

**No.B.13021/101/2020-DMR/Vol-III
GOVERNMENT OF MIZORAM
DISASTER MANAGEMENT & REHABILITATION DEPARTMENT**

Aizawl, the 16th of January, 2021

ORDER

Whereas, an order for the extension of 'COVID-19 No Tolerance Drive' was issued vide Order of even No. dated 08.01.2021, until further orders;

And whereas, there has been a decline of COVID-19 positive cases in recent days, the reducing trend of COVID-19 local transmission is considered to be a positive outcome of the containment efforts, and the evolving situation is thus considered conducive for relaxing certain restrictions;

And whereas, there is no room for complacency given the fact that a new strain of COVID-19 surfaced in Europe and cases have been reported in other parts of the country, it is felt necessary to continue with certain preventive and containment measures;

Now, therefore, the undersigned in his capacity as Chairman, State Executive Committee, Mizoram State Disaster Management Authority, in exercise of the powers conferred under Section 22(h) & 24(l) of the Disaster Management Act, 2005, hereby orders that guidelines appended hereto shall be implemented with immediate effect and until further orders.

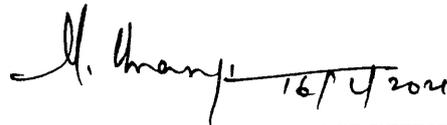
Sd/-LALNUNMAWIA CHUAUNGO

Chief Secretary, Mizoram & Chairman,
State Executive Committee
Mizoram State Disaster Management Authority

Memo No.B.13021/101/2020-DMR/Vol-III: Aizawl, the 16th of January, 2021

Copy to:

1. Secretary to the Governor, Mizoram.
2. P.S. to Chief Minister, Mizoram for information.
3. P.S. to Deputy Chief Minister, Mizoram
4. P.S. to Speaker, Mizoram
5. P.S. to all Ministers/ Ministers of State/Deputy Speaker/Deputy Govt. Chief Whip, Mizoram..
6. Sr. P.P.S to Chief Secretary, Govt. of Mizoram.
7. P.S. to Addl. Chief Secretary, Govt. of Mizoram.
8. All Principal Secretaries/Commissioner/Secretaries
9. Director General of Police, Mizoram.
10. Commissioner & Secretary, Mizoram Legislative Assembly.
11. All Administrative Heads of Departments, Government of Mizoram.
12. Secretary of all Constitutional & Statutory Bodies, Mizoram.
13. All Head of Departments, Government of Mizoram.
14. All Deputy Commissioners
15. All Superintendents of Police, Mizoram.
16. Executive Secretary, LADC/MADC/CADC
17. Director, I&PR for wide publicity.
18. Controller, Printing & Stationery with 5(five) spare copies for publication in the Mizoram Gazette.
19. Guard File.



(Dr. MALSAWMTLUANGA FANCHUN)

Under Secretary to the Govt. of Mizoram

Sammy Disaster Management & Rehabilitation Department

No.B.13021/101/2020-DMR/Vol-III Dated 16.1.2021

The following guidelines shall be in force with effect from 16.01.2021 and until further orders. They shall supersede all previous orders issued by the Government imposing restrictions for containment of COVID-19.

I. MEASURES TO BE ENFORCED THROUGHOUT MIZORAM

A. Inter-State borders (Screening, Testing, Quarantine and Treatment of Covid-19 Positive)

1. All persons entering the State shall continue to be screened at the entry points and quarantined at designated quarantine facilities. However, persons who have undergone RT-PCR/CB-NAT/TrueNAT test having negative certificates not older than 96 hours shall be exempted from quarantine.
2. Any person travelling outside Mizoram and returning within 96 hrs shall be screened at the entry point and shall undergo RAgT test. Persons with no symptoms who test RAgT negative shall not be quarantined. However self-monitoring shall be ensured and if any person suspects himself/herself to be COVID-19 positive or develops COVID-19 symptoms he/she must self-isolate immediately and report themselves on the Medical helpline (Toll free 102, Landline 0389-2323336, 0389-2322336 & 0389-2318336).
3. Health & Family Welfare Department shall issue detailed guidelines regarding the above.
4. All persons entering the State from Europe shall be quarantined according to Health & Family Welfare Department Notification No.D.33011/22/2020-HFW(nCOV)/Vol.I dated 30.12.2020, home quarantine shall not be permitted.
5. For all persons entering Mizoram, prior registration on mPASS-flight or mPASS-road in mCOVID-19 mobile application before arrival is necessary to enable proper arrangements for screening and quarantine. Home quarantine and Hotel quarantine can be applied online at <https://mccovid19.mizoram.gov.in>
6. The protocols and guidelines issued by Health & Family Welfare Department shall be revised (if required) and will be strictly followed for quarantine of all persons entering Mizoram, COVID-19 testing, quarantine and treatment of COVID-19 patient, COVID Care Centre, Dedicated Covid Health Centre and Dedicated COVID Hospital. Cost of accommodation, food and medical test will be governed by notifications No.B.13021/101/2020-DMR/Pt-III dated 20.07.2020 and No.B.13021/187/2020-DMR dated 25.07.2020 issued by Disaster Management & Rehabilitation Department.
7. Imposing quarantine on any individual who is not Covid-19 Positive or coming from a Containment Zone/Area only because he/she has come from another Districts/village is strictly prohibited.

