

# CAYMAN ISLANDS NATIONAL FRAMEWORK FOR RESTARTING SPORT AMID COVID-19

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## INTRODUCTION

The vision of the National Sports Policy and Strategic Plan for the Cayman Islands, 2013-2018, is “To improve the lives of all through sport”. Sports is an integral part of the Caymanian society and is used as a vehicle to encourage and promote good health, social integration and a well-rounded disciplined society.<sup>[2]</sup> Participating in sports provides a positive contribution to physical, psychological and emotional well-being of individuals of all ages. Sports also provides economic, healthcare and educational benefits, as well as contributing to social capital through connectivity, resilience and creating stronger, cohesive communities.<sup>[3]</sup>

In December 2019, a novel coronavirus was identified in Wuhan, China, and in March 2020 COVID-19 was declared a pandemic by the World Health Organization (WHO). The COVID-19 pandemic has had devastating effects on communities worldwide, resulting in significant restrictions on all sectors, including sports. Across the world, sports came to a screeching halt resulting in the cancellation or postponement of events. For the first time since World War II, the Summer Olympic Games have been postponed due to the COVID-19 pandemic.<sup>[5]</sup>

Sports’ immense effect on Caymanian culture is not limited to those who participate in them but also those who are spectators at these events. Many spectators take national pride as they watch world-class athletes developing right before their eyes. Resumption of sport can significantly contribute to re-establishing a sense of normality in the Caymanian society. Prior to restarting sport, the respective local Governing Bodies of Sports or National Sports Associations (NSAs), sport clubs and other sport related entities will need to make complex decisions regarding training and competition in a COVID-19 environment. The Ministry of Education, Youth, Sports, Agriculture and Lands (MEYSAL), in consultation with the Chief Medical Officer (CMO) and Public Health Department and Childcare Policy Working Group, has developed this framework to guide the restarting of sport (including training and competition). This framework is based on guidelines developed by the Cayman Islands Government and will be regularly updated to reflect the ever-evolving scientific evidence related to COVID-19.

The Cayman Islands National Framework for Restarting Sport amid COVID-19 provides minimum standards for the cautious restarting of sporting activities within the Cayman Islands and applies to National Sports Associations (NSAs), Gymnasiums, Sports Clubs, Individuals and other Sporting Entities. In an effort to prevent, control and suppress the spread of COVID-19, the CIG has outlined five suppression levels, ranging from ‘maximum suppression’ to ‘all clear’. Government officials will determine the level of suppression for each island based on COVID-19 testing results and other factors. This framework closely follows each suppression level and decisions regarding the resumption of sport will be made accordingly. To ensure the safety and health of our people, NSAs, sports clubs, individuals and other sport related entities must follow the necessary guidelines and regulations to reduce the risk of community transmission.



## FRAMEWORK FOR RESTARTING NON-CONTACT AND CONTACT SPORTING ACTIVITIES (SUPPRESSION LEVEL 3 AND 2)

All members of sport i.e. participants (non-contact and contact), parents/guardians of participants, coaches, spectators, sport officials, volunteers, NSAs and other sports-related entities must do their part to help reduce the spread of COVID-19. The safe reintroduction of non-contact and contact sporting activities requires thorough planning and safe implementation and should be done cautiously and be guided by this Framework and Cayman Islands Public Health Guidelines. At all suppression levels and phases, prior to the introduction of contact sports on 19 July 2020, all persons should be maintaining a 6ft/2m distance from persons outside of their household.

The CIG has set out the following restart dates for sports related activities:

### Suppression Level 3:

- June 1<sup>st</sup>, 2020 – Persons are able to exercise in any open air, public place including Government walking tracks. Walking tracks reopen and individual and two (2) person non-contact sporting activities allowed. More guidance on the current times and guidelines for walking tracks can be found here: <https://www.explore.gov.ky/faqs/guidance-on-walking-tracks>
- June 7<sup>th</sup> 2020 – Restart of non-contact, open air sporting activities involving up to six (6) persons.
- All public gyms, including private strata gyms, remain closed.

