

# Corona protocol VV Tamar

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1 March 2021, Eindhoven

V.V. Tamar follows the guidelines of the RIVM, SSC and ESSF, whereby the following applies:

- Do you have complaints: stay at home and get tested as soon as possible;
- Wash your hands with soap and water, also before and after visiting the sports location and bring disinfectant gel with you;
- Do not shake hands;
- Keep 1.5 m distance (exception during sports);
- Sneeze in your elbow;
- Wear a face mask when you are inside a building;
- It is not possible to change clothes / shower in the sports center.

There are two possible ways to practice volleyball, namely beach volleyball and grass volleyball. This document explains the two options in more detail. We trust our members to adhere to the rules described in this document.

## Beach volleyball

The beach fields of the SSC are open. You play in a team of two against another duo. The reservation for a beach field can be made via the SSC website. Log in with your sports card and reserve a beach field via the “reserve” button. It is possible to beach from 9 a.m. to sunset. Beach volleyball is entirely at your own risk and we have no guidelines for this from the association. There are no balls available, you have to arrange this yourself. Please note that you arrive at the sports center with a maximum of 2 people and that you also leave the sports center with a maximum of 2 people. Even when you walk from the bike to the beach fields, you are with a maximum of 2 people.

## Grass volleyball

Every week, each team trains for 1 hour on a grass field at Luna/Aurora. It is not allowed to train with another team. Every week there is a new training schedule so all members have the opportunity to train at the most desirable time. During the entire evening while there are training sessions, someone from the board is present as corona responsible, this can be several board members per evening.

### **Before training**

- The captain keeps an overview of who is present during the training sessions. This overview is only available for the team and the board.
- It is only allowed to train with your own team.
- Come to the sports center with a maximum of 2 people. Even when you walk from the bike to the sports fields, you must be with a maximum of 2 people.

### **While training**

- Matches between two teams within the association are allowed. Players may not be mixed between teams.
- During sports, the 1.5 meter rule does not have to be taken into account.

- Trainers are allowed to provide a training. The trainer must keep a distance of 1.5 meters from the players, but may enter the field and throw balls
- No audience is allowed.

### **After training**

- Make sure that everything you use during training is back at their place.
- Clean the balls with the disinfectant that is available at the sports fields.
- Leave the SSC immediately when your training is over.
- After playing volleyball, you must leave the sports field with no more than 2 people. Make sure you don't leave the field in larger groups.
- If someone with whom you have played sports gets Corona complaints within 48 hours, follow the Corona Roadmap which is added to the email and is visible on the website.