

Protocol for outdoor sports from 1 July

Version 01-28-06-20

This concerns a general protocol from ACLO / Sportcentrum for all athletes who use the outdoor facilities of the Sportcentrum.

Each student sports association has also drawn up its own sport-specific protocol with guidelines for the sport in question. Read these protocols carefully and apply the rules. The sport association is responsible for complying with the protocols.

Always follow the instructions from the trainer / supervisor / sports association. If you have any questions, please ask them.

General rules based on NOC-NSF Protocol “Verantwoord Sporten”

- The following applies to everything: using common sense.
- Do you have any symptoms? Stay home and get tested. If you have been tested positive and / or if you anyone in your household or close contact is a proven COVID-19 patient, stay home. Respect the usual safety and hygiene rules.
- Go home immediately if during the sports activity complaints arise such as: colds, runny nose, sneezing, sore throat, (light) cough, shortness of breath, fever and / or sudden loss of smell or taste: this applies to everyone.
- Keep 1.5m away from any person aged 18 years or older (except during sports activities).
- Avoid crowds.
- Always wash your hands with soap and water, especially before and after a visit to the Sportcentrum.
- Do not shake hands.
- Stay home if someone in your household has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside.
- Stay home as long as you are in isolation because you have had direct contact with someone where the new coronavirus has been identified.
- Cough and sneeze in your elbow and use tissue paper.
- All age groups are allowed to have normal contact during the sports activity. This means that if inevitably, the 1.5 meters during training and competition does not need to be applied.
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- If possible and where not inevitable, keep with normal sports contact, 1.5 meters distance from persons 18 years and older. Exceptions apply for ages up to 18 years, same household and for participants in sports activities during those sports activities.
- With individual sports, it is recommended to keep 1.5 meters distance, unless this is not possible for example in (practice) competition, like in certain athletic competitions such as running or at cycling races.
- Keep in mind that when the competition / training is finished you will have to keep a distance of 1.5 meters: unless you leave the location immediately.
- Before, during rest periods and after the sports activity all athletes 18 years and older need to keep 1.5 meters apart.
- Make sure that you do not have any physical contact outside the necessary sports-related contact moments like celebrating a victory moment or during a player switch.
- Stay with your training group as much as possible if there are several training groups active on the sports location.
- Use your own materials as much as possible. Clean the materials that have been touched a lot with hands immediately after the training session with soap and water or cleaning wipes.

Route to and arrival at the Sports Center

- Come to the Sportcentrum as much as possible by bicycle and keep 1.5 meter distance on arrival, parking and departure at bicycle stand. When using public transport, apply general guidelines provided by the bus company.
- Wear a facemask when people outside your household are using the same transportation going to a sports activity and or at away games.
- As a participant in a training, you are expected to go directly to the relevant sports location and are not allowed to enter the Sportcentrum.
- Always follow directions such as walking routes and instructions from the trainers and or supervisors.
- Forced voice or singing, along site and in the field, such as screaming and chants are not allowed.
- Before starting the sports activity, depending on the sports location and number of persons, a couple of questions might be asked for a health check.

Facilities athletes

- Bring your own water bottle and towel for the sports activity and fill your water bottle at home.
- Before going to the Sports Center, go to the toilet at home.
- The toilets in the hallway in front of the Sportsbar may be accessible to athletes. Follow the instructions for safe use on site.
- Come to the Sportcentrum/ training location in sport clothes and use your own material as much as possible.
- Changing rooms, showers, and the Sportsbar are closed during the summer.