

## **Update corona measures Sports Centre RUG/HG**

**22 September 2021**

With the press conference of Tuesday, September 14, a number of corona measures are scaled down again as of September 25, 2021.

The mouth mask obligation, which had already been dropped for the RUG and HG Sports Center, will now also be dropped for the Willem Alexander Sports Center (WAS) and the Wiebenga Complex.

What remains as of September 25 is the following:

### **General rules for indoor and outdoor sports:**

- The basic measures in terms of hygiene and health will remain in force (including regular and thorough hand washing, sneezing and coughing at the elbow, staying at home in case of complaints, getting yourself tested and adhering to the quarantine rules);
- Continuing and encouraging the voluntary preventive self-testing policy.

### **Indoor sports**

The elimination of the 1.5 meter rule causes a number of important changes:

- Audiences are welcome again and we may use 100% of the grandstand capacity provided the audience is seated. For standing audiences, the rule is that 75% of the grandstand capacity may be used;
- Substitutes and staff will no longer have to hold 1.5 meters;
- The dressing rooms and showers will regain their normal capacity as before the corona measures.

### **Indoor sports and ventilation**

- The ventilation capacity of the HG hall is limited. The four emergency doors are therefore required to be open when the number of athletes exceeds 45;
- The air quality in the HG-hal can be tested using the CO2 meter (available from the information desk). This must remain green;
- In a test with 6 volleyball teams and the emergency doors open, this meter turns green. It is expected that the limit is around this number;
- For the Struikhhal and HG hal there are no restrictions. Opening the emergency doors will improve the air quality even more;

- Also in hall 1, 2 (dojo) and hall 4, please open the windows and doors as much as possible when large groups are present;
- In general, make sure there is enough fresh air.

### **Indoor sports: waste and eating/drinking**

- Clean up your waste in the dressing rooms. Due to the new system of separating the waste, you must deposit your waste separately in the waste stations at the Sports Center. There are no waste stations in the locker room itself;
- No alcohol or other food or drink remains the rule in the locker rooms.
- Consumption of alcohol in and near the sports areas and locker rooms is prohibited. To a limited extent, in addition to the non-alcoholic beverages in plastic available at the Sportsbar, the consumption of your own non-alcoholic beverages in plastic is permitted. Consumption of alcoholic beverages in the stands is permitted only if purchased from the Sportsbar and drunk from plastic.

### **Outdoor Sports**

Before Sports:

- The locker rooms and showers will return to their normal capacity as before the corona measures;
- Team meetings are again possible in the locker rooms.

During sports:

- No more 1.5 meters necessary for the substitutes/trainers, but if possible; give each other space.

After sports:

- The locker rooms and showers will regain their normal capacity as before the corona measures.

Audience:

- There are no restrictions on numbers and distance from each other. Do give each other space if possible.

### **Outdoor sports: waste and food/drink**

- Please clean up your trash in the locker rooms. Due to the new system of separating the waste, you must deposit your waste separately in the waste stations at the Sports Center. There are no waste stations in the locker room itself;
- No alcohol or other food or drink remains the rule in the locker rooms;
- Alcohol consumption along the fields is not allowed.

### **Current corona rules Clubhouses on Zernike grounds as of September 25, 2021**

- Maximum group size of 75 persons will cease to apply (also applies to Sportsbar);
- Catering licence for clubhouses is leading again (also applies to Sportsbar);
- In addition, unlike the regular catering industry, no corona check needs to take place when entering the clubhouses on the Zernike terrain. As a club, you may of course use this if the board/members wish to do so (also applies to Sportsbar);
- Regular opening hours are allowed, but the catering industry opening guidelines still apply, so maximum opening hours are from 6:00 to 24:00 (also applies to Sportsbar);
- Tournaments/ events and social/party activities must be submitted to the Sports Centre. This includes everything that deviates from normal sports activities (training sessions/regular competitions), both on the sports facilities and in the clubhouses;
- The basic measures regarding hygiene and health will remain in effect (including washing hands regularly and properly, sneezing and coughing in elbow, staying home in case of complaints, getting yourself tested and adhering to the quarantine rules). In addition, the continuation and promotion of the voluntary preventive self-testing policy and the provision of sufficient fresh air (also applies to Sportsbar);
- Staying overnight is not permitted right now.