

# COVID-19 Protocol V.V. Tamar

28 September 2020, Eindhoven

V.V. Tamar follows the guidelines of the RIVM:

- Do you have symptoms: stay at home and do a test as soon as possible;
- Wash your hands often with soap and water;
- Do not shake hands;
- Stay 1.5 meters away from other people (exception during sports).

Every Wednesday evening there will be a corona supervisor, this is a member of the board. The corona supervisor ensures that the guidelines will be followed. We ask you kindly to respect the comments when they alert you about your behavior regarding the guidelines. V.V. Tamar establishes the following guidelines:

## Tennishallen (home sports hall)

- Immediately go home if symptoms arise during sports activities such as: cold, nasal cold, runny nose, sneezing, sore throat, shortness of breath, coughing, elevated temperature, fever or sudden loss of taste and smell;
- Use the walking routes on the floor;
- The changing rooms at the Tennishallen are currently not available due to poor air circulation. So change clothes **at home!**
- If you do not have to play volleyball yourself, register on the form in the canteen. So, we can monitor who has been in the sports hall when a corona infection has been detected;
- There is a maximum number of seats in the canteen, so do not move chairs or stools.

## Games

- The home and away team must both fill in the registration form when filling in the match form before the game. Give the form to the corona supervisor. When a corona infection has been detected, everyone can be informed about it;
- As a member you must unsubscribe at the website if you cannot be present during a training or match. This is now **extra important** so we can keep track on who has been present at the sports hall during a training or match if a corona infection has been detected;
- There is no need to keep 1.5 meters distance in the field;
- Alongside the field as a coach, substitute or during a time-out you **must keep a distance of 1.5 meters**;
- Do not shake hands with opponents;
- Players are not allowed to yell, sing songs or shout through the net at the opponent. A modest celebration of a point is allowed.

## During away games

- Have respect for the rules of the opponents, even when someone points you about the measures;
- When using the SSC-van, everyone who is inside the van **must** wear a facemask;
- The captain is responsible during an away game at all times.