



Corona protocol H.V. De Cirkeltijgers

Safety and hygiene rules

We are very happy that we are allowed to play handball again. But of course, this can only happen with some safety precautions. It means that a few things have been adjusted and that things are different from what we are used to. With the outside fields assigned to us, it is possible to practice on 1,5 meters from each other. To make it clear to everyone what the rules are, we inform you with this safety protocol and through updates on the website, Facebook, Instagram and manuals present beside the fields.

We play handball at 1.5 meters

This means that you keep 1.5 meters distance from your teammates and trainer before practice, during practice and after practice. You also are not supposed to be present more than 5 minutes before the practice and after the practice you are supposed to leave the accommodation as soon as possible. After the practice (75 minutes), the association is not responsible anymore for your behavior. Arrows in the ACLO and around indicate the walking routes.

If you have complaints, you stay home

As a general rule for everything: use your common sense. Stay home if you have any of the following (also mild!) symptoms: a cold, coughing, shortness of breath or fever. This also applies if someone in your household has a fever (above 38 ° C), shortness of breath or has been tested positive for Corona. Since you can still get sick up to 14 days after the last contact with this person, you must stay home until 14 days after the last contact.

In addition, it is important that you touch your face as little as possible, cough and sneeze in your elbow and use a paper tissue. You should also wash your hands regularly.

Come prepared to practice

Make sure you arrive at practice in your sports clothes and have been to the toilet at home. The changing rooms in the sportscenter are closed. Toilets can only be used in exceptional circumstances. There is disinfectant next to the sports field, so you can clean your hands before entering the field.

Materials

Ensure maximum hygiene. Only handballs from the property are used and the handballs should be disinfected with soap and water after each workout. The buckets of soap and water will be next to the field. The balls are disinfected by 2 members per time block. After cleaning, the balls are placed in the container for which they are intended. Other training materials (for example, pawns) are only touched by the trainer. He wears gloves.

Handball outside

We practice on outdoor fields. Practice will take place in blocks of 75 minutes with groups of 20 persons max. Practice is given on technical skills and ball skills combined with physical forms. The handball can be passed between team members for an unlimited amount of times.

Change time

Everyone should arrive at the ACLO no earlier than 5 minutes before the start of the practice. We practice 75 minutes instead of 90 minutes, so that training groups intersect as little as possible. Everyone must leave the accommodation as soon as possible after the practice (no later than 10

minutes after the training) and shower at home. Of course, you keep 1.5 meters distance at all times. The different teams within an association should cross each other as little as possible.

Complying with the safety protocol

We expect everyone who comes to practice, to adhere to the safety protocol. The trainer supervises this. If a member does not adhere to the protocol, his or her behavior will be addressed. If the rules are not followed several times, the member must leave the practice. If this happens 2 practice sessions, the member will not be welcome anymore during the summer program.