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## COVID PROTOCOLS FOR MOTORCYCLING SPORTS IN KENYA

The MSFK have put together these protocols to make a safe environment for our riders, officials, support staff and spectators.

COVID-19 remains a serious health threat, in particular for older adults, people with underlying health conditions, and people with compromised immune systems. It is important to note that this virus can lead to serious health outcomes; knowledge about the impacts of the virus continues to evolve. Racing must return in a manner consistent with sound public health guidelines.

### Principles

The following principles are intended to help Organisers/Clubs make decisions as they relaunch, or continue operations during COVID-19:

- The safety and wellbeing of attendees is the most important consideration.
- Relaunch plans include measures that reduce the risk of transmission of COVID-19 and comply with current Ministry of Health Orders.
- Each racing discipline is unique and appropriate relaunch plans will vary based on the characteristics of the event's settings and services.
- No single measure or action is effective in every situation.
- Use multiple actions whenever possible.
- Relaunch plans should be able to scale up or down depending on the evolving situation

COVID-19 droplet transmission is much more likely when individuals are in close contact. While transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced, transmission can occur if public health guidance is not followed.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Shared equipment among participants, officials, marshals or volunteers should be restricted.

The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.

MSFK is urging all communities to be extra vigilant about health and hygiene including:

- Vigorous hand washing with soap and water or alcohol-based hand rubs;
- Covering your nose and mouth with a tissue or flexed elbow when coughing or sneezing;
- Avoiding contact with anyone who has flu-like symptoms; and
- Maintaining appropriate social distancing.
- Use of PPE by all personnel whilst traveling to the circuit and at the circuit
- Use of face masks at all times when possible, encourage hand washing/hygiene guidelines
- Isolating personnel into groups, including riders on the same team - each rider will have their pre-defined team - and they won't be able to mix
- Follow social distancing guidelines
- Medical staff to use PPE and Covid-19 safety measures just like any hospital



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## 1. Organiser/Club

- Social distancing
- Clearly signed designated areas for Pit Area, Spectator Area, Officials, Medical Ambulance, etc...
- Ensure public health advice is available before and during the event
- All participants, officials, marshals, volunteers, etc. should be properly briefed on the COVID Protocols
- Recommend that separate toilets are provided to riders and their families in the Pit Area and for spectators in the public area. Social distance must be observed. Toilets must be cleaned and sanitised frequently throughout the event.
- The Wash Bay area will only allow for two bikes at any one time and they must maintain the required distance at all times. Hand wash soap must be available at the site for before and after use of equipment.
- Provision should be made for sanitising taps and/ or equipment that is used for hand washing, alternatively provide for the use of gloves.
- Clear signage and announcement on the proper disposal of masks, gloves or any other contaminated materials in allocated waste disposal areas.
- There will be no bar or public food court provided for at the events.

## 2. Riders & Pit Staff

- Riders must wear masks when they are not riding
- Hand hygiene should occur before and after every activity
- Riders and their pit crew/family must carry adequate supply of hand sanitiser, wet wipes, face masks and water to wash their hands
- The Pit Area is a restricted zone and entry will only be allowed to the rider, immediate family members, and mechanic. No spectators are allowed in the pit area
- Extended family members, guests and spectators are not allowed in the Pit Area
- Refrain from touching eyes, nose, mouth and face.
- Practice respiratory etiquette. Participants should refrain from spitting and clearing their nasal passages during activities.
- Limit group celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that bring participants with 2 meters or promote contact.
- Water bottles should be labelled with the name of the owner. Do not share water bottles.
- Pit Area - 2 metres of distance maintained between members of different households

## 3. Spectators

- Spectators (excluding parents and guardians where necessary for rider support) should be kept out of pit area.
- Physical distancing of minimum 2 metres should be maintained by spectators at all times, unless from the same household or cohort.
- Spectators must wear face masks.
- Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home.
- Wash hands often with soap and water. Use an alcohol-based hand sanitiser if soap and water not available.
- Hand sanitiser stations should be available throughout the event venue.
- Practice respiratory etiquette (maintain distance: at least 1 m), cover coughs and sneezes with disposable tissues or flexed elbow, wash hands). If coughing persists, isolate and seek medical advice.
- Be aware of regular cleaning of frequently touched items (door handles, table tops, toilet handles, etc.)