

Contact sports training protocol for Elite Sports in the Norwegian Martial Arts Federation

Defined athletes are able to train with contact when the training are conducted under direction of the federation and following the protocol of top sports.

Contact Sports:

- Hand hygiene should be performed before and after the session.
- Enhanced cleaning of frequently used contact points and equipment.
- Equipment that is touched with hands over time (e.g. weights and exercise equipment) should be cleaned according to the usual routines by each user
- Changing rooms and showers can be used when it's 1 meter between them

Athletes who cannot participate:

- Athletes who have respiratory symptoms or other symptoms of covid-19
- Athletes who are in quarantine or in isolation

General infections control measures:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and others
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover

All top sport athletes training with contact must adhere to this protocol and report to the federation. This includes one screening before arrival and then daily reports whilst in Norway.