

We will restart the trainings on Wednesday the 3rd of March. Because of the new regulations for sports, it is possible to train for all members under 27. The new regulations for sports are less strict than for daily life. Please be aware that these new regulations are only valid **during the training and only at the sports accommodation!** Outside the track and D-field, a distance of 1.5m must be kept and a maximum group size of 2 people is allowed. The Campus is not regarded as a sports accommodation!

Because of the less strict regulations during the trainings, it is even more important that you stay home when you have corona (or even mild) symptoms!

General rules

- Stay at home if you have any of the following (even mild!) symptoms: colds, runny nose, sneezing, sore throat, cough, tightness of breath, or fever. Stay at home if someone in your household has a fever (from 38°C) and / or shortness of breath until everyone has fully recovered. If everyone in your household has no complaints for more than 24 hours, you can come to the training again.
- If you suffer from hay fever complaints, you can train. If you have hay fever, you have the same complaints every year for about the same period. You can then feel whether it is "those complaints of the hay fever". When in doubt or if the symptoms feel different, you stay at home.
- Do report to the trainer in advance if you suffer from hay fever. The trainer can send you home if you show symptoms as mentioned above, without indicating that this is part of your hay fever symptoms.
- Keep as much as possible 1.5m distance during the training. Before and after training you still have to keep 1.5m distance from each other!
- Come to the training already in sports clothes. Make sure you have your ID with you in case we will be checked by enforcement.
- Go directly to the designated place for the gathering of your group, observing the 1.5m distance.
- Changing of clothes or leaving belongings at the Bongerd is not possible.
- Afterwards you go straight home, do not linger for a chat. It is your own responsibility to be home before 9 p.m. (the curfew).
- Participants must register in advance for a training via the website. If you did not register in time (not later than 12:00 a.m. on the day of the training), you may not participate. The list of participants is kept for 2 weeks according to the privacy rules.
- A maximum of 3 groups of 25 participants per group are allowed at one training.
- Athletes do not have access to the werf building, except for throwers for not having to pass on equipment. Maximum 1 person at a time in the building.
- Beforehand, everyone receives a group division for the training, which also includes the meeting point.
- Place bicycles in the designated place or walk by foot, avoid public transport.
- Arrival at the training takes place not earlier than 10 minutes before the start time.
- The toilets in the hall of the Bongerd are not intended for use.
- Board talks will take place in the separate smaller groups.
- Athletes should bring their own mat if they want to use a mat during training.
- We are at the track together with Pallas, look after each other and avoid mixing with them as much as possible.

- Runners use lanes 1, 2 and 3. During the intervals, you no longer need to keep a distance nor do you have to overtake in lane 3. There is still 1-way traffic and rest phase should still be done on the grass. During the rest phase, a distance of 1.5 meters must be kept! During your rest also make sure that you keep 1.5 meters from people who are running the schedule.
- Sprinters use lanes 4, 5 and 6. Sprinters will still walk in the same direction while resting (one way traffic), unless the sprint schedule doesn't allow for this. In this case, you should keep 1.5 meters apart. Also, make sure you keep enough distance from the people who are doing the schedule.
- Bicycles should be parked in the bicycle shed in front of the main entrance of the Bongerd. From the bicycle shed, follow the blue dotted line as shown in Map 1 to the warm-up area. Go directly to the assembly point for your group and keep 1.5m distance from each other.

Technical group

- **The training starts at 18.15h** at the stones around the WERF-Building, be aware that before and after training 1.5m distance must be kept.
- From 19.00h it is allowed to use the track and centre field. Be aware that Pallas is also training at the track, use the available space in consultation with them. Also give them space to do their training and keep 1.5m distance as much as possible, also take attention to safety.
- The training ends **strictly at 20.15**, all materials have to be in the WERF building at 20.20!

Running group

- There is no joined warming up lap. When you do this yourself, keep in mind that outside the sport accommodation a distance of 1.5m must be kept, and a maximum group size of 2 people is allowed. Everything outside the Bongerd does not count as sport accommodation, this accounts for the campus too.
- **The training starts at 18.30h** at the D-field and the group will be split up in 2. When you arrive at the D-field you will go immediately to your own group, the groups will be announced in the WhatsApp group prior to the training. The location can be found in map 1* and be aware that before and after training 1.5m distance must be kept. Be aware that there are also other associations on the Field, give them also space to do their training and keep distance as much as possible.
- **On Wednesday** we must leave the D-Field at 19.00, group A will go to the B+ field (between the hockey and soccer field) and group B will go to the WERF building to continue the warming-up. Please move fast to the other location take all materials and personal belongings with you, but don't forget the Corona rules (e.g. Distance, Hygiene etc.)
- **From 19.30h it is allowed to use the track.** Be aware that there are still athletes of Pallas on the track. Give them also space to do their training and keep distance as much as possible.
- During the intervals, a group ('treintje') of maximum 4 people is allowed, to make sure that 1.5m distance can be kept during the rest phase!
- At 20.30 the track has to be empty and the lights will be turned off.

Trainers:

- For everyone the 1.5 meter distance rule still applies. This applies to the trainers and they enforce it on the athletes.
- If you want to use material from the WERF building, then the rule applies:
 - Every attribute that you touch and that will then be used by someone else must first be disinfected (with a cloth and disinfectant, provided by the board). It is therefore important to pass an attribute through as few hands as possible. E.g.: shotput: everyone always uses the same shotput; high jump: an athlete jumps as much as possible in a row, then cleaning and then the next, etc. Athletes should bring their own mat if they want to use a mat during training.

- There is an obligation to register. Athletes and (assistant) trainers know in advance how many and which athletes are in which group.
- Wherever possible, avoid the use of equipment from the WERF building. Be creative in that. If you use material, the rule of disinfection applies.
- If athletes (except for throwers) need material, the trainer enters the building site, collects the material needed.
- Make it clear to the athletes which rules apply during training. If an athlete does not follow the rule, the trainer (or a board member) can send the athlete home.
- Materials touched with hands are cleaned immediately after the training session with soap and water or damp cleaning wipes. We ensure that there is a mortar tub with soap and water to clean the materials.
- Disinfectant is available to disinfect the hands.

Timeline

This timeline clearly shows what is happening when and where.

On Monday:

Time		18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30
										ALL materials to WERF-building	Sport centre closes
Runners group A	Trainer		Tonnie								
	Location		D-Field: Location A			Track					
Runners group B	Trainer		Assistant			Tonnie					
	Location		D-Field: Location B			Track					
Technical group	Trainer	Jelle/Bibi Lotte			Jelle/Bibi Lotte/Linda						
	Location	WERF-Buildig			Track						

On Wednesday:

Time		18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30
										ALL materials to WERF-building	Sport centre closes
Runners group A	Trainer		Tonnie								
	Location		D-Field: Location A	B+ Field		Track					
Runners group B	Trainer		Assistant			Tonnie					
	Location		D-Field: Location B	WERF-Buildig		Track					
Technical group	Trainer	Jelle/Bibi Lotte			Jelle/Bibi Lotte/Linda						
	Location	WERF-Buildig			Track						

Map1*



*Location on the D-field can be slightly different dependent on other associations on the field.