

Introduction

The public health crisis presented by COVID 19 presents new challenges to the health and wellbeing of their employees and as a result and in line with BBBoC guidance this policy has been devised and will be communicated and reviewed as appropriate.

This policy has been agreed with the Directors and has been communicated to every Boxer and each staff member which is documented accordingly.

BCB have assigned Paul Mann, Head Trainer, to assume the role of Designated COVID 19 Officer.

BCB Reference Documentation

Document	Version and Dated
BBBoC Guidance	June 2020
Annex 2 Occupational Health Risk Assessment Template	July 2020
COVID 19 Risk Assessment Template	July 2020
Mandatory Medical Considerations for SARS COV 2	July 2020
COVID 19 Symptom Screening Questionnaire and Record Sheet for Possible/ Confirmed COVID 19 Case	July 2020
Annex 3 Government Cleaning Guidelines	July 2020

Roles and Responsibilities

To achieve the effective implementation of this policy key roles and responsibilities have been defined and are detailed below. Further responsibilities and recommendations are detailed in the main body of this policy.

Designated COVID 19 Officer	<p>Take leadership responsibility for devising and administering the COVID 19 Operational Policy and manage compliance and effective communication of the policy to meet the requirements of the BBBoC.</p> <p>Revise and recommunicate this policy in line with Government Guidance or recommendations from the Premier League.</p>
Directors	<p>Agree and support this policy. Provide adequate resources to support its effective implementation.</p>
Coaches	<p>Advise on and implement appropriate training schedules which meet the requirements of this policy.</p> <p>Ensure individual and small group training is undertaken within the guidance issued by the EFL.</p> <p>Report any near misses or hazards in line with the appropriate reporting protocol to the Designated COVID 19 Officer.</p>

Boxers	<p>Participate in mandatory daily Temperature and Symptom Checks outlined in this policy and any requested by the Club Doctor.</p> <p>To disinfect with the materials provided all equipment ahead of and following their personal use.</p> <p>To adhere to this policy and other policies and procedures communicated to them in the Boxers Guide intended for their safety and for the safety of others.</p> <p>Report any near misses or hazards in line with the appropriate reporting protocol to the Designated COVID 19 Officer.</p>
Boxer Contact Staff (Staff who work closely with the Boxers.)	<p>Participate in mandatory daily Temperature and Symptom Checks outlined in this policy and any requested by the Club Doctor.</p> <p>To adhere to the policies and procedures communicated to them intended for their safety and for the safety of others.</p> <p>Report any near misses or hazards in line with the appropriate reporting protocol to the Designated COVID 19 Officer.</p>
Essential Staff (Support staff not included above).	<p>Participate in mandatory daily Temperature and Symptom Checks and follow the specific process for Essential Staff.</p> <p>To adhere to the policies and procedures communicated to them intended for their safety and for the safety of others.</p> <p>Report any near misses or hazards in line with the appropriate reporting protocol to the Designated COVID 19 Officer.</p>

Plan for Communication of this Policy and requirements within it

This policy will be communicated accordingly to all Boxers, Boxers Contact Staff and essential staff accordingly. All staff are to acknowledge receipt and confirm their understanding of their roles and responsibilities within this policy.

Queries or concerns should be raised appropriately with Designated COVID 19 Officer accordingly and in a timely manner. The Designated COVID 19 Officer can be contacted via email paul@bcb-promotions.com or via mobile on 07940 923 831.

Risk Assessment Approach

A Risk Assessment was undertaken by the Covid 19 Officer dated 1st July 2020 and communicated accordingly. This will be reviewed periodically to ensure it is suitable and sufficient and available upon request.

Daily Monitoring: Mandatory Temperature and Symptom Checks

Daily symptom surveillance will be carried out through a Questionnaire managed by the Covid 19 Officer. An example of the questions are included in Appendix 1.

The Covid 19 Officer will carry out daily temperature checks using a Thermal Temperature Testing station at the Training Ground. The location is outside the Main Entrance and will be highlighted by signage.

Temperature and Symptom Checks are **mandatory** for all Boxers and Boxer Contact Staff and failure to comply with this request will result in disciplinary action being taken against that individual. All Boxers and Boxer Contact Staff are to take responsibility for undertaking this daily check. Players will not be permitted to train if mandatory testing has not been undertaken.

