*E.S.V.V. Pusphaira*

*Corona Protocol*

*August 2020*

Dear members,

We are very happy the conditions for trainings have been relaxed. **The most important change is that contact can be made again during training (normal training). However, all 1.5 meter guidelines should be followed before and after the training.**

To make sure we are able to successfully keep training we ask you to read this updated protocol carefully. Everyone will have to follow the guidelines, as the SSC will check whether we keep to the agreements made. If that is not the case, we may have to temporally cancel the trainings once again.

If you have questions after reading this document, email your question to bestuur@pusphaira.nl . We will collect the questions and put the answers in a newsitem on our website.

The canteen is open: 1,5 m distance

The canteen is open again, keep 1,5 m distance from each other and you are only allowed to sit on the designated places. Please write down your name and address every new day you are in the canteen, so we know who was in the canteen on which day. This might change to an online fill in form. We will try to set up a party tent outside on Sundays so more people have a place to sit.

Training schedule

The trainingschedule from August 31:

|  |  |  |
| --- | --- | --- |
| **Day of training** | **Time of training** | **Training group** |
| Monday | 18:30-20:00 | Lower men’s teams and training members |
| Tuesday | 18:55-20:25 | Ladies teams |
| Tuesday | 20:35-22:05 | Men’s selection teams |
| Wednesday | 19:00-20:30 | Training members |
| Wednesday | 20:30-22:00 | Lower men’s teams |
| Thursday | 18:55-20:25 | Ladies teams |
| Thursday | 20:35-22:05 | Men’s selection teams |

Registering for trainings

You still have to register for each training, so we can track who has been on a training. Please use the same google forms for this.

Open training, lower men’s teams & training members: <https://docs.google.com/spreadsheets/d/11K8VWx03nOWnHkWlZb-aj9omHv5UnFyBydXaCzHhXxI/edit?usp=sharing>

Dressing rooms

We can shower again after trainings and matches, yet with 1.5 m distance. Only 8 people are allowed to be in the dressing room at the time, the others wait outside. Showers are allowed to be used but keep seated until a spot opens up.

Corona measure for trainings

**Before the training (AT HOME)**

* Read all the rules in this document carefully.
* Take a good look at your new training time(s).
* Think if you feel healthy: stay home if you have a cold or are feeling unwell.
* Change clothes at home, fill your own drinking bottle and go to the toilet again, the dressing rooms are open but don’t go there if it’s not necessary.
* Wash your hands just before you leave for training.
* Leave on time, but do not arrive too early, due to spreading the crowds at the gate and bicycle stands.

**Arrival at the training**

* Arrive at the Hondsheuvels a maximum of 10 minutes before your training starts.
* You enter the field through the large gate and walk directly to the other side, put your bag with your own bottle of water in a compartment and wait there.



* Touch as little as possible.
* Give each other space: keep 1.5 meters distance.

**During the training**

* Don’t empty your nose.
* Do not spit on the ground.
* Sneeze and cough in your elbow.
* Touch the materials as little as possible.
* Follow the instructions of the trainers.

**After the training**

* It is possible again to shower after your training (see the rules at extra corona measures).
* Give each other space when leaving: also then keep a distance of 1.5 meters.
* Do not linger but leave towards your home immediately after training.
* Wash your hands again when you return home.

Extra corona measures for matches

* Gathering before the match takes place outside with distance of 1.5 m of each other. Please all find a different spot, there is plenty of space.
* If you have a team meeting before the match, this takes place outside.
* Before the match, you’re not allowed in a dressing room. Only after your match, you can shower in the dressing rooms.
* Max amount of people in the showers depends on which dressing room, but keep distance and don’t form a line (stay seated until a shower is free).

Failure to follow any of these rules will result in trainers or board members requesting you to leave the training, match or canteen.

**There will be a Corona-Manager present each event. This corona-manager is appointed by the board and makes sure before, during and after the event everything happens corona-proof.**

**Resuming the trainings carries a risk of spreading the corona virus to yourself, other athletes and the trainers. We count on your best effort and discipline to comply with the rules as aforementioned. Stay at home if you are ill yourself or if one of your roommates has a fever or complaints.**

We look forward to receiving you all back on the football field in good health and with active attitude!

55th board of E.S.V.V. Pusphaira

If there are any inconsistencies between the Dutch version of this document, then the Dutch version will prevail.