

# HouStand Plan for indoor volleyball based on corona protocol

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# 1. General rules from Sports Center West / Melanchton Sports hall

Sports Center West has taken some measures to safely receive visitors there and also in Melanchton Sports hall. It is important that all members, volunteers and visitors comply with these measures. For a complete overview, please visit [www.sportbedrijfrotterdam.nl/nieuws/corona](http://www.sportbedrijfrotterdam.nl/nieuws/corona).

## 1.1 General rules

In appendix 3 you will find all guidelines of Sports Center West. The guidelines of Melanchton are processed in this protocol.

## 1.2 Disinfection

Wash your hands thoroughly before coming to the sports centers. Disinfectants will be ready in plain sight at the entrance. Everyone is expected to disinfect their hands at the entrance.

Everyone is expected to disinfect their hands also when leaving the facility.

## 1.3 Routing

**It is not possible to access the sports center earlier than 5 minutes before the beginning of the training or in preparation for a match. Only people that are playing volleyball can access the sports center, this means only players, trainers (coaches and referee in case of match also) and the supervisors. Everyone must wait at the main entrance and follow the instructions of the corona supervisors (visible as they always wear a yellow vest):**

Before the beginning of your training you have to wait outside. It is no longer allowed to wait on the tribunes, canteen or hallways. You can enter the building when the supervisor tells you so, approximately 5 minutes before your training starts. He/she will do that after the previous group completely left.

Everyone is expected to follow the routing as indicated on the doors/on the ground and to keep at all times at least 1.5 meters away from other people entering or leaving the sports center. In the Melanchton gym there is no routing indicated. Be aware that you keep at all times at least 1.5 meters away from other people.

The routing is done by Sportbedrijf Rotterdam. Everyone is expected to follow the directions indicated and the instructions from the personnel at all times.

Training schedule and group's switching:

**Tuesdays and Thursdays in Sports Center West:**

Group 1 trains from 18.00h till 19.20h and cleans between 19.20h and 19.25h

Group 2 trains from 19.35h till 20.55h and cleans between 20.55h and 21.00h

Group 3 trains from 21.10h till 22.30h and cleans between 22.30h and 22.35h

**Tuesdays in Melanchton:**

Group 1 trains from 18.00h till 19.20h and cleans between 19.20h and 19.25h

Group 2 trains from 19.35h till 20.55h and cleans between 20.55hh and 21.05h

**Thursdays in Melanchton:**

Group 1 trains from 19.30h till 21.00h and cleans between 21.00h and 21.05h

**Fridays in West:**

Group 1 trains from 17.30h till 18.50h and cleans between 18.50h and 18.55h

After your training stops and the cleaning duties has been done, you have to leave the building right away.

It is no longer allowed to change clothes or take a shower after your training. Changing rooms are close at the moment.

## 2. Travel to and from Sports Center West / Melanchton

### 2.1 Rules for parents

Parents / caretakers who only bring and collect their children need to stay outside the facility. It's not possible to watch the training of your children, spectators are not allowed. No one is allowed at the tribunes or in the hallway or at the canteen. No spectators, no parents, no volunteers, only people that are actually playing volleyball or giving training are allowed (and the corona supervisors).

Parents / takecarers who only come to bring their children say goodbye as short as possible and do not come near the entrance of the Sports Center. Parents who only come to pick up their children do not wait in front of the entrance, but spread out over a large area in front of the Sports Center. The children come out around 19:30.

### 2.2 Rules for cars

**It is recommended to come as much as possible on foot, by bicycle or by car to Sport Center West and Melanchton.**

If people come by car, it is expected that the 1.5 meters distance will be taken into account in the parking lot and adjacent parking facilities on Spaanse Weg.

### 2.3 Rules for bikes

Bicycles can be parked at the bicycle racks in front of Sports Center West and Melanchton Sports hall. Keep in mind the 1.5 meter distance and give each other space.

### 2.4 Public transportation

**Traveling by public transport is not recommended by HouStand**, because of the higher risk of contamination. Come as much as possible on foot, by bicycle or by car. If there is no other option, you may also come by public transport.