### Suppression Level 2, Phase 1:

- June 21<sup>st</sup>, 2020 – Restart of non-contact, open air sporting activities for groups of up to 25 individuals. Scuba diving and snorkelling is allowed; however, own equipment must be used (rental of dive tanks only is permitted).
- All public gyms, including private strata gyms, remain closed.

### Suppression Level 2, Phase 2:

- July 5<sup>th</sup>, 2020 – All public gyms, including private strata gyms, allowed to reopen.

### Suppression Level 2, Phase 3:

- July 19<sup>th</sup>, 2020 – Restart of contact sporting activities with groups of up to 25 individuals.



It is important to note that the approval to participate in sports (and which activities within each sport) will be dependent on the current suppression level as determined by the Premier and Cabinet. Please note that suppression levels and dates are subject to change and may be different for each island; therefore to find out the current suppression level and most recent guidance for each island, visit: <https://www.explore.gov.ky/coronavirus>.

## SPORT CATEGORIES

For the purpose of this framework, sporting activities have been separated into two categories: Non-Contact and Contact.

Guidelines for permitted activities, hygiene measures and spectators, outlined below, are in accordance with CIG's COVID-19 Regulations.

Important note: This policy recognises that there are sports traditionally considered contact vs. non-contact; however, it makes a distinction, not between a contact and non-contact sport, but rather whether an activity within a sport is a contact activity or not.

### NON-CONTACT SPORTING ACTIVITIES – SUPPRESSION LEVEL 2

#### General Description:

Activity that can be conducted by a solo athlete or a number of athletes, where at least 6 feet/2 metres can always be maintained between participants and there is no contact between athletes and other personnel.

The location of sporting activities and the numbers of participants in any one group taking part in any such activity will be determined and declared by the Premier and Cabinet. Currently at Suppression Level 2, sporting activity must be conducted outside and the maximum allowed to gather for sports is 25 persons. The capacity of the facility being utilised must allow each participant to maintain a distance of 6 feet/2 metres. Changes in composition of the group participants should be minimised. Some sharing of sporting equipment allowed such as kicking a football, hitting a tennis ball, use of weights and mats. However, athletes should use their own equipment, whenever possible.

No spectators unless required e.g. parent or guardian of a minor. Where parents or guardians are required, they must be separated from athletes and maintain a distance of 6 feet/2 metres at all times from other persons (unless they are members of the same household).

If activities are held indoors, spectators must wear a mask (see Mask Guidance for further information).



## CONTACT SPORTING ACTIVITIES– SUPPRESSION LEVEL 2

### General Description

Contact sporting activities are activities in which physical contact is an integral component of the activity. These activities may include training, competition, tournaments, and matches.

The location (e.g. outdoor/indoor) and numbers of participants in any one group taking part in any such activity will be determined and declared by the Premier and Cabinet.

The Premier and Cabinet has declared that contact sports may resume starting **July 19<sup>th</sup> 2020**.

Currently, at Suppression Level 2, sports must be conducted outside and the maximum allowed to gather for a public meeting is 25 persons. Spectators are allowed within the public gathering limits, but should be separated from athletes. Spectators should maintain social distancing of at least 6 feet/2 meters unless they are members of the same household. If activities are held indoors, spectators must wear a mask (see Mask Guidance for further information).

### MASK GUIDANCE

Mask guidance should be in adherence to the official Government advice which should be regularly checked by the sport entity to account for the suppression level and the changing risks that the Cayman Islands are faced with in respect of COVID-19.

**Latest information on wearing mask and face coverings can be found of the Cayman Islands Government website:** <https://www.explore.gov.ky/coronavirus>

Any person over the age of two years old who is indoors a public place and is unable to maintain a distance of 6 feet/2 meters from every other person is required to wear a mask/face covering. Masks are not required outside when persons are able to maintain at least a 6 feet/2 meters distance from other persons.