B. Government office and other offices

1. The Administrative Heads/ Heads of Departments/ Heads of offices should ensure that the following guidelines and 'COVID-19 appropriate behaviour' are enforced in all offices:
 - a) Heads of Departments/Heads of Offices shall be responsible for the general hygiene, cleanliness and sanitation of their office. They should ensure availability of hand washing facilities for staff, including soap/hand wash and sanitizer in their respective offices. Further, provision for hand washing or hand sanitizing should be made at the entrance of offices and hand washing shall be mandatory for any person entering the office buildings. The Deputy Commissioners will form a separate team to inspect whether such regulations are carried out in offices or not.
 - b) No visitor should be allowed entry without prior appointment. It will also be mandatory for visitors to wear face masks throughout the duration of their visit.
 - c) Office staff having underlying health problems and pregnant women may be granted commuted leave.
 - d) Meetings should not be convened unless essential. If a wider consultation or discussion is necessary, video conferencing and other mode of communications may be utilised.
 - e) E-mail and other electronic interfaces may be used for communicating with other departments and offices.
 - f) All offices and government departments shall endeavour to develop online system for delivery of public service and online payment of bills.
2. Public interview for Ministers shall continue to be suspended until further orders.

C. Restrictions for the general public

1. In all district headquarters, movement of individuals between **8:30** PM to **4:30AM** is prohibited. District Magistrates shall issue prohibitory orders under Section 144 of CrPC in this regard.
2. Persons above 65 years of age, person having comorbidities (respiratory problems, HIV+ve, diabetes, renal problems, heart problems, etc), pregnant women and children below 10 years of age must remain indoors within their homes, unless unavoidable. Moreover, it shall be the obligation of every family to make arrangements for the safety of such vulnerable groups. The Standard Operating Procedure issued by H&FW Department (**Attachment-I**) shall be followed scrupulously.
3. Facemasks are essential tools in protecting oneself and others and hence, it must be worn when in the company of others. Therefore, wearing face masks in public places (public gatherings, shops, offices, hospitals, clinics, etc) is mandatory.

4. Social distance of atleast 6 (six) feet must be maintained in all public places and shops/commercial establishments.
5. * Deleted vide addendum issued vide order of even number dated 19.01.2021

D. Travel and movement of people

1. Commercial passenger vehicles plying within the State and city/town buses, taxis, auto rickshaws and two-wheeler taxis shall not carry passengers in excess of the seating capacity as recorded in their registration certificates. All drivers and passengers shall wear face masks, and hand sanitizers for use by the passengers must be made available in the vehicles. The compliance of these rules shall be the duty and responsibility of the driver/conductor. Drivers/conductors shall regularly sanitize the seats, door handles and passenger compartment of their vehicles.
2. Health & Family Welfare Department shall make arrangements for all Commercial passenger vehicle driver, handyman and conductor to undergo RAgt test.

E. Opening of Educational Institute, Religious institutions and

1. Schools and Hostels (Class-X & XII) shall reopen on 22nd January 2021 as per the arrangements made by School Education Department. Every hosteller shall have 'RAgt Negative Certificate' issued not later than 96 hours prior to their arrival at the hostel.
2. Undergraduate and Post graduate Institutions shall be permitted to reopen from February 2021 as per the academic calendar prepared by Mizoram University and in accordance with the arrangements made by Higher & Technical Education Department with the prior intimation to State Executive Committee, Mizoram State Disaster Management Authority. However, Guidelines issued by University Grant Commission shall be strictly followed.
3. Training/Coaching institutions are permitted to function with up to a maximum of 50% of the total capacity of the venue but with a limit of 50 persons. Social distancing must be maintained at all times.
4. All other teachings shall continue to be done through online mode.

F. Public Places

1. Religious Institutions

a) All worship services are permitted to reopen from 1st February 2021 upto a maximum of 50% of the total capacity of the venue. However, congregation of more than 200 people shall be prohibited in all places of worship. The permission includes only day time worship services while night services shall remain prohibited. The Standard Operating Procedure issued to be observed at public gatherings to prevent the spread of COVID-19 (**Attachment-III**) shall be followed.*

* added by addendum issued vide order of even number dated 19.01.2021

b) An assembly of not more than 50 persons is permitted at Morning Prayer services.