A process has been implemented and communicated accordingly covering all elements of testing, use of equipment and protocol around obtaining results and escalation as appropriate.

All data within the Health Screening process will be stored to ensure it meets the requirements of the WFC GDPR Policy.


Living Arrangements and Isolation – Players, Player Contact Staff and Essential Staff.

All Players and staff must continue to comply with Government Guidance relating to isolation and social distancing whilst not at the Training Ground (whether at their home or otherwise).

If any Player, member of staff or member of their household experience symptoms of COVID 19 whilst they are not at the Training Ground, they should inform the Club Doctor immediately and stay at home unless otherwise advised by the Club Doctor. **UNDER NO CIRCUMSTANCES SHOULD THEY ATTEND THE TRAINING GROUND FOR ADVICE OR FURTHER ASSESSMENT.**

Testing Process

Not currently anticipated. This will be administered in line with individual Promoters/BBBoC Guidelines

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Medical Pathways and Investigations for COVID 19

Swab q-PCR testing should not be used to identify completed infection.

Boxer must be asymptomatic to enter pathway.

Presentation	Monitor
<p>Boxer had mild symptoms (coryzal and/or absence of significant systemic symptoms) and Test Positive</p>	<ul style="list-style-type: none"> • Refrain from all physical activity until symptom free • Minimum exclusion of 7 days from start of symptoms (return day 8)- must also be 48 hours without fever • Consider graded return to play over 7 to 14 days – can use a progression pattern consistent with accelerated return from concussion protocol • Reassess after 14 days and if no further symptoms (including cardiac/respiratory involvement), return to normal training and play. Consider medical investigations appropriate to symptoms and clinical concern, which may include cardiac assessment • Exclude from testing pool for at least 28 days from the positive test
<p>Boxer had more severe symptoms.</p> <p>*Persistent fever, cough, shortness of breath, chest pain on exertion and/or hospital admission or other significant systemic symptoms.</p> <p>and Test Positive</p>	<ul style="list-style-type: none"> • Refrain from all physical activity until symptom free and at least 48 hours post-fever. 14 days exercise-free from start of symptoms is a pragmatic recommendation in this setting given the increased physical demands of professional football. • Medical investigations include bloods (FBC, U&E, Troponin-I and CRP) and ECG for all players, and any other clinically indicated tests before graded return to play (e.g. Cardiac MRI) • If investigations are negative and player symptom free, graded return to play from day 15– can use a progression pattern consistent with accelerated return from concussion protocol. Some players may require a more prolonged period of rest. Clinical judgement is advised. • If symptoms recur during 14-day rest or graded return – stop all activity and consider investigations as above and/or any other clinically-indicated tests. Can return to training when club doctor deems appropriate to do so. • Exclude from testing pool for at least 28 days from the positive test
<p>Boxer was pre or asymptomatic but tested Positive</p>	<ul style="list-style-type: none"> • Theoretical transmission to others is initial risk • Exclude for 10 days • Individuals may train but this should be conducted away from the TG. This should be at no more than 70% of max HR and cease in the presence of symptoms • Players can return to training ground after 10 days if no symptoms develop. Enhanced medical surveillance is recommend until day 15.

	<ul style="list-style-type: none"> Retesting is not recommended to inform return to TG/play If symptoms develop players should stop training and manage according to A or B above (restart pathway) Exclude from testing pool for at least 28 days from the positive test
Boxer was symptomatic but test negative	<ul style="list-style-type: none"> Manage as usual "winter-illness" pathway If COVID strongly suspected despite negative test(s) manage according to A or B above
Boxer household member test positive and Boxer tests negative and pre or asymptomatic	<ul style="list-style-type: none"> Exclude for 14 days from date of positive test PCR testing of contact is not recommended as a strategy to return to training Can continue with normal training activities during exclusion If becomes symptomatic – treat as A or B

TESTING CAVEATS

1. *Boxers/Staff that have a positive qt-pCR swab test may retest positive for several weeks. This is because a further positive test is likely to be related to the existing previous, not new infection.*

2. *The presence of IgG should not be assumed to infer long-lasting immunity but may be used as an adjunct to confirm completed infection using an appropriately performing test. The implications of positive and negative IgG tests results should be understood by EFL medical staff and communicated accordingly.*

3. *Cardiac ECHO has limited utility in this setting (COVID related myocarditis).*

4. *Routine use of aerosol generating exposures including peak flow and spirometry is not recommended unless conducted on specialist advice.*

Further information regarding the actions to be taken regarding symptom presence and test result will be provided as new evidence emerges and through consultation with relevant external organisations.