### REQUIREMENT FOR SPORTING RESTART PLAN

The Cayman Islands Government will issue overall directives through the Premier and Cabinet for the restarting of any sporting activities. All individuals, NSAs, gymnasiums, sport clubs and other sport related entities must adhere to these directives, the guidelines of the Cayman Islands Public Health Department and this National Framework for the Restart of Sports amid COVID-19. The overall approval to restart sporting activities is granted by the Premier and Cabinet,



through the Public Health Regulations. All National Associations, gymnasiums, sport clubs and related entities should develop a plan to guide the restart of their respective sporting activities using current regulations and this framework. National Associations, Clubs and related entities funded by the Government must submit their restart plans to the Department of Sports at [Sports@gov.ky](mailto:Sports@gov.ky). The plan should take into account the guidance set out in this document.

## FACILITY PREPARATION FOR RESTARTING SPORT

Prior to restarting sporting activities (Contact and Non-contact), facility owners or managers must prepare the sporting environment/facility for safe use. A complete and thorough risk assessment must be carried out, preparation should be specific to the sporting environment and the appropriate measures must be implemented to ensure safety of all users prior to any sporting activities taking place at that facility.

## SAFETY CONSIDERATIONS AS PART OF RESTART PLAN

Specific considerations for a safe restarting of sport will be dependent on the type of sport and the facility. The anticipated number of all sport members i.e. participants, coaches, officials, volunteers, parents/guardians and spectators, during training and competition, should be considered. In developing a restart plan, consideration should also be given to the following:

- What training can be adequately done from home?
- How can training be staggered to minimise numbers and reduce person-to-person contact?
- What procedures can be put into place to maintain social distancing at training and competitions?
- How can training and competition times be modified so that there are less people present at one time? <sup>[3]</sup>

## FACILITY CLEANING

Rigorous, frequent cleaning protocols should be put in place to limit the transmission of COVID-19 in public places. Increased cleaning and disinfecting of touch points (e.g. door and cabinet knobs/handles, light switches, handrails, faucets, toilets and urinals including handles and gates, etc.) should be areas of focus. A determination should be made about what sporting equipment athletes will be sharing and appropriate cleaning protocols, with disinfectant, should be done in between use.<sup>[3]</sup> Shared facilities should also be properly stocked with the necessary hygiene items (soap, handtowels, toilet paper, facial tissue and alcohol-based sanitiser containing at least 60%





Ethyl Alcohol or at least 70% Isopropyl Alcohol<sup>1)</sup> and rigorously cleaned and sanitised on a regular basis throughout the day.

When cleaning and disinfecting, appropriate personal protective equipment should be used to prevent contact with contaminated surfaces and protect against toxicities associated with various cleaning products. <sup>[4]</sup> A mask and disposable gloves should be worn for all tasks during the cleaning and disinfecting process, including garbage handling. Please note that if individuals aren't properly wearing, removing, and disposing of gloves, cleaning efforts might be futile. While wearing gloves, anything touched will be transferred from the surface of the gloves to any other surface that is touched. This means that even when individuals wear gloves, bacteria or other contaminants can be transferred from one surface to another.

Prior to resuming sport at a facility, proper handwashing facilities must be available. Hand sanitiser dispensers should be monitored and refilled on a regular basis.

It is recommended that drinking fountains be discontinued from use due to the fact they are considered a high-risk area for contamination and potential spread of COVID-19. Water coolers should be discontinued and staff and volunteers should be encouraged to bring their own water to minimise use and touching of water coolers. Where this is not possible, staff should take responsibility for managing water coolers, and they should be removed from access to athletes and persons participating in sporting activities. Water coolers should be cleaned over the course of the session and at the end of the day to prevent the spread of COVID-19.