2. Funerals and other Congregations

a) At funeral services and wedding services, an assembly of upto a maximum of 50% of the total capacity of the venue is permitted. However, the gathering shall not exceed 100 people.

b) The number of persons mentioned here shall include the cooks, ushers and programme organizers/staff etc. Wearing of face masks, maintaining social distancing, provision for thermal scanning and use of hand wash or sanitizer will be mandatory.

c) At funeral services, the following measures stipulated by the State Government's order No.B.13021/101/2020-DMR/Pt-III dated 13.08.2020 shall be strictly observed:

- i. The service should be attended by a minimum number of relatives and only two representatives shall be allowed on behalf of association/groups.
- ii. To ensure social distancing, church/ community hall or other convenient large halls should be used for conducting funeral services. To this end, the church where the deceased is a member and the concerned YMA/YLA/MTP/YCA or the LLTF/VLTF will make arrangements.
- iii. An arrangement for recording names, address, telephone number and time of entry/visit of all persons attending the funeral should be made by the concerned YMA/YLA/MTP/YCA or the LLTF/VLTF.
- iv. Mass singing is prohibited at funerals and other congregations.
- v. It is advisable to appoint persons of younger age who are healthy to perform the rites at funerals.
- vi. Old and infirm persons having comorbidities should refrain from attending funerals.
- vii. Distribution of refreshments at funerals is prohibited.
- viii. All persons attending funerals and other mass function should mandatorily wear face masks.

3. Games & Sports, group gathering and other entertainment places

a) Practice of games & sports and organizing tournaments without spectators with a maximum of 50% of the total capacity of the venue, subject to a maximum of 50 (fifty) persons for indoor activities and 100 (Hundred) persons for outdoor activities, are permitted. Guidelines issued by Govt of India, Ministry of Youth Affairs & Sports, Department of Sports (**Attachment II**) shall be strictly followed.

b) Cinema halls, auditoriums, community halls and entertainment places may be opened with a maximum of 50% of the total capacity subject to a limit of 50 people at indoor locations and 100 people at outdoor locations.

- c) Any other congregation organized by the Government* or groups/associations etc are permitted with maximum of 50% of the hall capacity and a ceiling of 50 (fifty) persons for closed spaces and a ceiling of 100 persons for open spaces. However, in certain special cases, permission for gathering of up to 150 people may be issued by the Deputy Commissioner concerned.
- d) The Standard Operating Procedure issued to be observed at public gatherings to prevent the spread of COVID-19 (**Attachment-III**) shall be followed scrupulously.

G. Transportation of Goods

1. All persons transporting goods and commodities from outside the state must submit a declaration through the **mPASS** link of **mCOVID-19** mobile application. All drivers and handymen engaged in inter-state transportation of goods must register themselves on **ArogyaSetu** mobile application.
2. All drivers and handymen of Mizoram engaged in inter-state transportation of goods shall operate without coming into close contact with anyone, for which temporary accommodation will be arranged by their employer for the period of their operation. They will be permitted to come into contact with others only after they are tested negative for COVID-19 or after completion of 14 (fourteen) days of quarantine counting from the date of their return from the last trip outside the State.
3. Drivers and handymen engaged in transporting goods from outside the state who wish to carry backload shall report themselves at the check gate with a COVID-19 negative certificate (RT-PCR/TrueNat/CBNAAT not older than 96 hours). Drivers and handymen without certificates shall be tested on own payment basis. Those who test COVID-19 positive shall be admitted in to the nearest CCC in the state. COVID-19 negative certificates or testing at the check gate is not required if the drivers and handymen are to return directly after unloading their goods. District Level Task Force (DLTF) shall ensure that these measures are followed by drivers and handymen plying within their Districts.

H. Shops and business establishments

1. In markets, shops, petrol pump/filling stations and other business establishment, the enforcement of social distancing shall be the responsibility of the owner/managers. LLTFs/VLTFs must also take steps to ensure adherence to these norms within their respective areas of operation.
 - a) All shoppers and shopkeepers shall mandatorily wear face masks.
 - b) Shopkeepers shall strictly maintain cleanliness and hygiene, particularly hand washing frequently.
 - c) Not more than 3 (three) persons shall man a shop. However, in case of wholesale stores and departmental stores, upto 6 (six) persons may

** added vide addendum issued vide order of even number dated 19.1.2021*

attend the stores/shops depending upon the manpower requirement. The limit may be prescribed by the concerned LLTF.

- d) All shops and business establishments should display a clear QR Code to be scanned using *Sulhnu app* for recording names, addresses and contact numbers of the customers. They should further ensure that all the customers scan the QR Code. And since there can be customers who doesn't use *Sulhnu app*, a register (book) shall be maintained by all shops and business establishments for recording names, addresses and contact numbers of the customers.
 - e) It shall be the responsibility of the shopkeeper/owner to make arrangement for queuing in order to maintain social distancing for the customers. A minimum of six feet distance should be maintained within and around the shop.
 - f) Cashless transaction should be encouraged.
2. All shops (excluding pharmacies) shall be closed by **5:30 PM**.
 3. Arrangements shall be made to ensure that vendors are seated at a distance of not less than six feet at the selling points of fruits, vegetables and grocery items.

II. MOVEMENT OF VEHICLES WITHIN AIZAWL MUNICIPAL AREA

1. Within the Aizawl Municipal Area, vehicles will ply as per the arrangements issued by Superintendent of Police (Traffic) Notification No. RO/TRF/SP-NoTI-7/08/514 dated 16.01.2021*
2. Restrictions on plying of vehicles as per the arrangements mentioned above will be applicable from 9:00 AM to 4:30 PM.

