



D.B.V. Arriba Corona Protocol - Outdoor Games and Practice

Update: 21-3-2021

For everyone the basic rules and regulations apply:

- Wash your hands often
- Keep 1.5 meter distance from players outside of your own team and the coach.
 - During games, keep 1.5m distance from everyone if you're not playing. If you are playing you're allowed to play normally with your teammates and opponents who are playing as well.
- Cough and sneeze into your elbow, or use paper tissues. Dispose of these immediately after use.
- Stay at home if you have experienced (any) symptoms in the past 24 hours. Symptoms include; A cold, coughing, stuffiness, raised temperature, fever.
- Stay at home if you, or somebody in your house is tested positive for the coronavirus (COVID-19). Because you can get sick up to 10 days after having contact with someone who is contagious, stay at home for the full 10 days.
- Stay home if you have had the new coronavirus (confirmed with an official test) for at least 7 days after the result of the test.
- Stay at home as long as you are in home isolation, because you have been in contact with anyone who has been diagnosed with the coronavirus.
- Come to the training on foot or by bike as much as possible, and avoid public transport.
- Always follow instructions from the authoritative figures (i.e. corona coordinators, trainers, board members, Sports Centre employee).
- Leave the sports location immediately after the end of the practice or game.

For basketballers:

- These practises have an age limit of 26. If you happen to be 27 years old or older, you're NOT allowed to join your team's practise, there will however be practise slots where you and other 27+ people can play some basketball with a maximum group of 4 whilst maintaining 1.5m distance.
- You are allowed on the courts for the practice only. Do not come early, and leave immediately after the practise.
- You should change at home
- Practises are exclusive for members only
- You must disinfect your hands before and after the practice
- If the corona coordinator suspects you are displaying symptoms you can be sent home



Additional rules for internal competition:

- The internal competition allows a maximum of 24 people per game. 10 players on each team, 2 refs and 2 tablers (one of these people is also the corona coordinator).
- Always maintain 1.5m of distance from the referees and the tabler
- When not playing, you still need to maintain 1.5m distance from your teammates. Also during substitutions.
- Shaking hands is not allowed.
- Spectators are not allowed.

For trainers, the same protocol applies as for the sporters, with some additional notes:

- Prepare the training beforehand.
- Clearly communicate the rules with the sporters before the start of practice.
- If you are also the corona coordinator during the practice, please also read the guidelines below

For corona coordinators:

- Wear a fluorescent yellow vest. You can pick these up near the service desk of the SportCentre (as well as the mandatory disinfection bucket).
- You have the final say when it comes to instructing sporters to follow instructions
 - In case a player misbehaves or does not want to leave, you can ask the service desk employees for help.
 - Please inform the board of Arriba of incidents
- Make sure there are no supporters or spectators present.
- Correct sporters when they are not following the guidelines.
- Point out the importance of using the disinfection gel.