## FACILITY USAGE GUIDELINES

Procedures should be implemented to limit person-to-person contact and time spent on site. Athletes and all other sport members should be encouraged to:

- Arrive dressed and ready to train
- Maintain at least 6 feet/2 meters distance from others between training sessions (e.g. in the gym, pool, between sets)
- Minimise use of changing rooms, bathrooms, kitchens and other communal areas
- Eat meals and snacks off site
- Shower at home
- Continue to do anything that can be done at home (e.g. recovery sessions and virtual coaching/meetings) <sup>[3,4]</sup>

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<sup>1</sup> COVID – 19 Public Health Guidelines: Early Childhood Centres and Preschool Providers





## SIGNAGE

Signs highlighting key messages such as physical distancing, covering coughs and sneezes, and frequent handwashing should be posted at all entrances/exits and other key areas of the facility. Signs should be age appropriate, and where possible, utilise pictures or illustrations to ensure children understand the intended message. Where relevant and helpful, markings that are at least 6 feet/2 meters apart on the floor can be placed indicating where athletes should stand or sit. Where one-way systems of movement, or other measures are introduced to reduce incidental close contact, make appropriate markings with signage or tape.

## EDUCATION

Staff and volunteers should be trained on all safety protocols and in the identification of COVID-19 symptoms. Educating all participants in each respective sport about COVID-19 risk mitigation strategies is extremely important. Some established norms associated with team sports such as shaking hands, sharing food/drink containers, team huddles, hugging, high-fives and stadiums/fields packed with spectators directly go against the required physical distancing guidelines.<sup>[3]</sup> Educating sport participants will help to promote and set expectations for the required behaviours prior to resuming activities.

Sports entities should promote required behaviours and hygiene practices relevant to their sport (e.g. regular and thorough handwashing, not sharing personal items, covering mouth and nose with a tissue or sleeve when coughing or sneezing).<sup>[3,7,8,9]</sup> Suggested resources are provided below:

- [Coronavirus \(COVID-19\) in the Cayman Islands](#)
- [Coronavirus Information and Advice](#)
- [Advice Sheet for Home Isolation \(COVID-19\)](#)
- [Self-isolation Guide](#)
- [Coronavirus \(COVID-19\) Information and Advice for Vulnerable People](#)
- [WHO's Considerations for Sports Federations/Sports Event Organisers](#)
- [Public Health England – Guidance on the phased return of sport and recreation](#)

Sharing of drink cups/bottles, food containers, towels or other personal items are strictly prohibited. Additionally, there should be no sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions. Tips for cleaning equipment are provided below:

- [Tips for Cleaning and Disinfecting your Gym Equipment](#)
- [5 Steps to Cleaning Your Fitness Business in the Wake of COVID-19](#)
- [Cleaning and Disinfection for Community Facilities](#)



## COMMUNICATION

This National Framework and relevant government documents/information should be shared with all staff/volunteers, athletes and parents/guardians, as appropriate. Given the drastic change in the delivery of operations, a meeting with staff prior to reopening, and as changes are introduced, is encouraged to ensure everyone is clear on the arrangements in place. Consistency in the execution of these arrangements across staff is critical.

It is recommended that a staff member be designated as the primary COVID-19 contact. The contact information of this member should be communicated to all athletes and parents/guardians where applicable and all enquiries related to COVID-19 should be answered by that person. Having an identified point person for athletes and parents/guardians to contact will help to alleviate their concerns about sending returning to sport and will facilitate a direct path of communication between athletes and parents/guardians with respect to COVID-19.

The providers should contact athletes (and their parents/guardians if applicable) if they wish to return to sporting activities to:

- Discuss concerns or questions athletes and families have about returning to sporting activities and how you can address them together.
- Educate athletes and parents/guardians on the response plan and new expectations related to COVID-19.
- Explain that health screenings will be conducted daily (see Ongoing Management for further information).
- Set the expectation that athletes and parents/guardians should screen the younger athletes (under the age of 17) at home before arriving to the sporting facility. Athletes with a fever or other COVID-19 symptoms should stay home (refer to Ongoing Management for guidance on how to conduct screening).
- Explain the sport entity's communication plan including how the sport entity will communicate with athletes and parents about regular operations and health emergencies. Parents/guardians should provide multiple forms of contact information to allow the operators to quickly contact parents/guardians if an athlete gets sick and needs to be picked up.
- Discuss any health concerns/conditions which may cause the athlete to be at a higher risk for complications if exposed to COVID-19. Remind athletes and families that immunocompromised persons with chronic health conditions should consult with their primary care provider regarding decisions about returning to sport.