III. DECLARATION OF CONTAINMENT AREA/ZONE:

1. No other authority, except the Chief Secretary and the Deputy Commissioners, who are empowered to declare containment zones/areas by the Mizoram Epidemic Diseases (COVID-19) Regulation, 2020, shall declare containment zones/areas or lockdown within a particular area/locality or villages.
2. Deputy Commissioners may declare containment zones/area within their respective Districts, if necessary, after undertaking proper risk assessment.
3. Within such containment zones, orders and restrictions imposed by the respective Deputy Commissioners shall be strictly enforced.
4. The State Government may declare lockdown outside containment areas/zones, if necessary, after due consultation with the Ministry of Home Affairs.
5. Imposition of restrictions on movement in areas outside of containment zones/areas by any village or town is strictly prohibited.

IV. PENAL PROVISIONS

Any violation of these measures will be liable for prosecution as per the provisions of Section 51 to Section 60 of the *Disaster Management Act, 2005* and Section 5 of *The Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020* besides legal action under Section 188 of the IPC and other legal provisions as applicable.

The Government may revise and modify these provisions, if necessary.



(LALNUNMAWIA CHUAUNGO)

Chief Secretary & Chairman,
State Executive Committee,

Mizoram State Disaster Management Authority.

**DEPARTMENT OF HEALTH & FAMILY WELFARE, GOVT OF MIZORAM
COVID-19 KARA KUM UPATE LEH NATNA BENVAWN NEITE (HIGH RISK
GROUP) TE FIMKHUR DAN TUR (SEPT 2020)**

Kum Upate leh natna benvawn vei ho te hi an taksa a chak loh avangin **covid an kai hma bik** a. An taksa natna dotu an tlakchham avangin covid an kai a nih chuan **an la na (serious) duh bik** a, covid avanga thi tam ber pawh kum upa leh natna benvawn lo vei sa te an ni. Taksa hrisel tha leh kum la naupangte chu an kai a nih pawhin an taksaah harsatna lian tham a thlen lo tlangpui thin. Hei vang hian kum upa leh natna benvawn veite chu **midangte aiin an fimkhur zual bik a ngai a ni.**

HIGH RISK GROUP-TE CHU:

1. Kum 60 aia upate
2. Cancer vei- a bikin *chemotherapy/radiotherapy* hmanga enkawl mekte.
3. Lung (heart) natna benvawn nei.
4. Chuap (Lungs) natna benvawn nei- khuh benvawn, asthma etc.
5. Kal (Kidney) natna benvawn nei.
6. Thin (Liver) natna benvawn nei.
7. Thluak lam natna benvawn nei e.g. stroke, Parkinson's disease etc.
8. Taksa dona (Immunity) nei tlem- HIV/AIDS, Transplant patients damdawi ei mek.
9. Zunthlum (diabetes).
10. BP sâng (hypertension).

ENGTIN NGE HIGH RISK GROUP TE AN FIMKHUR ZUAL BIK THEIH ANG?

1. **In lamah awm** deuh chawt a, len chhuah loh a tha ber.
2. **Mi inah len loh** a, inleng pawh neih loh a him ber.
3. Lo theih lohva, midang nen kan inkawm dawn a nih chuan **kan inkarah 3 feet tal** a awm tur a ni a (duhthusam chuan 6 ft), **mask** kan vuah ve ve (theuh) tur a ni.
4. Chhungkaw member leh midangte nen kan ti tiho dawn a nih chuan **inhlat taka thut** a, **mask** vuah ngei ngei tur a ni.
5. **Puipunnaah** te, chaw ei khawmnaah te, bazarah te, committee meeting-naah te **kal loh** hram a tha.
6. Kan inchungah/chhungkuaah Quarantine/Isolation lai te, COVID-19 dona lama thawkte, chhuak vak nasate an awm a nih chuan anmahni nen chuan **inhnaih taka awm loh** hram tur a ni.
7. Uluk taka sahbawn leh tui hmanga **kut sil** fo tur a ni a; kutsil remchan lohnaah **hand sanitizer** hman thin tur a ni.
8. Midang kan bula an awm a nih chuan tha taka **mask** vuah thin tur a ni.
9. **Hmai, ka, hnar, mit** te kut lawngin khawih loh tur a ni.
10. **Mi khawih hnu-** chanchinbu, pawisa, lehkha, bungrua etc. khawih hmain a theih chuan 'sanitise/disinfect' ni se, kan khawih zawh veleh kutfai taka sil leh zel tur a ni.
11. **In chhunga thil kan khawih zin** bik – kawngkhar vawna, tui herh haw-na, dawhkan, kawngkhar etc chu a khat tawka tihfai thin tur a ni.
12. Midangte nen **zai ho loh** tur a ni.
13. **Khuh leh hahchhiau** dawnin tissue paper/rawmawlin emaw ka hup tur a ni a, a remchan loh chuan kan ban thlep (kiu chunglam) phenah chauh kan khuh/hahchhiau tur a ni.

HIGH RISK GROUP TE'N TAKSA LEH RILRU HRISSEL NAN ENGTE NGE AN TIH ANG?

