



Plan responsible training during corona crisis

preface

In view of the government's decision to facilitate outdoor sports and to facilitate training for young people up to the age of 18 under supervision and on behalf of the municipality of Amstelveen, the badminton club Martinus-Amstelveen has drawn up the following plan. The plan is based on the protocol responsible sports for children up to and including the age of 12 and youth from 13 to 18 years old, which has been drawn up by the NOC / NSF.

From April 29, children up to 12 years of age from the government are allowed to do outdoor activities again, without having to observe the 1.5 meter distance. This is also permitted for young people aged 13 to 18, provided that the 1.5-meter distance is observed.

Last Wednesday it became clear that indoor sports (including badminton) can only start again from 1 September. Partly because our children have stopped exercising from Friday March 13, we want to provide outdoor training, starting Thursday May 14. Health and safety are and will always be the starting point.

Plan outside training responsibly during corona time

General assumptions

- From Thursday 14 May, Martinus-Amstelveen will offer outside activities to our youth competition players within the safety regulations as provided by the government. This can only be done under the string assumption that all activities take place in a safe and controlled manner.
- The training will take place at the playground of the KES school (in front of our training hall Jane Addamslaan). Admission to the playground is through the carpark. Via the carpark it is possible to drop the children off and then drive away (make a circle). Parents can drive to make a circle, see the attached map.
- The outdoor training is simply intended to be able to work out again.
- Training is provided once a week for the entire youth competition group up to and including the age of 18. Training will take place in two separate groups (up to 12 and 13 to 18 years old)
- The basic rules still apply: With complaints such as fever, cough or cold, everyone, including children must stay at home.

Safety and hygiene rules in the schoolyard

- In order to avoid contact as much as possible, a walking route¹ has been created for young people aged 13 to 18;
- This walking route is indicated by supervisors on site

¹ See the attached map

- In the schoolyard, the area where children from the age of 13 train is separated by a tape on the ground from 1.5 meters, so that young people aged 13 to 18 know what space they should leave between each other;
- There are no changing rooms available.
- Only in an emergency can the toilet be used. You can report this to a supervisor.
- A first aid kit is available in the sports hall (accessible to trainers and supervisors);
- Materials used with the training are cleaned with soap and water or cleaning tissues after the training session.

Safety rules for trainers, supervisors and volunteers

- Stay at home if you have any of the following complaints: colds, cough, shortness of breath or fever (from 38 ° C) and report this as soon as possible to the relevant youth coordinator;
- Stay at home if someone in your house has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside and report this to the relevant youth coordinator as soon as possible;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still get sick up to 14 days after the last contact with this person, you must stay at home until 14 days after the last contact and report this to the youth coordinator concerned as soon as possible;
- Cough and sneeze into your elbow and use tissue paper;
- If possible, come as much as possible with your own transport to the accommodation where you are going to give training;
- Prepare your training well and take into account training forms that are only suitable for the rule: 1.5 distance between each other in youth from 13 to 18 years.
- Make sure that as few materials as possible are shared between the ages of 13 and 18;
- After each training session, all materials used are cleaned with the cleaning agents made available for that purpose .
- The sports hall may only be entered by 1 person at a time;
- Mixing of the age groups of children up to and including 12 years and youth from 13 to 18 years of age is not permitted at any time;
- Make clear in advance (behavioral) rules (the general rules that now apply during corona) to children, especially for the group of 13 to 18-year-olds, who must be kept 1.5 meters away during exercise;
- Help the children to implement the rules as well as possible and address them if they don't;
- Do not let children shake hands;
- Keep 1.5 meters away with all your children and / or fellow trainers (no physical contact);
- Preferably knows who is present at the training / activity;

- Do not allow children earlier than 10 minutes before the start time of the training / activity. The children must leave immediately afterwards;
- Inform children that they will go home immediately after training;
- Children up to the age of 12 who are picked up by car are accompanied by volunteers to the pick-up zone² in the parking lot, after which they can safely go to their parent / guardian;
- Make sure there are no spectators at the lesson / training.

Safety rules for athletes

- Stay at home if you have any of the following complaints: colds, cough, shortness of breath or fever (from 38 ° C);
- Stay at home if someone in your house has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Since you can still get sick up to 14 days after the last contact with this person, you should stay home until 14 days after the last contact;
- Cough and sneeze in your elbow and use tissue paper;
- Before training, wash your hands at home with soap and water for at least 20 seconds;
- Wash your hands with soap and water before and after visiting a sports location;
- Avoid touching your face;
- Do not shake hands;
- Travel alone or with one person from your household;
- Come as much as possible by yourself to the sports location, especially for young people from 13 to 18 years old;
- You can place your bicycle in the usual bicycle shed .
- Come to the sports location in sportswear. Sports hall is closed. You also cannot take a shower.
- Make sure you went to the toilet at home. Toilet use at the training site is only possible in an emergency. In such case, please refer to an available supervisor;
- Come to the sports location no earlier than 10 minutes before the start of the sports activity and wait for it at the designated place;
- Always follow the instructions of the organization, for example the trainers and recognizable supervisors;
- Athletes from 13 to 18 years old must keep 1.5 meters away from all other persons (except persons from their own household), including trainers and other athletes. So pay attention to this when you park your bike . For athletes up to and including the age of 12, this distance limitation is not an issue;

² See the attached map

- Bring your own water bottle filled for drinking;
- Leave the sports location immediately after the sports activity.

Safety rules for parents and guardians

- Inform your children about the general safety and hygiene rules and ensure that they always follow the instructions of the guidance;
- Make sure your child has your 06 number with him, for example by writing it on the arm or on a note in a closed trouser or jacket pocket. This way we can reach you in case of emergency;
- Do not take your child (ren) to the sports location if your child has complaints of a cold, cough, shortness of breath and / or fever;
- Do not take your child (ren) to the sports location if someone in your house has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside;
- Do not take your child (ren) to the sports location if someone in your household has tested positive for the new coronavirus (COVID-19). Because your child can become ill up to 14 days after the last contact with this person, your child must stay at home until 14 days after the last contact;
- Travel alone with your child(ren) or come with people from your household;
- Take your child(ren) to the sports location as much as possible on their own;
- If you come by car, children up to the age of 12 must be dropped off in the parking lot . Please pay attention to the mandatory driving direction to avoid traffic congestion, see the attached map;
- When dropping off and picking up your child, follow the indicated driving route;
- As a parent / caregiver / supervisor you do not have access to the sports location. This applies before, during and after the training of your child(ren);
- Do not arrive at the sports location before 10 minutes before the start of the sports activity. This also applies to the collection of your child;
- Always follow the instructions of the organization, for example the trainers, supervisors and volunteers;
- Immediately after the sports activity, the parent / caregiver collects the children from the designated parking area of the sports location. Make this moment as short as possible.