## RETURN TO SPORT GUIDELINES FOR INDIVIDUALS WHO ARE UNWELL

Athletes, coaches, volunteers and other personnel should not return to sport for 14 days or until advised by the Public Health Department if they have been unwell or in close contact with a confirmed or suspected case of COVID-19. Any individual exhibiting symptoms of COVID-19 should be treated as a possible case until testing can be done to confirm otherwise.

Athletes who test negative for COVID-19, are able to participate in sporting activities in accordance with the Public Health Regulations. However, if an athlete tests positive for COVID-19 they must refrain from training (including any training activities at home) and competitions for a minimum of 14 days (whether symptomatic or asymptomatic). Athletes who test positive for COVID-19 must follow the guidance of the Public Health Department which will include isolation and further testing and not return to sport until cleared by Public Health.

## VULNERABLE GROUPS

Vulnerable groups include anyone with the following conditions:

- Persons with Intellectual Disabilities
- Chronic Respiratory Diseases
- Chronic Heart Diseases
- Chronic Kidney Diseases
- Chronic Liver Diseases
- Chronic Neurological Conditions
- Weakened Immune systems
- Compromised spleen
- Pregnancy
- Anyone over the age of 65
- Anyone extremely overweight (body mass index of 40 or higher)

Individuals with underlying health conditions are at a higher risk for severe illness if they contract COVID-19. <sup>[10]</sup> Vulnerable athletes and other personnel should consult with their doctor and receive medical clearance prior to resuming sporting activities. Guidance for athletes with disabilities can be found below:

- [Special Olympics COVID-19 Information and Resources](#)



It may be necessary for vulnerable athletes and other personnel to delay restarting sporting activities. This is why it is vital for all vulnerable individuals to receive an official medical clearance prior to returning to any type of sport activity. Entities must ensure that social distancing measures are enforced and that training for vulnerable groups are scheduled at designated times when no one else is around.<sup>[3]</sup>

## STAFF AND ESSENTIAL VISITORS ACCESS TO THE SPORT FACILITY

Efforts should be made to limit access to the sport facility by persons not directly involved with the delivery of the sporting activities. All essential visitors and staff (including coaches and volunteers) should wear masks/face coverings (if unable to maintain physical distance of 6 feet/2 meters or if indoors). Visitors should practice physical distancing, and to the extent possible, staff should also practice physical distancing.

## CPR/FIRST AID

All staff and volunteers should have current and valid CPR and First Aid Training. PPE, such as gloves and mask, and hand washing hygiene should always be used when administering first aid.

Current guidance on rendering CPR and First Aid during this time can be found at:

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

and

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

**Resuscitation Council UK provide the following advice in relation to performing CPR on a child:**

*“We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child’s chances of survival. However, for those not trained in paediatric resuscitation, the most important thing is to act quickly to ensure the child gets the treatment they need in the critical situation.*

*For out-of-hospital cardiac arrest, the importance of calling an ambulance and taking immediate action cannot be stressed highly enough. If a child is not breathing normally and no actions are taken, their heart will stop and full cardiac arrest will occur. Therefore, if there is any doubt about what to do, this statement should be used.*



*It is likely that the child/infant having an out-of-hospital cardiac arrest will be known to you. We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child/infant. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.”<sup>2</sup>*

## ONGOING MANAGEMENT

Once the Cayman Islands Government confirms that it is safe to return to sporting activities, NSAs, Sport Clubs and other sport related entities should implement a structured monitoring process to detect illness at an early stage.

Athletes and other personnel should self-monitor on a daily basis for any COVID-19 symptoms. If any symptoms are present, the individual(s) should not attend practice.<sup>[4]</sup> Sport entities must keep a daily attendance record, which should be reviewed on a daily basis, to monitor absenteeism and assist in contact tracing, if necessary.