1. **Rilru hlim takin** awm tum hram hram ang che.
2. Vawikhatah rei tak tak thutthlengah, TV hmaah emaw, i phone khalin emaw **thu/mu reng lo la**, a khât tawkin dingin **vei kual thin** ang che.
3. **Taksa chet tam** a pawimawh a, a remchan ang angin **exercise** lak thin tur a ni. Nikhata exercise lak chu belhkhawmin **30 mins** a tling tur a ni a, mahni tlin tawk ang zela lak thin tur a ni.
4. **Ei leh in hrisel** a pawimawh a. Ei luat a hlauhawm a, ei insum leh lutuk a tha lo bawk. I taksa mamawh tawk ei thin la, thlai leh thei ei uar rawh. Sa te, mawm leh thaute, thil al (chi) te, thil thlumte insum ang che. Tui in tam a pawimawh bawk. Natna do nan protein lam- sa ti var, sangha, artui vârlai, rajma, dal, be, tofu a tha a; thlai leh thei lam a pawimawh bawk. Vawikhatah chaw ei teuh teuh lovin, ei zina ei tlem a tha zawk.
5. Hahdam takin awm la, **mahni nuam tihzawng (hobby)** – music, lehkhabu chhiar, painting etc tih nan hun hmang ang che.
6. **Tawngtaina** hunte, meditation tihna hunte hman thin hi hrisel nan pawh a tha.
7. Phone leh thildang hmangin **thiante, chhungte nen inbiak fo** a tha.
8. Social media ah te, TV news ah te **Covid lampang news leh chanchin en tlem** rawh. Chanchin dik lo mi tam takin an thehdarh thin tih hria la, chung lakah chuan inthiarfihlim a tha.
9. I **damdawi** mamawh tur thla hnih daih tal khawl khawm thin ang che.
10. **Harsatna i neih palh a i phone tur** – Emergency number te, Helpline te, doctor I rawntheih tur number te nei sa vek la. I phone ah awlsamte a hmuh turin dah la, ziaikin tar bawk ang che.
11. Loh theih loh ah lo chuan **Damdawi ina kal loh** hi a him ber a, mahse a tul viau chuan fimkhur taka kal mai tur a ni.
12. **'E-Sanjeevani OPD'** app hmangin kan phone atangin mahni in atanga doctor specialist te rawn theih turin Mizoram sorkar chuan ruahmanna a siam a. He e- Sanjeevani-OPD app hi download la, a hman dan i chhungte inzirtir ang che.
13. Insawiselna leh harsatna i neih chuan **Covid Helpline (No. 102/ 0389-2323336/ 0389-2322336/ 0389-2318336)**-ah phone la, an lo tanpui thei bawk ang che.
14. Rilru hah ngawih ngawih te, lungngaih riaute, hlauhna reh mai lo te i nei a nih chuan Helpline emaw i doctor emaw **Counseling** lama tanpui theitu tur che rawn ang che.
15. Thingtlang lama awmte tan min bialtu **Health Worker/ASHA** te hming leh number neih a tha.
16. **Meizuk, vaihlo, zu lakah fihlim** ang che.

SOP for organizing sports competitions in context of COVID-19**1. Promoting COVID appropriate behaviour**

Simple public health measures are to be promoted to reduce the risk of spread of COVID-19 infection. These measures are to be observed by all athletes and Athlete Support Personnel (ASP) during conduct of sports competitions.

These include:

- i. Physical distancing of at least 6 feet to be strictly followed by athletes and ASPs always except by athletes in field of play necessitated by the type of sports, during the event.
- ii. Use of face covers/masks to be made mandatory at all times by all and as far as feasible when they are engaged in the field of play and in work out areas.
- iii. Athletes and ASPs, while not in field of play, shall practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be made wherever feasible.
- iv. Respiratory etiquettes to be strictly followed by athletes and ASPs. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
- v. Self-monitoring of health by athletes and ASPs and reporting any illness at the earliest to COVID-19 Response Team/Task Force constituted by event organizing committee.
- vi. Spitting shall be strictly prohibited in field of play, workout areas, during travel and in residential settings.
- vii. Installation & use of Aarogya Setu App shall be advised to all.

2. Protecting the vulnerable population

ASPs who are at higher risk i.e. older, pregnant and those who have underlying medical conditions must take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with other athletes/coaches/other employees.

3. Providing and maintaining healthy environment at sport competition venue and workout areas

- i. The organizing committee shall coordinate with local health authorities to ensure that the venue for sporting event or the identified hostels/hotels do not fall within containment zone.
- ii. The organizing committee will keep situational awareness of prevalent COVID situation at the event site that may influence the conduct of the sporting event. They will also coordinate with local health authorities to identify local (COVID and non-COVID) treatment facilities, ambulance service providers etc.
- iii. Prior to resumption of activities, all workout areas, field of play, medical centre, physiotherapy centres, gymnasium, showers, washrooms, other common areas, etc. shall be sanitized with 1% Sodium Hypochlorite solution. Thereafter this will be done on a regular basis. Detailed guidelines are available at: <https://www.mohfw.gov.in/pdf/Guidelinesondisinfectionofcommonpublicplacesincludingoffices.pdf>.
- iv. Cleaning and regular disinfection (using 1% Sodium Hypochlorite solution) of frequently touched surfaces (door knobs/handles, elevator buttons, hand rails, slides, chairs, tabletops, benches, washroom fixtures, etc.) and floors, walls etc to be done before start of activities, at the end of the day and at other appropriate times at all locations. Additional frequent cleaning may be required at medical centre, gymnasium, etc.
- v. Deep cleaning of all drinking and hand washing stations, washrooms, showers and lavatories shall be ensured.
- vi. All sanitary staff shall use appropriate PPE (mask, heavy duty gloves, face shields, aprons).

