



ISSF MEDICAL COMMITTEE GUIDELINES

SAFE RETURN TO THE SHOOTING SPORT

Introduction

These guidelines have been developed to assist ISSF member federations and athletes adapt their conduct to help ensure a safe return to shooting. They provide a list of key principles to follow to reduce the likelihood of spreading the COVID-19 virus upon resumption of shooting sport activities. They are not intended to apply as a reference guide for LOCs in hosting shooting sport events.

All individuals involved in shooting sport activities should adhere to any guidelines, rules and regulations produced by their respective national and local governments. All health directives regulating the scheduled activities should be strictly followed. Athletes should not return to any shooting sport activities until it is considered safe to do so on the bases of the advice by provided by these authorities.

Before the start of any sporting activity athletes should consider their own individual health situation and environment. Individuals should not return to sport if in the past 14 days they have been unwell, displayed any symptoms associated with COVID-19 or had contact with someone with know or a suspected case of COVID-19.

These guidelines are for general information purposes only and should not be relied upon as a form of medical or legal advice. There are some inherent risks involved in all sporting activities. By participating in shooting sport activities, athletes are accepting those risks. In resuming shooting sport activities, athletes and coaches do so at their own risk and in no way is the ISSF liable in connection with any individual's use or reliance on these guidelines.

Rules applicable to all individuals

Self-Behaviour

- Apply personal hygiene measures at all times (even when training away from a group facility).
- Wash with soap or sanitize your hands thoroughly (minimum 20 seconds) before and after practice.
- Athletes and staff should always wear a mask when they are not in training in accordance with national guidelines.
- Avoid touching your eyes, nose and mouth with your hands at all times.
- Sneeze and/or cough into a tissue or the internal crease of the elbow.
- Be aware of which surfaces you touch.
- When possible keep a minimum of 1.5 metre distance away from other people, preferably 2 metres during and after physical activity.
- Athletes or staff deemed to be at greater risk should strongly consider whether it is safe for them to participate and follow any applicable government or health authority advice specific to them.
- Where a mask whenever possible and if the mask is not disposable, ensure you wash it regularly.

Training Facility

- Keep your personal items inside your bag rather than leaving them in common areas.
- Permanent or portable disinfection stations should be placed at regular intervals in the venue.
- Each venue should have a cleaning plan that includes the disinfection of commonly touched items/surfaces multiple times per day.
- Train at every other or every 3rd firing point where possible to ensure proper distancing or put screens between firing points.
- Use individual storage for training items ie. do not store athlete equipment together with other athletes.
- Wash or sanitize your hands after contacting commonly touched items such as door handles and CO2 refills for air cylinders.
- Ensure the venue is well ventilated.
- Consider installing clear plastic screens to separate athletes when training or competing.
- If the training facility has the capacity to do so, consider temperature checks on anyone entering the facility (100 degrees F is the cut-off).

Key Principles to respect when shooting

Equipment

- Clean and disinfect all surfaces and equipment before and after each use including wheelchairs, prostheses etc.
- Where possible you should avoid the use of commonly touched items such as the gunsmith equipment
- Immediately clean any surfaces which may contact bodily fluids ie. after sneezing or coughing
- During equipment control any commonly touched items must be disinfected between each use. The control should be scheduled with few athletes in the area at any one time and signage to ensure distancing between stations.
- Change and wash the cloth used to disinfect equipment and surfaces regularly

Athletes

- If you are sick or not feeling well, stay home.
- If you have a fever, cough or find it difficult to breathe, seek medical help as soon as possible.
- Follow the 'Get in, Train and Get out' - athletes should arrive to the training facility with their sport clothes on, ready to train and leave quickly after practice.
- Strictly avoid handshaking, touching, or hugging of any other persons including coaches and other athletes.
- Wear a mask whenever possible. It protects you and it protects others.
- If you wear a mask that is not disposable, wash it regularly.

Coaches

- If you are sick or not feeling well, stay home.
- If you have a fever, a dry cough or find it difficult to breathe, seek medical help as soon as possible.
- Wear a mask during the entire training session and whenever possible. It protects you and it protects others.
- If you wear a mask that is not disposable, wash it regularly.
- Always maintain social/physical distancing when giving feedback and while athletes are resting.
- Have a clear reporting and response process in place if any athletes inform you or show signs of having symptoms.
- Athlete loaders should disinfect or wash their hands before and after each training session.

- Organise online training sessions and use of online resources (videos) where possible.

More Resources

Websites

- [World Health Organisation](#)
 - [Travel Advice](#)
- [World Anti-Doping Agency – Athlete Q&A](#)

Credits

- International Paralympic Committee
- ISSF Medical Committee
- World Shooting Para-Sport