Any suspected symptomatic player isolates and does not come to the Training Ground, but notifies Club Doctor/ First Team Manager. In line with guidelines, the player to arrange a test accordingly.

Graded Return to Play Protocol

Monitoring

All Boxers and Boxer Contact Staff:

- Must update their daily health status to the Covid-19 Officer and will be part of a daily surveillance of subjective symptom/well-being reporting
- Must not enter the gym if they have any new symptoms of illness and must notify the club doctor by telephone only.
- Will have a daily temperature check using thermal scanning set up by the Covid-19 Officer before entering the training ground and must leave the site and notify the club doctor if a temperature of 37.8 degrees is detected.

All other essential staff:

- Must notify BCB of any new symptoms of illness and must not enter the gym
- Must have a temperature check before entering the training ground and must leave the site and notify his/her line manager by telephone if a temperature of 37.8 degrees is detected.

Arrival and During time at the Gym – Boxers and Boxer Contact Staff

Attendance at the Training Ground will be limited to Boxers, Boxer Contact Staff and essential staff only.

Each Boxer and member of Boxer Contact Staff will park at least 1 space away from another car.

No Boxer or member of Boxer Contact Staff will be permitted to change on arrival at the Gym and will attend wearing the clothes in which they will be training or working. They will bring their own personal towel and drinks bottle that they wish to or are required to use. Boxers and Boxer Contact Staff will provide their own food and drink for consumption preferably away from the Gym.

There is to be no congregation in communal areas.

Toilet to be a one in, one out policy

No Boxer will store any personal items or technical equipment at the Gym.

No manual therapy treatment of Boxers (including soft tissue therapy and massage) following training will be permitted unless it is essential and approved in advance. If this is the case the appropriate measures will be taken around PPE and personal hygiene.

All Licence Holders should continue to follow Government advice relating to the COVID-19 pandemic.

All Licence Holders should adhere to Government rules on social distancing when travelling to and from the training venue.

Where possible training will take place outdoors

Boxers, Boxer Contact Staff and essential staff will be advised to follow any one-way systems implemented within the Gymand any signage advice or physical barriers to minimise the risk of inadvertent or unnecessary close contact with another person.

Each Boxer and Boxer Contact Staff will leave the Gym as soon as they have completed their essential activities. No congregation of persons will be permitted at the Training Ground.

Encouraged activities will be: -

- Unopposed technical activities
- Unopposed conditioning activities.

Circuits

Where possible, circuits will take place outdoors. When circuits are undertaken in the Gym, each 'station' should be two metres away from the next station

All equipment will be disinfected before and after each small group training session.

Padwork

During pad work the coach must use appropriate personal protective equipment (fluid resistant face mask, full face visor and latex free disposable gloves).

Sparring

The BBBofC advise that COVID-19 testing is undertaken prior to planned sparring sessions.

While sparring is taking place all other individuals in the gym keep a minimum of 2 metres back from the ring apron.

Post Training

At the end of training, Boxers will gather the equipment they arrived with.

BCB Staff will disinfect any relevant area/surface after the session (and where possible during natural breaks in the session) including: -

- Gloves
- Bags
- Pads

- Equipment
- Ring
- Ring Apron

Personal Protective Equipment (PPE)

Any member of Player Contact Staff performing essential physiotherapy or soft tissue treatment which is approved by the Club Doctor will wear the appropriate PPE throughout the treatment. This will include as a minimum: -

- Fluid resistant surgical mask (type IIR)
- Disposable Gloves
- Disposable plastic apron

Every member of staff involved in such physiotherapy or treatment will dispose of their apron and gloves in between attending each Player and put on clean replacements after handwashing and before seeing the next player. Face masks will be replaced whenever it becomes moist or soiled.