- vii. The event schedule should be planned in such a way that enough time is given in between multiple events for sanitization of field of play and equipment after every use, which may vary from sport to sport.
- viii. For warm-ups, fixed duration needs to be intimated along with time slots to the athletes and ASPs.
- ix. Provisions would be made for multiple hand washing stations and hand sanitizers for the use of athletes and ASPs. Provision of soaps in toilets and hand sanitizers in other common areas in sufficient quantity must be ensured.
 - x. Swimming pool (wherever applicable) shall ensure adequate and regular water filtration and chlorination as per laid down standards.
 - xi. Field of play equipment shall be handed over to the athletes and support staff by the ground staff after thorough disinfection.
 - xii. Sharing of personal articles such as soaps, towels, any other utility may be avoided by all.
 - xiii. Athletes, coaches and employees should be advised to dispose of used face covers / masks, used towels in separate covered bins placed in common areas.
 - xiv. Ensure availability of covered dustbins and trash cans in sufficient numbers to manage waste as per CPCB guidelines (available at: https://cpcb.nic.in/uploads/Projects/Bio-Medical-Waste/BMWGUIDELINES- COVID_1.pdf)

4. Planning for operations, scheduling and monitoring of activities

4.1 Institutional arrangements

- i. A COVID Task Force shall be constituted for each sporting competition event by the organizing committee to guide and monitor all athletes and ASPs. The Task Force shall be responsible for overall implementation of protocols outlined in this SOP as well as other direction issued by Ministry of Home Affairs (MHA) and Ministry of Health and Family Welfare from time to time.
- ii. The Task Force shall work closely with the athletes, ASPs to define guidelines and protocols to conduct the sporting event.
- iii. Travel of athletes and ASPs shall be closely regulated and monitored by the Task Force.

4.2 Facility arrangements

- i. The medical unit at the sporting venue shall have an isolation facility commensurate with the guidelines on COVID care centre (available at: <https://www.mohfw.gov.in/pdf/FinalGuidanceonManagementofCovidcasesversion2.pdf>)
- ii. Suitable referral linkage shall be established with nearest COVID treatment facility.
- iii. Advance coordination with ambulance service providers for shifting of suspect/confirmed COVID cases shall be arranged.

4.3. Physical distancing

- i. For ensuring physical distancing in the premises, specific markings on the floor with a gap of 6 feet may be made. Similarly, physical distancing shall also be maintained at all places except during the sporting event, by the athletes.
- ii. Locker rooms for athletes etc. can be used, provided there is adequate ventilation; physical distancing and regular disinfection of frequently touched surfaces is maintained.
- iii. To minimize participation by athletes and ASPs, the organizing committee shall ensure (i) enforcing strict qualification criteria to reduce the number of participants, (ii) reducing number of support staff and officials for the competition.

- iv. Support staff whose physical presence is not required can work from home through tele-work/video conferencing.

4.4. Spectator management

- i. The spectators at the sporting event would be in accordance with the guidelines issued by Ministry of Home Affairs vide its letter No. 40-3/2020-DM-I (A); dated 25th November 2020 [Para 9 clause (v)} or as amended from time to time.
- ii. For outdoor events, spectators will be allowed upto a maximum of 50% of the total capacity of the stadium.
- iii. CCTV monitoring may be planned for largter events to detect over-crowding at entry & exit gates and seating arena.

4.5. Ensuring ventilation

- i. As far as feasible, natural ventilation must be ensured and use of small enclosed spaces must be discouraged.
- ii. Circulation of outdoor air nods to be increased, as much as possible. by opening windows and doors, using bans, or other methods.
- iii. For air-conditioning/ventilation, of closed enclosures. the guidelines of CPWD shall be followed which emphasizes that the temperature setting of all air conditioning devices should be in the range of 24-30° C, relative humidity should be in the range of 40-70%, intake of Fresh air should be as much as possible and cross ventilation should be adequate. Air handling unit needs to be cleaned prior to switching on.

4.6. Making available COVID related supplies

- i. Appropriate arrangements for personal protection devices like face covers/masks, face shields, PPEs, heavy duty gloves and other logistics like hand sanitizers, soap, Sodium Hypochlorite solution (1%) etc. shall be made available by organizing committee.
- ii. Ensure adequate supply of cablirated thermal guns for thermal screening.
- iii. Ensure availability of covered dustbins and trash cans in sufficient numbers to manage waste.

4.7. Creating awareness

- i. Organizing committee should ensure educational and training sessions for athletes and ASPs, sensitizing them on COVID appropriate behaviour and do's and don'ts'.
- ii. Provisions must be made for display of Posters/standecs/AV media on preventive measures against COVID-19 at prominent places in the sporting venue.
- iii. Display State helpline numbers and also numbers of local health authorities at prominent places.

