areas where a symptomatic person has passed through and spent minimal time but which are not visibly contaminated with body fluids, such as corridors, can be cleaned thoroughly as normal. However, all surfaces that the symptomatic person has come into contact with should be cleaned and disinfected, including all potentially contaminated and frequently touched areas. The general principles of cleaning in non-healthcare settings are available online at [UK Government.](https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings)