

E.S.V.V. Pusphaira

Corona Protocol

March 2021



After the announced relaxation of the cabinet, students (who are younger than 27 years) can train in a team again from 3 March onwards! During these training sessions there is no longer a need to keep a distance of 1.5 meters from each other. However, this must still be done before the start of the training and after the training. For now, each team can train for 90 minutes once a week. This is due to the limited capacity at the sports park in connection with the curfew. In addition, other (indoor) sports associations will also make use of the sports park. In order for everything to run smoothly, it is important that everyone reads this protocol carefully.

If things are still unclear after reading this document, please email your question to bestuur@pusphaira.nl.

Training

Teams

Teammates may train together. We have a maximum number of members of 25 per half field (so per team). Every week everyone has to register in the google docs (see link at the end of this page). You share a field with one other team. Trainings are per team and therefore remain separate. In the overview below you will find which team plays when. The ladies rotate with the timeslots on Thursday and Sunday. The lower teams rotate on Monday, Wednesday and Sunday timeslots. With the rotation system we hope to offer everyone a chance to train on a suitable day. The men's selection always trains on Tuesdays.

Training members

Training members train consistently with one team, in order to see as few different people as possible. There is room for five training members in the schedule per team. The team where you register as a training member in the first week is the team with which you also train in the following weeks. Try to register as much as possible with a team with which you normally train together. You can register via the link at the end of this page.

Goalkeepers

Keeperstraining for the Men's and Ladies selection will be held from the 16th of March in their timeslots on Tuesdays and Thursdays. These keeperstrainings will be held with a maximum of 4 members and a 1,5 meter distance. Therefore it is possible for the members older than 26 to join these trainings. Registering for the keeperstraining is mandatory and can be done in the google docs following the link below.

27+

We also offer people over 27 the opportunity to use the 2-man training courses. For this, a time slot has been made available on Sunday on the same field as the ladies, for which you must also register in advance (see the link at the end of the page). In principle, this time slot is reserved for a total of six 27+ people, but pairs may also consist of one 27+ and one other Pusphairaan. However, 27+ have priority over other Pusphairans.

Registration:

The registration link can be found in the protocol send by mail or in the Pusphairans group on Whatsapp.

Training schedule

Note: The lower men's teams (P3, P4, P5, P6, P7 & P10) will rotate just like the ladies (Da1, Da2 & Da3) in their training days. Due to this rotation we advise you to keep an eye on the link, where the schedule for the coming weeks will be displayed. The schedule below shows an **example schedule**, so this will change every week due to the rotation system. In addition, the time slots from Monday and Tuesday have also been moved to Sunday in the first week because the new rules only apply on Wednesday.

	Monday		Tuesday		Wednesday		Thursday	
Field half	Left	Right	Left	Right	Left	Right	Left	Right
Earlier								
18:30-20:00	P4	P6	P1	P2	P5	P7	Da 1	Da 2

	Friday		Saturday		Sunday	
Field half	Left	Right	Left	Right	Left	Right
Earlier						
13:15-14:45					P10	P3
15:00-16:30					Da 3	27+ (3x 2 man)
16:45-20:00						

	Other associations
	Pusphaira
	SSC closed, field not available

Trainers

The women's and selection teams will be trained by their regular trainers. For the lower men's teams, an attempt will be made to have a trainer from the trainer pool present. If no trainer is available, this will be communicated to the relevant teams. In that case, a team will have to provide its own training. The trainer pool will make exercises available if there is a demand for them.

Arrival and departure

The most important thing during arrival and departure is that you keep 1.5 meters away from others. So wait a while if you see that it is busy at the bicycle storage. In addition, you must walk directly to the correct half of the field on arrival via the indicated route (see the registration schedule and the picture at the end of this document) and put your belongings there in the dug-out. It is not allowed to walk to the other half of the field to, for example, have a chat with someone from another team. When you leave, make sure you keep 1.5 meters away from others outside the field.

Corona measures for training

Before training (at home)

- Read all rules in this document carefully.
- Check in advance which half of the field you are training on.
- Think about whether you feel well: Stay at home if you have a cold or feel unwell.
- Change your clothes at home, fill your own drinking bottle and go to the toilet again, the changing rooms are not open.
- Wash your hands just before you leave for the training.
- Leave on time, but do not come too early.

Arrival at training

- Be on time and make sure you are there no more than 5 minutes before the start time of your training.
- Give each other space: keep 1.5 meters away.
- Walk via the indicated walking route to your half of the field. (See image)
- Do not enter the other part of the field or the other dug-out.

During training

- You don't (in principle) have to keep your distance from each other.
- Do not enter the other part of the field.
- Touch the materials as little as possible.
- Follow the trainers' instructions.

After training

- You pack your things and leave the field as quickly as possible via the indicated walking route of your half. (See image)
- Do not enter the other part of the field or the other dug-out.
- Don't hang around, go home straight away.
- Give each other space: keep 1.5 meters away.
- Wash your hands again when you return home.

Image



Group training poses a risk of spreading the corona virus for yourself, other athletes and the trainers. We therefore count on your very best efforts and discipline to comply with the rules as drawn up. Stay at home if you are ill or if one of your housemates has complaints / fever.

We look forward to having you all train with your team again in good health and with a sporty sense!

Lots of love,
56^{ste} board of E.S.V.V. Pusphaira

If there are any conflicts with the Dutch version of this document, the Dutch version will prevail.