



## SAFETY MEASURES FOR PRACTICES DURING COVID-19

People with symptoms of a cold or have had contact with corona patients or suspected cases in the last 14 days are not allowed to participate in sports. Upon entering the sports facility, the players and spectators ensure that there are no such restrictions. They also ensure that they will adhere to all of the rules and measures listed below

### Rules for the PLAYERS

- Each player brings a completed **SYMPTOM QUESTIONNAIRE** to every training session or game.
- AN **ATTENDANCE LIST** is filled out by the coach for each training session or game, which enables the contact persons to be traced in the event of an infection
- The Arrival takes place individually, no car pools, except within a household.
- People get changed and showered at home, not at the field.
- After reaching the field, put on mouth and nose mask, go to the training group and wash or disinfect hands\*. Only then can the mask be removed for practice or play.
- A maximum of 30 people (players, coaches, umpires) may be on the field at once. This applies to practice and games. No changes.
- Loud speaking and shouting are to be avoided. Body contact, for example by clapping, is to be avoided as well.
- There is no spitting, neither around nor on the field. Drinks and food of any kind must be brought along and may not be shared. The consumption of seeds is prohibited.

### Rules for SPECTATORS

- Spectators are allowed up to 100 people. There has to be a distance of 1.50 meters between each other.
- After reaching the field, put on mouth and nose protection, wash or disinfect hands\*. Then provide contact details \*\* so that contacts can be traced if necessary. The mouth and nose protection can then be removed.
- Drinks and food of any kind must be brought along and may not be shared.

\* Disinfectants are available in sufficient quantities

\*\*As a parent or partner of a member of the Senators, it is sufficient to enter the last and first name. If you are not a member of the club, please enter your address and telephone number

Stand 5.11.2020