5. Maintaining Healthy operations

5.1 Risk assessment

- i. Thermal screeing of all athletes and ASPs shall be undertaken prior to allowing access to common field of play.
- ii. Depending on the risk perception and the scale of events, organizing committee may consider making RT-PCR Testing of athletes and ASPs carried out within 72 hours prior to the event and its uploading on the website of organizing commi«ee mandatory. In such cases. only those having a negative RT-PCR report shall be allowed to participate in the event. For this,

organizing committee may also make suitable linkages with ICMR approved laboratories for COVID-19 testing of athletes and ASPs who report without a COVID test report.

- 5.2. At the entry and exit points to the sporting event arena
 - i. Athletes/ASPs living in containment zones shall not be allowed entry in the main competition arena/field of play, warm-up area.
 - ii. All entrance main competition arena/field of play, warm-up area to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions. Only asymptomatic persons (athletes and ASPs) to be allowed in the premises.
 - iii. All athletes and ASPs to be allowed entry only if using face cover/masks.-
 - iv. Separate gates, if feasible, should be used for entry and exit.
 - v. Visual markers such as arrows or lanes of travel to be marked to streamline movement of athletes and ASPs.
- 5.3. Within the premises of sporting arena (except field of play)
 - i. Reduce or close the number of breakout rooms, lounges in which individuals gather.
 - ii. Gathering of spectators shall be governed by the instructions issued by Ministry of Home Affairs (MHA) and Ministry of Health and Family Welfare from time to time.
 - iii. Seating arrangement in parks, offices, hostel mess, other common utility areas to ensure a distance of 6 feet between chairs, benches, etc.
- 5.4. During exercise, physiotherapy and training sessions
 - i. Disinfect the common touched surfaces of the exercise equipment, before commencing the exercise.
 - ii. Physiotherapy/massage shall be avoided unless absolutely necessary. If physiotherapy or massage is deemed necessary, the athlete as well as the physiotherapist/masseurs will follow all precautions including hand sanitization, use of mask, sanitization of equipment, etc.
 - iii. Athletes and coaches shall sanitize their hands before and after exercises, physiotherapy and training sessions, workouts and sporting event. For such purpose hand sanitizer should be provided at the entry and exit of these locations including field of play.
 - iv. Ensure physical distancing during training sessions.
 - v. Physical contact in any form shall be avoided during training and sporting event, for e.g. handshakes, high-fives, etc.
 - vi. Special precaution shall be taken for training engagements of para-athletes as advised by qualified medical personnel.
- 5.5. Precautions to be observed at the field of play
 - i. Staggering of athletes for different events/training sessions to be done, to allow for adequate physical distancing.
 - ii. In case of multiple events, the next lot of athletes and ASPs should be outside the venue and shall enter the warmup area and field of play once the athletes and ASPs from previous event have left the venue, alternatively, organizing committee may explore multiple venues so that events may be conducted simultaneously.
 - iii. Athletes and coaches shall be screened by properly calibrated thermal guns at the entry to field of play.
 - iv. Wash hands with soap and water/ use hand sanitizer at the time of entry to the field of play.
 - v. Athletes will shower before entering and after exiting the field of play.
 - vi. Ensure physical distancing between coaches and athletes.
 - vii. Athletes and coaches shall not be allowed to share equipment.
 - viii. Wash hands/use hand sanitizers after leaving the field of play.
- 5.6. Activities of athletes in other common areas – changing rooms, showers, mess, etc.
 - i. Ensure physical distancing norms in changing rooms and shower areas.

- ii. In mess / cafeteria, seating arrangement should ensure adequate physical distancing.
- iii. Cafeteria and mess staff should wear mask and hand gloves and take other required precautionary measures.
- iv. Tables, chairs in common areas to be sanitized once the athletes/coaches leave these locations.

5.7. Arrangements at Medical Centre

- i. Organizing committee shall designate a COVID response team that athletes/ASPs should contact if they experience symptoms suggestive of COVID.
- ii. At the entrance, there will be provision of triaging (to be done by trained nurse/medical attendant)
- iii. Patient suspected to be suffering from COVID-19 (i.e. those reporting with fever, cough, breathlessness etc.) shall be isolated in the designated isolation room.
- iv. In case of referral, transportation of such cases shall be arranged in consultation with local health authorities.
- v. Doctors, nurses, paramedics will use full complement of PPE (coverall, N-95 mask, protective goggles, gloves) if sample collection or aerosol generating procedure is contemplated.
- vi. In the event of detection of a case, further management (including contact tracing, quarantine, testing, disinfection of premises etc. shall be done in consultation with the district/local health authorities.

5.8. Ensure Safe Stay at Hostels/Hotels/guest houses

To ensure safe stay, all athletes and ASPs should be accommodated in single rooms, as far as feasible. Further, the guidance issued by Ministry of Health & Family Welfare on preventive measures in Hotels and Other Hospitality Units to contain spread of COVID-19 may be referred to (available at: <https://www.mohfw.gov.in/pdf/5SoPstobefollowedinHotelsandotherunits.pdf>).