Traveling to and from Sports Center West / Melanchton Sports hall by public transport can be done in two ways (**please note that a face mask is mandatory**):

- By metro / tram to Marconiplein, then from there in about 15 minutes walk to the sports centers
- By bus to the Spaanse Polder bus stop, then from there in about 3-minute walk to the sports centers

If you meet other members / parents of Hou Stand on the metro/tram/bus the 1.5 meter distance must be observed at all times when traveling together.

### 2.5 Traveling to the matches together

People often travel together for away matches. The association expects members over the age of 12 years old who do not come from the same household to **wear a face mask in the car** when they travel together. Face masks must be purchased by yourself.

### **3 Use of changing rooms and showers**

Changing rooms and showers are closed for now until further notice.

It is no longer possible to change clothes and shoes over there or to take a shower after trainings/matches. Players are advised to come to the Sport Centers with their uniforms and they can change their shoes on the field.

All players must leave the facility asap after each training/match.

## 4. Measures during the trainings

### 4.1 For youth members

Before the beginning of each training, youth members access the field as indicated by the supervisors. HouStand recommend them to wear a face mask until they access their own field.

They can change their shoes on the field, and they put their belongings on the other side of the hall (on the wooden benches).

Players who are older than 12 years old must keep a distance of 1.5 meters from each other. This also applies during the warming up.

There are no additional rules during the training. Physical contact is allowed and the 1.5 meter distance does not have to be followed, but only when necessary for the game or training.

Youth members older than 12 years should keep a distance of 1.5 meters from their trainer as much as possible. When this is not possible (for example due to an injury) common sense should be used. 1.5 meter distance measure does not apply to children under the age of 12.

Each team only trains with its own trainer and on its own field. Until further notice, **it is not allowed to mix teams or play games against another team at the end of the training.**

When the training is over, each team needs to complete the cleaning duties. Players needs then to change their shoes and leave the facility asap, it it no longer possible to spend time in the Sport Center but the players needs to leave right away. HouStand recommend them to wear a face mask until they are outside again.

### 4.2 For adults members

Before the beginning of each training, members access the field as indicated by the supervisors. HouStand recommend them to wear a face mask until they access their own field.

They can change their shoes on the field, and they put their belongings on the other side of the hall (on the wooden benches).

A distance of 1.5 meters from each other must be kept during this stage and during the warming up.

There are no additional rules during the training. Physical contact is allowed and the 1.5 meter distance measure does not need to be followed, but only when necessary for the game or training.

Members should also keep a distance of 1.5 meters from their trainer as much as possible. When this is not possible (for example due to an injury), common sense should be used.

Each team only trains with its own trainer on its own field. Until further notice, **it is not allowed to mix teams or play games against another team at the end of the training.**

The only exception to this is when there are not enough trainers for all teams. In these specific cases, teams are merged. Each player must agree to this and can otherwise choose not to take part to the training session without any consequences.

When the training is over, each team needs to complete the cleaning duties. Players needs then to change their shoes and leave the facility asap, it it no longer possible to spend time in the Sport Center but the players needs to leave right away. HouStand recommend them to wear a face mask until they are outside again

## 5. Measures during the matches (home game)

### 5.1 Access the facility for a match

It is allowed to have more than 30 people in the main room of Sport Centers West but only if they are all doing sport. This means only following people are allowed in the hall per match: 2 teams including substitutes, 1 coach per team, 1 referee and 1 room supervisor. Also in this case it is no longer possible to access Sport Center West by yourself but you need to wait outside until the supervisors let you in. For this reason do not access the facility earlier than 5 minutes before the preparation of the match, see below schedule for Saturday matches:

- The first group (12.30pm game) is allowed to access the accommodation at 12.00pm. The players go directly to the field where they have to play and change their shoes at this field.
- The second group (2.30 pm game) is not allowed to enter the accommodation earlier than half an hour before the beginning of the match (i.e. at 2 pm), but only if the supervisor gives them permission to do so. The players wait outside until the supervisor calls them. They go directly to the field where they have to play and change their shoes at this field.
- The third group (4.30 pm game) is not allowed to enter the accommodation earlier than half an hour before the beginning of the match (i.e. at 4 pm), but only if the supervisor gives them permission to do so. So they wait outside until the supervisor calls them. They go directly to the field where they have to play and and change their shoes at this field.
- The last group (6.30pm game) is not allowed to enter the accommodation earlier than half an hour before the beginning of the match (i.e. at 6 pm). but only if the supervisor gives them permission to do so. They wait outside until the supervisor calls them. They go directly to the field where they have to play and change their shoes at this field.

