

Corona roadmap

What to do with corona-related complaints or corona infections within the team

If one or more athletes, trainers and / or coaches have corona-related complaints or are infected with corona, this will have consequences for the person himself, but also for his / her teammates, trainers, coaches and the opponent. This document explains the consequences and what this means for participating in training, competitions and Tamar related activities *.

In the following situations, an athlete, trainer and / or coach goes into home quarantine due to corona:

- The athlete, trainer and / or coach has complaints that are consistent with corona;
- The athlete, trainer and / or coach has corona;
- A roommate of the athlete, trainer and / or coach has corona;
- The athlete, trainer and / or coach has been in close contact ** with someone with corona;
- The athlete, trainer and / or coach returns from a country where the travel advice states that he / she must be put in home quarantine.

When there are **1 or 2 athletes, trainers and / or coaches with corona-related complaints** within a team, the following steps apply:

1. The people with complaints stay at home and take a corona test. As long as there are no test results, these people are not welcome during training, competition and Tamar related activities.
2. The other team members can train, play matches and join activities related to Tamar but monitor their health closely. It is a valid reason to unsubscribe, if the team or members of the team do not feel comfortable coming.

When there are **3 or more athletes, trainers and / or coaches with corona-related complaints** within a team, the following steps apply:

1. The persons with complaints take a corona test.
2. The entire team stays at home until the results of the test. They do all not attend training sessions, competitions or Tamar related activities.

If there are **1 or 2 athletes, trainers and / or coaches within the team with an established corona infection**, the following steps apply:

1. Inform all team members, trainers and / or coaches and the board as soon as possible about the infections.
2. The positively tested player follows the advice of the GGD and goes into isolation for at least 7 days until the player is free of complaints for 24 hours.
3. If a match has been played in the 48 hours before the complaints arise, the opponent will be informed by the board. All persons who have been in close contact with the positive tested player in the 48 hours prior to the occurrence of the complaints are quarantined for 10 days from the last moment of contact. The other persons may, unless otherwise indicated by the GGD, simply train and play matches, but monitor their health closely.

If there are 3 or more athletes, trainers and / or coaches within the team with an established corona infection, the following steps apply:

1. Inform all team members, trainers and / or coaches and the board as soon as possible about the infections.
2. The infection has probably taken place during exercise. The infections are marked as a cluster by the GGD. The positively tested team members follow the advice of the GGD, go in isolation for at least 7 days until the players are free of complaints for 24 hours. All other team members are quarantined for 10 days from the date they last saw each other. The whole team is not welcome to training, competitions and Tamar related activities.
3. If a match has been played in the 48 hours before the complaints arise, the opponent will be informed, this goes through the board.

* Tamar related activities: all activities organized by Tamar, the ESSF or the SSC.

** Close contact: persons who are subscribed as under "close contact":

- Housemates
- Persons who stayed longer than 15 minutes less than 1.5 meters away from the positive player (for example when not keeping their distance on the reserve bench)
- Individuals with high risk exposure of less than 15 minutes (e.g. joining a yell, hugging, cuddling)