

## Updated Protocol October 2020

Please follow the guidelines below to attend the trainings by the current corona measures.

- Registration to participate in a training is mandatory
  - Please register on the WhatsApp group list
  - A maximum of 20 people can join the training (Lex is included)
- You must arrive at the Sports Centre in sports-clothes and wearing a mask
  - Changing shoes is allowed
  - Dressing rooms and showers are not available
  - Don't forget to bring your own full bottle of water
- Lex or one of the board members will collect you at the entrance of the Bongerd.
  - Groups of maximum 16 people can enter at a time
  - You must disinfect your hands before entering the Bongerd
- Training will only consist of circuit, stability or condition training in addition to some shooting and passing.
  - 5 groups of 4 are allowed to train in one hall
  - Each group has to wear a different colour and the different groups cannot mix.
  - Within the group of 4 you also have to keep 1.5m distance.
  - All the material used during training will be cleaned after the training
  - **Please keep 1.5 m distance at all times (even within your training group of 4)**
  - **Please wear a mask in the Bongerd whenever you are not training** (before & after)
  - Current corona measures apply before and after the training
- Please follow the designated route in the building before and after the training. The map can be found at the bottom of the page

By registering for a training, you agree to comply with the health certificate and you can answer all the questions below with 'No':

- *Do you have any corona symptoms right now?*
- *Does any of your housemates / family members have corona symptoms right now?*
- *Have you been cured from corona less than 2 weeks ago?*
- *Do you have any of the following complaints: a cold, runny nose, sneezing, sore throat, coughing, temperature (from 38 C°).*
- *Do you have any housemates / family members with tightness of the chest and difficulty breathing and/or fever?*
- *Are you in self-isolation?*

In case your health situation changes between registering and training please deregister yourself on the WhatsApp.

