



Match Protocol Handball Association De Cirkeltijgers

Dear members, opponents, coaches, referees and other handball fans,

This protocol contains the measures taken by the Dutch Handball Association (NHV), the Sports Center and the ACLO that are necessary to be able to play handball safely and responsibly. Our home matches take place at the ACLO in two different halls, the HG hall and the Struikhal. The following measures apply at the Sports Center and are specifically for our competitions:

General rules based on NOC-NSF Protocol “Responsible Sports”

1. In general: the use of common sense is essential.
2. Do you have any corona related complaints? Stay at home and get tested.
3. Go home immediately if complaints arise during the sports activity.
4. Stay at home if someone in your household has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside.
5. Always wash your hands with soap and water, especially before and after visiting the Sports Center.
6. Cough and sneeze into your elbow and use tissue papers.
7. Keep the 1.5 meter distance (except during sports).
8. All age groups are allowed to have normal contact while exercising. This means that if it is unavoidable during training and competitions, no 1.5 meter needs to be maintained.
9. Prior to, during the rest moments and after the exercise, athletes aged 18 and older must keep a distance of 1.5 meters from each other.
10. Make sure that you do not have physical contact outside of the necessary sports-related contact moments, such as when celebrating a victory moment and during a substitution.

Handball specific rules

1. The teams enter the playing field in phases.
2. Keep as much distance as possible when greeting. Handshaking is not allowed.
3. It is forbidden to sing or shout in a public space or in a private place. It is therefore not allowed to:
 - a. A yell, cry of encouragement or similar to be performed (when greeting, in a circle with the team).
 - b. Sing a club song.
 - c. Celebrate moments of victory.
 - d. Give high fives.
4. Both team officials report to the referee (s) for the toss. Also maintain the 1.5 meter distance here.
5. The timekeeper and match secretary must keep 1.5 meters distance from each other at the table.
6. We advise you to keep as much distance as possible on the bench and in the exchange zone.
7. We recommend, if both teams agree, to play the entire match in the same half. If teams still want to change, we recommend disinfecting the benches before the beginning of the second half..

Route to and arrival at the Sports Center

1. Come to the Sports Center by bicycle as much as possible and keep 1,5 meter distance upon arrival, when parking and during departure at bicycle sheds. When using public transport, follow the regulations applicable at that time.
2. People, who are not living in the same household, but drive together in the same vehicle have to wear a face mask on the way to or from a sporting activity and / or at away matches.

3. As a participant in a match of practice, you are expected to go directly to the relevant sports hall or hall and follow the indicated route within the Sports Center building.
4. Before the start of the sports activity, depending on the sports location and the number of people for a health check, a number of questions can be asked.

Departure from the Sports Center

1. The following applies to all indoor athletes: after the sports activity, you immediately leave the center again via the indicated route.

Facilities for athletes

1. Public is NOT allowed during the matches. Only parents / guardians who bring and collect players can take place in the stands.
2. Teams playing in the Struikhhal can wait in the stands, at a distance from each other, until they are allowed to enter the field for the warming up. Due to the limited capacity in the HG hall, both teams cannot wait in the hall before they can enter the field. First a team will have to leave the hall before both teams can enter the hall.
3. The changing rooms are reopened under some conditions.
4. Athletes are still requested to come to the sport center in sports clothing as much as possible before the lesson, training and / or match.
5. Athletes are requested to only use the changing rooms after the sports activity (competition and / or training) to change quickly and take a short shower if necessary.
6. Team discussions cannot take place in the changing room.
7. Per dressing room, it will be indicated how many people are allowed in at the same time. You can never be in the dressing room with the whole team at the same time.
8. Places in the dressing room where you are not allowed to sit are taped off.
9. Showers that cannot be used are also taped off.
10. Home teams are still requested to shower as much at home as possible.

For further information, please visit to the website of the ACLO or the NHV:

<https://www.aclosport.nl/corona-protocollen/>

<https://www.handbal.nl/protocol-corona-en-competitions/>

Or feel free to send an email to bestuur@cirkeltijgers.nl