

ASSOCIATION PROTOCOL COVID-19 ESSV ALCEDO

15-05-2020

1. The measures of the NOC * NSF, the KNSB and the municipality of Rotterdam are leading.
2. For the time being, only land training will be offered, inline skating and cycling with the association is not considered sensible.
3. The land training will take place in the parking lot at metro stop Kralingse Zoom, this location offers enough space to guarantee the 1.5 meter distance. Make sure you come to the training already dressed properly and use the toilet at home before the training.
4. Wash your hands at home before and afterwards and, if possible, take disinfectant with you to keep your hands clean. Disinfectant will also be present during the training sessions.
5. Come to the land training alone and do not park your bicycle next to someone else's. If you meet other association members along the way, please do not cycle to the training together! Try to arrange your own transport and avoid public transport. Make sure you arrive at the training no more than 5 minutes in advance.
6. All exercises will be performed with at least 1.5 meters distance from each other. This will be indicated on the ground by means of boxes. Everyone must adhere to this.
7. Upon arrival, immediately go to the assigned box to be able to keep 1.5 meters distance to everyone who participates.
8. All exercises will take place without training equipment for the time being.
9. To guarantee the 1.5 meters distance, there is a maximum of 20 participants including trainers. The group will be divided into two groups that will train on each side of the parking lot.
10. In order to allow trainers to prepare properly and to ensure that the maximum number of participants is not exceeded, members wishing to participate in the training must register via the website. If you do not register, you cannot participate in the training!
11. Please bring your own food and drinks.
12. When the training is finished, you must leave the site immediately and cycle home alone.
13. Unfortunately, it is not possible to participate in the training via a live connection. There will be a training schedule put online every week, so that exercises can be done at home if you are unable to come to the training sessions.
14. The nationwide measures in force must be observed:
 - Cough and sneeze in the inside of your elbow
 - Stay at home if you are having a cold
 - If a housemate has shortness of breath / fever / Corona, you stay at home
 - Wash your hands often
 - Make sure your water bottle is clearly marked
 - Always keep 1.5 meters distance from each other
 - Use your common sense

If these measures are not taken seriously, the board and the trainers have the right to remove the offender from the training.