MIPUI PUNKHAWMNA HMUN-A COVID-19 INKAIDARH A NIH LOH NANA INVENNA ATANA ZAWM TUR KAIHHRUAINA (SOP)

1. Thlirna

Inneihna, pawl thila inhmuhkhawmna, Pathian biao inkhawmna leh mipui punkhawmna *function* neihna hmunahte hian Covid-19 inkaidarh a nih loh nan social distancing leh invenna dangte ken kawh a tul tak zet a ni.

2. A huam chin

He kaihhruaina hian hmun thenkhata Covid-19 darh tur ven nana kalphung siam bik bakah vantlang zawm tura duante a pho chhuak a ni.

3. Mipui vantlangin an zawm tur invenna te

Kum 65 chunglam, *comorbidity* (natna khirh/ inkai chhawn awl pakhat aia tam vei kawp) nei te, nau pai lai te leh naupang kum 10 hnuai lam te chu tul bik thil leh hriselna chungchang vanga chhuah ngai a nih loh chuan ina awm tura thurawn an ni a, a theih chin chinah hetiang mipui punkhawmnaah hian tel ve loh tur a ni. Hei hi sakhaw biakna hmun enkawltute hrilhhriat tur a ni.

4. Mipui punkhawmna hmunahte hian heng inkaihhruaina dante hi lekkawh tur

- i. A luhnaah kut tih faina (*sanitizer dispenser*) leh khawsik enna dah ngei ngei tur a ni.
- ii. Natna kai awma lang lote chauh luhtir tur a ni.
- iii. *Face mask* vuahte chauh luhtir tur a ni.
- iv. COVID-19 laka him theihna tura siam *poster/ standee/ AV media*-te chu langsar deuha tar lan tur.
- v. A theih chin chinah kal khawmte chu then darh tur.
- vi. Motor *park*-na leh punkhawmna hmun/sakhaw biakna hmun/hall adt. kawtah te mipui che vel mumal taka kaihhruai tur a ni a, *social distancing* dan zam te an zawm vek tur a ni.
- vii. Ei/in tur siam emaw sem emaw a ngai a nih chuan a theih chin chinah mimal ei tur pack fel se thlapa sem tur a ni a, *plate/no/fian* adt. intawm tura ruahman loh tur. Tin, ei/in siam lai leh ei/in laiin engtik lai pawhin *social distancing* dan zamte zawm tur a ni.
- viii. *Social distancing* vawn that a nih theih nan punkhawmna hmun/sakhaw biakna hmun/hall adt. chhehvelah intlar a ngaih chuan dan anga ruahman sa dinna tur bik chhinchhiahna siam thin tur a ni.
- ix. A hrana luhna leh chhuahna siam tur a ni.

- x. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah a tlem berah feet 6 aia hnai lova indawta intlar thin tur a ni.
- xi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah an kut leh ke (pheikhawk phelh a ngai a nih chuan) te fai takin an sil tur a ni.
- xii. Social distancing vawn that a nih theih dan ber turin thut dan ruahman tur a ni.
- xiii. *Air-conditioning/ ventilation* hman a nih chuan CPWD kaihhraina siamte zawm tur a ni. Chu kaihhraina chuan, “*Air conditioning* khawlte *temperature* chu 24°-30°C a ni tur a ni a, *relative humidity* chu 40-70% a ni tur a ni,” a ti a; **“Boruak thianghlim lut chu a tam thei ang ber a ni tur a nih bakah cross ventilation pawh thahnem tawk tak a awm tur a ni,”** tiin a sawi bawk.
- xiv. Punkhawmna hmun/Sakhaw biakna hmun chhung leh a chhehvela lehkhabu, milim, lehkhabu thianghlim adt. chu khawih loh tur a ni.
- xv. Hmun khata mipui tam tak inhawr khawm khap tur a ni.
- xvi. Inkaichhawn a awm zel loh nan hla sak leh zaipawl zaite phal a ni lo va; amaherawhchu, hla emaw rimawi thun sa (*pre-recorded*) te chu tih rik phal a ni thung ang.
- xvii. Taksa insia chibai inbuk loh tur.
- xviii. Pathian biakna hmuna thingthi-a tawngtai hunin mahni tawngtai nan mahni pher/ puan ken theuh tur a ni a, hawn leh zel tur a ni a. Midang nena intawm loh tur a ni.
- xix. Coupon leh pawisa inhlan bakah sakhuana hmuna thilpek inhlan, thawhlawm inhlan leh puithiam/ rawngbawltute hnen atanga thilpek dawn, entir nan prasad sem/ tui thianghlim sem adt. ang chite tih loh tur a ni.
- xx. Heng hmunah te hian a bikin hrisel nana invawn thianghlim hna (*sanitation*)-te uluk leh ngun lehzual zawka thawh thin tur – inthiarna, tui inna leh kut/ ke silna hmunahte.
- xxi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. leh a chhehvelte chu zing taka tihfai leh thenfai hna thawh tur a ni.
- xxii. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. chhuatte chu vawi tam tak tihfai thin tur a ni.
- xxiii. Mipui pungkawm leh a hmun enkawlte hman hnu *face mask* leh kutkawr te chu fimkhur taka tihral tur a ni.