

FRAMEWORK (SOP) FOR OPENING THE FACILITIES FOR PHYSICAL & SKILL TRAINING

Following SOPs will be adopted for the players who will enter into the NHPC for the purpose of Physical Training or Net practice

- Temperature monitoring at entrance of NHPC.
- Entry of the players through disinfected gate.
- Player will straight come to the assigned training area.
- Players will not have physical contact during training.
- Players will be strictly advised not to enter the NHPC offices and not meet peoples around before and after training.
- Wear mask when coming for training.
- During GYM training 3-4 meter distance will be maintained.
- During cardiovascular training players will keep 5-7 meter distance and may not pass each other while running
- At one time only three (03) players will be permitted in the GYM
- For proper ventilation , windows of the GYM will remain open
- Players will leave the training area through different way out.
- Use of equipment will be limited
- There will be no sharing of exercise equipment at a time.
- No sharing of water bottles & towels
- GYM floor and equipment will be disinfected after every use.
- Players will be advised to:
 - a. Keep themselves fully hydrated
 - b. Bring their own fruits and water bottles
 - c. Avoid spitting
 - d. Use hand sanitizers frequently
 - e. Avoid touching eyes, face and nose
 - f. Avoid droplet spread- sneeze/ cough into flexed elbow
 - g. Personal equipment should be sanitized before and after use.
 - h. Equipment sharing should be avoided where possible and disinfected instantly after use if being shared.
- Initially training load will be of low intensity. Intensity will be increased according to load management principles.

- Players will be divided in to groups. Each group will be advised to attend the session on alternate days.
- Players will be advised not to use saliva on the ball l during the net practice
- Player will in advance inform Dr. Riaz Ahmad, in case they are suffering from any ailment such as fever, cough, flu or any Covid-19 related symptoms before coming to NHPC