A fluid resistant visor (in addition to the above PPE) will be used when Player Contact Staff are conducting an examination of a Players mouth, head or ear, nose and throat areas.

All used PPE items will be disposed in the yellow bin provided. Clinical waste will be removed from the Training Ground at least every 14 days or sooner dependent on requirement.

The EFL will advise on the use and supply of PPE outlined in the policy.

Hand Sanitiser Stations and Hand Wash Facilities

Hand sanitiser dispensers and hard surface disinfectant spray for use on hard surfaces will be made available throughout the Training Ground.

Handwashing facilities will be clearly signposted and soap dispensers will always be adequately filled. Plan to be provided.

Session Planning and Communication

All session planning and tactical meetings will be communicated via Head of Boxing

Cleaning Protocols.

Reference will be made to COVID 19 Cleaning in non-healthcare settings by the Cleaning Team (TBC)

All cleaning staff will follow the information and guidance relating to essential staff within this document.

Deep Clean

The Gym will be deep cleaned on a regular basis along with routine cleaning

Routine Cleaning

BCB will ensure that every day after the Gym has been vacated by all Boxers and members of staff it is cleaned in accordance with the Government Guidance attached COVID 19 Cleaning in non-healthcare settings.

Clinical Waste

Clinical waste will be removed from the Gym at least every 14 days or sooner dependent on requirement.

Cleaning of Equipment

Appropriate cleaning materials will be provided for use by Players and staff to enable sufficient cleaning of equipment ahead of and after use.

Materials will also be provided for cleaning of items such as GPS/ Monitoring equipment, footballs, corner flags etc.

Management of Essential Staff and Contractors

Only essential contractors are permitted to site and when it is authorised by either the Head of Boxing or Covid 19 Officer. Inductions and safety information have been updated referencing COVID 19 Protocols and the usual Management of Contractors Policy applies.

Near Miss Reporting

For this policy to be effectively implemented it is essential that all queries, concerns and near misses are raised and actioned appropriately by the Designated COVID 19 Officer accordingly and in a timely manner.

Appendix 1

COVID SYMPTOM SCREENING QUESTIONNAIRE 2020

As you will be aware, as a result of the COVID-19 pandemic, medical staff will be conducting daily routine screening of new health symptoms in all players and staff. This is to protect your health and safety, and those of others at the club.

	NO	YES
Today, have you had?:		
COMPLAINT		
New Cough*		
Fever/Temperature*		
Unusually Short of Breath during exercise or at rest*		
Loss of Smell*		
Loss of Taste*		
Headache		
New unusual fatigue with muscle and joint pains		
Loss of Appetite such that meals are missed		
New Blocked/Runny Nose		
New Abdominal Pain or Diarrhoea		
Red Eyes or Sticky Eyes		
Feeling generally unwell in any other way		

Appendix 2

CLINICAL SPECTRUM OF ILLNESS

COVID-19 is associated with a range of systemic presentations, the relative frequencies of which remain under investigation. The correlation with clinical severity is not clear. More significant syndromes such as myocarditis and pulmonary thrombosis have been reported only in severe cases. Patterns of presentation can vary, but one common presentation is mild disease ---recovery---more significant respiratory involvement

SYSTEM	EFFECTS
Pulmonary	<i>Inflammation (ARDS), Viral Pneumonia, Pulmonary Fibrosis</i>
Cardiovascular	<i>Raised cardiac enzymes. Increased risk STEMI/NSTEMI, Myocarditis, Raised PA pressures / venous and pulmonary thromboses</i>
Neurological	<i>Anosmia, Ageusia. Headache, Reduced GCS, Ataxia, myopathy, CVA, Guillain-Barre</i>
Renal	<i>AKI (dehydration/virus-mediated)</i>
Ocular	<i>Conjunctivitis</i>
Endocrine	<i>Impaired Glucose Metabolism including DKA</i>
Gastrointestinal/Liver	<i>Abdominal Pain/Diarrhoea, Hepatitis</i>
Haematological	<i>Prothrombotic State, HLH</i>
Dermatological	<i>Urticaria, Vasculitis</i>

