

## Protocol for fitness from June 5

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This concerns a general protocol from ACLO / Sports Center for all athletes who will start using the fitness facilities at the Sports Center from the 5<sup>th</sup> of June onwards.

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.
- 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.
- 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.
- Avoid crowds.
- Follow the current safety and hygiene rules.
- Always wash your hands with soap and water, especially before and after a visit to the Sports Center.
- Do not shake hands.
- Cough and sneeze in your elbow and use tissue paper.
- Indoors everyone needs to wear a face mask, you can take the mask off during the sports activity.
- Adults from 18 years onward are allowed to exercise in groups of maximum 50 persons, employees excluded. Per room 50 persons are allowed.
- During the sports activity athletes do not need to keep 1.5 meter distance if this is necessary for the sports activity.
- During rest moments and before and after the sports activity adults of 18 years and older need to keep 1.5 meter distance.

Please note: for the sport teachers it is not feasible to estimate whether someone is younger than 18 or if people are from the same household. Therefore, try to keep as much 1.5 meters distance before and after sports.

- 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.

## Reservation system

- For all sports activities (with the exception of association training) you need to make a reservation beforehand via MyACLO on the website or the MyACLO Sports app. There is a maximum number of participants per time slot per sports activity.
- Register on arrival by scanning the QR code at the counter or at the sports location with the ACLO Access Control app.
- You can cancel the sports activity up to 2 hours before the start without consequences. Are you too late to unsubscribe, but you can't come to the sports activity due to a corona-related reason? Stay at home and contact the Executive Board via [se@aclosport.nl](mailto:se@aclosport.nl) or 0503634641.
- To give as many athletes as possible the opportunity to make use of the fitness facilities, it has been decided that you can participate in a maximum of 3 fitness time slots per week. Per day you are allowed to join maximum one fitness time slot.

## Route to and arrival at the Sports Center

- Come to the Sports Center 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.
- When arriving at the Sports Center you are expected to go directly to the fitness and follow the indicated routing within the building of the Sports Center.
- Always follow directions such as walking routes and instructions from the trainers and or supervisors.
- Before starting the sports activity, you need to take a health check. When entering the sports accommodation the health check will be conducted by means of a clearly visible list.
- Additional guidelines may apply for each sports location, every athlete must respect these guidelines. These are indicated at the relevant sports location of the Sports Center.

## Departure from the Sports Center

- The following applies to all indoor athletes: directly after the sports activity you have to leave the Sports Center by the indicated routing and go home.

## Facilities athletes

- From Saturday the 5<sup>th</sup> of June, the changing rooms will. The changing rooms at ACLO Station will remain closed due to narrow corridors.
- Come to the Sports Center in sports clothing as much as possible for the lesson, training and / or match.

- Only use the changing rooms to change quickly and take a short shower if necessary.
- Per dressing room it will be indicated how many people are allowed in at the same time, this differs per dressing room due to the capacity. The maximum capacity of the changing rooms also applies to teams.
- Places and showers in the changing room which you are not allowed to use are taped off.
- Eating and drinking in the changing room are prohibited.

### **Fitness rules**

- Upon arrival, read the COVID regulations in front of the gate (step 1), scan the QR code at the entrance of the fitness (step 2), read the house rules on the screen/whiteboard (step 3), use cleaning products when training ( step 4).
- Train alone, spotting is only allowed when the spotter wears a face mask.
- Face masks are mandatory within the fitness, but may be removed while doing the exercises.
- Clean the materials/devices after use by means of the intended spray bottle and cloth.
- Follow the arrows on the ground for the correct walking route.
- Always keep one device between you and another athlete.
- Keep 1.5 meters distance from each other.
- Exit the room when the time zone end time is reached. This is necessary for the ventilation of the room.