

Protocol for indoor and outdoor sports from June 5

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This concerns a general protocol from ACLO / Sports Center for all athletes who will start using the indoor and outdoor facilities of the Sports Center again from the 5th of June onwards. There is a specific protocol for the fitness.

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.
- 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.

- Make sure that you do not have any physically 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.

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 or 0503634641.
- To give as many athletes as possible the opportunity to participate in the group lessons, open hours and fitness, it has been decided that you can participate in a maximum of 3 group lessons and/or open hours per week and 3 fitness time slots per week. On the day itself, you can still register unlimitedly and participate in group lessons, open hours or time slots when there are still places available.

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.
- Wear a facemask when people outside your household are using the same transportation going to a sports activity.
- As a participant in a training, you are expected to go directly to the relevant sports hall 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.

- Forced voice or singing, along site and in the field, such as screaming and chants are not allowed.
- 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 5th 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.
- Team meetings are not allowed to take place in the locker room.
- 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.
- It is the joint responsibility of associations and athletes that everyone follows the rules. Ask team captains to instruct their team. If the rules are being violated we will have to reclose the changing rooms.

Competition and tournaments

- Official matches and competitions for athletes older than 18 years old are not allowed. Matches between clubs of the same club are allowed.
- Spectators are not allowed at internal matches.