Upon arrival to training and competition, temperatures of each individual should be taken where possible. An individual that has been in contact with a known or suspected case of COVID-19 or exhibits symptoms such as coughing, fever, tiredness, difficulty breathing, loss of smell or taste, should be treated as a suspected case until testing can be done to prove otherwise.<sup>[4,7,8]</sup>

## REPORTING TO AUTHORITIES

When concerned about a Statutory Notifiable Disease, such as COVID-19, the Public Health Law and Regulations provide a responsibility to inform relevant officials or medical professionals. Therefore, the sport entities should notify the Public Health Department if an athlete or staff/volunteers/coaches presents with COVID-19 symptoms or if information is received regarding an athlete being exposed to someone with symptoms or exposed to a confirmed case of COVID-19. The contact number of the Public Health Department is 244-2621. For further information or if you think you may have been exposed to the virus which causes COVID-19, please contact the 24-hour Flu Hotline is 1-800-534-8600 / 925-6327 (Flow) / 947-3077 (Digicel) or email [flu@hsa.ky](mailto:flu@hsa.ky).

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<sup>2</sup><https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>



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## CHILD SAFEGUARDING

Child safeguarding is the responsibility that organisations, such as sport entities, have to ensure that their staff, volunteers, operations, and programmes do no harm to children. Safeguarding measures ensure that organisations and individuals do not expose children to the risk of harm and abuse, and that any concerns the organisation has about children's safety within the communities in which they live, are reported to the appropriate authorities. Sport entities should have a named designated person who is responsible for making sure that child safeguarding measures are integrated throughout the organisation and acts as a focal point.

Where sport operators or staff have a reasonable suspicion that a child has been or is being abused or neglected, and where that suspicion is formed in the course of their work, they are mandated under the Children Law (2012) to report their suspicions. Failure to do so is an offense and can result in a fine or imprisonment. Suspicions of child neglect or abuse should be reported to the Multi-Agency Safeguarding Hub (MASH) at (345) 814-6000 or emailed to [mash@gov.ky](mailto:mash@gov.ky) (Please be advised that MASH is not a first response unit and, therefore, for emergencies always call 911).

## PLANNING SPORTS EVENTS INVOLVING MASS GATHERINGS OR SPECTATORS

Please visit <https://www.explore.gov.ky/government-covid19-policies> for the COVID-19 policies and Regulations currently in force. Always be sure to follow current Public Health guidelines.

Any entity planning a sports event involving mass gatherings or spectators should consult with the Department of Sports in this process.

Please note that in planning any such events the Department of Sports recommends the [WHO's recommendations for event organisers.](#)





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## CONCLUSIONS

Since it was first discovered in December 2019, the COVID-19 virus has become a pandemic that has had devastating effects on communities worldwide, resulting in significant restrictions on all sectors, including sport. Across the world, sports came to a screeching halt resulting in the cancellation or postponement of events. Resumption of sport can significantly contribute to re-establishing a sense of normality in Caymanian society. Prior to restarting sports, National Sports Associations, Gymnasiums, sport clubs and other sporting related entities will need to make complex decisions regarding training and competition in a COVID-19 environment.

The Cayman Islands National Framework for Restarting Sport amid COVID-19 is to be used as a guide by the National Sport Associations (local governing bodies of sport), Gymnasiums, Sports Club and other related entities for the development of a plan for the restart of the respective sport in the Cayman Islands. This National Framework provides minimum standards for the cautious restarting of sporting activities once the overall approval is given by the Premier and Cabinet to restart sports.

In an effort to prevent, control and suppress the spread of COVID-19, the Cayman Islands Government has outlined five suppression levels, ranging from 'maximum suppression' to 'all clear'. Government officials will determine the level of suppression based on science related to the COVID-19 virus and COVID-19 testing results. This Framework closely follows these suppression levels and decisions, updates and changes, as deemed necessary, will be made accordingly. The safety and health of citizens and residents of the Cayman Islands must be priority. NSAs, Gymnasiums, sports clubs, individuals and other sporting related entities must follow the necessary guidelines and regulations and implement a structured monitoring process to prevent the spread of COVID-19.





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