



MUMBAI CRICKET ASSOCIATION

GUIDELINES FOR PLAYERS



GUIDELINES FOR PLAYERS AND SUPPORT STAFF

1. All players and support staff must submit their travel and medical history (past 2 weeks) through an online questionnaire (Annexure 1) on the day of the 1st match
2. All players and support staff are required to undergo an RT-PCR test for COVID-19 and carry the negative report on the day of the 1st match.
3. All players and support staff must download & install the **Aarogya Setu** app for contact tracing, protection and prevention.
4. Wearing a triple layer or N95 mask (without a valved respirator) over nose and mouth in public places is mandatory for all players and support staff from the time they leave their home destination till the end of the matches. Worn out and wet masks should be replaced from time to time.
5. All players and staff must carry their personal hand sanitizer bottles and use them as frequently as possible.
6. Wearing eyewear in public places as well as during training is encouraged.
7. All players are encouraged to purchase their own cricketing equipment. Items of cricket equipment should not be shared by players.
8. All players and support staff must agree to participate in the matches by signing the **Consent Form (Annexure 2)**.
9. All players must sanitize their training kits on a regular basis, before and after use.
10. All players and support staff's symptoms (if any) and body temperature should be checked every morning.
11. If a member develops any initial symptoms (cough, headache, chills, fever, body ache, difficulty breathing, loss of smell or taste or any other unusual symptoms) they should intimate the team medical personnel immediately and remain self-quarantined until help arrives.
12. All members should arrive dressed and ready to train to minimise the use of the dressing room, washrooms and communal areas.
13. Use of washrooms and dressing rooms for post-training activities (showers, recovery, etc) should be minimised with a "arrive, train, depart" policy. Anyone requiring using the shower can carry their own liquid soap bottles to the ground.
14. Avoid physical contact of any form i.e. team huddles, handshakes, high-fives, tackling etc. Also avoid handing over items viz. cap, towel, sunglasses, etc to umpires or teammates.
15. **Spitting and clearing of nasal/respiratory secretions on the ground or at any place other than washrooms shall be prohibited.** Members doing so should discard the soiled tissue paper securely in the provided dustbins.
16. **SALIVA SHOULD NOT BE USED ON THE CRICKET BALLS.**
17. For creating a safe training environment, all team members should strictly adhere to and implement the protocols of these guidelines.
18. All team members should perform basic hand hygiene before and after use of all training equipment.



19. Wash hands with soap and water (minimum 20 seconds) after coming from the ground or training, after using common equipment, after using the toilet, after blowing your nose, coughing or sneezing, before touching the face, before eating food.
20. No sharing of towels in the dressing room, on the ground while training and gym. Team members should carry their towel from home if required.
21. No sharing of water/drink bottles in the dressing room or on the ground.
22. All team discussions, which demand the physical presence of team members should strictly adhere to the social distancing norms and wherever possible be conducted on-field where more space is available.

TRAVEL PROTOCOLS FOR PLAYERS AND STAFF MEMBERS TRAVELLING FROM HOME

- Players and staff travelling to the ground must preferably do so in their personal vehicles.
- Players who cannot travel in their personal vehicles should use public transport for the commute. While using public transport, players should avoid sharing the taxi/rickshaw with other commuters. If taking a bus, then they must ensure they follow social distancing norms.
- Players should immediately clean their hands using sanitizer liquid upon disembarking from the bus.



ANNEXURE 1: MEDICAL FORMS

INSTRUCTIONS: *To be completed by the player/ staff*

Full Name	
Age / Gender	
Address	
Contact number	
Email id	

EXPOSURE HISTORY (2 WEEKS BEFORE THE ONSET OF SYMPTOMS): *Please tick as appropriate*

Recent stay/travel in area where COVID 19 cases are being reported / travel from Hot spots.	Yes	No	If yes, stay/travel duration with date: From:..... To:		
Close contact with confirmed case	Yes	No			
CLINICAL SYMPTOMS AND SIGNS					
Date of onset of symptoms:/...../.....			First symptom:		
Fever - duration(<7 days)	Yes	No	Sputum	Yes	No



History of chills (<7 days)	Yes	No	Diarrhoea	Yes	No
Chest pain	Yes	No	Nausea	Yes	No
Cough	Yes	No	Body-ache	Yes	No
Breathlessness	Yes	No	Nasal discharge	Yes	No
Sore throat	Yes	No	Abdominal pain	Yes	No
Vomiting	Yes	No	Haemoptysis (Blood in sputum)	Yes	No
Nasal discharge	Yes	No	Wheeze (Noisy breathing)	Yes	No
Nasal flaring	Yes	No	Stridor (noisy breathing)	Yes	No



ANNEXURE 2:

PLAYER CONSENT FORM

Name: _____

DOB: _____

City: _____

Date: _____

- I hereby acknowledge the risks associated with resuming playing cricket under the present COVID-19 pandemic situation.
- I hereby acknowledge that the risks involved, necessary precautions and protocols for resumption of cricket have been duly informed to me by Mumbai Cricket Association.
- I hereby acknowledge that MCA cannot guarantee the complete elimination of risks posed by COVID-19 through the implementation of the precautions and protocols identified by the MCA.
- I hereby declare that I am willing to resume cricketing activity on my own consent without the influence of any other party and I shall adhere to suggested safety precautions and protocols of the MCA.

Signature of Player

Name of Player