

Rules for parents and O13 tm O19 to play sports safely in Coronatime



Dear parents and players,

We're really looking forward to start training again! Over the past week we have been working a plan to resume training in a responsible way. We are very happy to have succeeded this plan! Thanks to the efforts of volunteers who will act as Corona supervisors, which are required by the local authorities, we are starting Wednesday May 6th with the football training.

Training is subject to strict conditions. If we do not comply with the conditions, both on the training field and outside, we are forced to stop training by order of the local authorities.

Our inventory shows that most teams will participate in the training sessions, super! This also requires effort from all of us, to do this in the safest possible way. The trainers have received special instructions. In this rule letter you will find all the measures, points of interest and conditions that are important to you.

We ask you to discuss the contents of this letter with your child.

Follow the generally applicable hygiene measures:

- Before and after your visit to SVL, wash your hands thoroughly with soap;
- Spitting/tuffing or emptying the nose is not allowed;
- Cough and sneeze in your elbow and use paper handkerchiefs; wash or disinfect your hands after each training;
- Stay at home if you have any of the following symptoms: nasal colds, coughs, tightness or fever;
- Stay at home if someone in your home has a fever (from 38 C°) and/or tightness symptoms;
- Stay at home if someone in your household has tested positive for the Coronavirus. Because you can still get sick up to 14 days after the last contact with this person, you need to stay home until 14 days after the last contact;
- The trainer actively asks about symptoms before the start of training. If necessary, you will be approached to pick up your child immediately.

Arrival of players (if applicable Dropping off and picking up):

- **The complex is not accessible to parents. There are no exceptions to this. The main entrance gate and parking lot are closed. Come on your bike or walk as much as possible.** In case you do come by car, you must park it in the district (British School, Reijerskopstraat, Oranjepolderhof);
- **Avoid the Poelpolderstraat by car because you can't turn around here!**
- Players may not enter the sports complex until 5 minutes before training starts;
- Training takes 50 minutes (instead of 1 hour) to separate departing and arriving players as much as possible. If applicable: pick up your child as soon as possible after training

and keep the 1.5 meters distance rule. Dropping off and picking up your child is restricted to one person;

- Make sure your child has their own, filled water bottle. Filling at SVL is not possible;
- Players must leave the complex immediately after training via the appropriate route;
- Always follow -without discussion - the directions of the supervisors on the ground!

On the complex:

- The sports complex is only accessible to players, trainers and supervisors;
- The clubhouse, including changing rooms and toilets, is closed. Make sure players are dressed at home and have taken a sanitary stop;
- On the complex there is a walking direction indicated to ensure to keep the most distance from each other. We ask everyone to follow it;
- Bicycles can be stored at the designated location (bicycle parking and/or parking);
- Players then go directly to their own training field.

Training:

- Trainers and players always keep 1.5 meters away.
- In case of injuries or minor sports accidents, the trainer first estimates the situation remotely and asks a teammate to help his fellow player (no hands in helping to get up). Only in case of real emergencies, the trainer will help the player;
- Players hold the ball with their hands as little as possible, unless they have their own goalkeeper gloves and try to head the ball as little as possible;
- No high fives, boxing, handshakes and hugs are given, also not by players between themselves;
- Before and after each training, the players will receive a droplet of hand gel to disinfect their hands;
- The dugouts are not accessible, they are physically closed;
- It is not allowed for non-members to take part at the training, due to the limit of people on the complex and the lack of supervisors for this;

Finally:

- Before the first training, you make your own consideration of whether your child(s) can come training;
- Occasional opting out of a workout is done by the usual route;
- Failure to comply with the rules by the players may result in a ban for the training;
- In the event of calamities, the board can decide to terminate all training sessions immediately and close the complex. Examples include: the massive failure to comply with the rules by players, parents or trainers; third parties disrupting the training or otherwise being present and vandalism;
- We evaluate the way things are going on every week within the board. We'd like to receive your feedback, questions and comments on coronavragen@svleidschenveen.nl

There are a lot of rules and agreements, but by following them we hope to let the players play football in a responsible way again. We need to do this together; therefore we ask everyone to respect these agreements and always follow directions from the Corona supervisors on the ground.

Again, we ask you to discuss the contents of this letter with your child.

The board of SV Leidschenveen