For recreational matches (usually on Thursday) see below schedule:

- The first group (19.30pm game) is allowed to access the accommodation at 12.00pm. The players go directly to the field where they have to play and change their shoes at this field.
- The second group (21:00 pm game) is not allowed to enter the accommodation earlier than half an hour before the beginning of the match (i.e. at 2 pm), but only if the supervisor gives them permission to do so. The players wait outside until the supervisor calls them. They go directly to the field where they have to play and change their shoes at this field.

Everyone else must wait outside the sports center.

No one is allowed in the tribunes, in the sports center's hall and / or in the canteen. This applies to everybody: players (when they don't have to play), parents, spectators and volunteers. An exception to this are the supervisors.

For this reason HouStand recommend to come by car or to bring an umbrella in case of bad weather.

The above rules are applied also for any other match that occur outside off he regular match days (Thursday and Saturday) and the supervisor scheduled is update on a weekly basis.

### 5.2 For players

All rules as mentioned in chapter 4 (Measures during training) also apply during the matches, with the exception of the rule regarding playing matches.

In addition, there are some additional rules

- Before the beginning of each match, no hand is shaken to the opponents or referees. Wishing you a great match happens contactlessly.
- It is not allowed to sing songs/yell out loud in the field
- No physical contact is allowed when celebrating a point or set
- No physical contact is allowed when performing a switch.
- The home team takes care of the game counting. If they have no substitutes, they may ask the away team.
- If both captains agree, teams can remain on the same side of the field selected at the start of the match. This also applies to the 5th set.
- After the match is over, the home team needs to complete the cleaning duties (balls, net, benches)
- HouStand advises all players to wear a face mask from the moment they access the facility until the moment they start playing. This also applies after the game. However, wearing a mouth mask is not mandatory.

### 5.3 For coaches

Each team may have 1 coach on the sidelines of the field. Vocal encouragement of players by their coaches is not allowed. In addition, physical contact between the coaches and their players is not allowed.

### 5.4 Leaving the facility after the match:

When a match is over, the group that was playing must immediately leave the accommodation. This applies to players, substitutes, coaches and referees. They are given a maximum of 10 minutes for this. Hou Stand recommend to this people to wear a face mask right away, at least until they are outside again.

## 6. Hygienic measures

### 6.1 Rules

Hygienic measures such as gel sanitizer dispenser, soap, paper towels and waste bins have been taken. Doorknobs and other contact surfaces must be disinfected several times a day.

In the Sports Center West this is done by the staff of Sportbedrijf Rotterdam. They have promised in writing that they will take extra cleaning care for covid 19.

There is no staff at Melanchton Sports hall. The person from Hou Stand who opens and closes the building is responsible for cleaning the surfaces and all door knobs.

### 6.2 Disinfection

Disinfection products will be purchased.

There must be at least six hand sanitizer dispensers with disinfectant gel (1 for each fields and 1 reserve for each field). These dispensers are provided by the corona coordinators. They can be picked up in the canteen of Sports Center West and must also be returned here after the evening trainings are over or after a competition day.

There are several rubbish bins without a lid within Sports Center West, so there is no risk to touch those.

### 6.3 Entrance to the Sports center, sport center's hall and canteen

The entrance to the sports center is disinfected several times by employees of the Sport Center.

There is no staff at the Melanchthon Sports hall. In addition, as mentioned in section 6.1, the person opening and closing is expected to clean the contact surfaces and all door knobs. Once upon opening, once in between and once upon closing.

### 6.4 Balls

Each training group receives a fixed number (10) of balls. These balls must remain on the field where they were issued, they cannot be exchanged with other team's balls. The trainer keeps track of keeping your own balls.

Before and after each training, the balls are cleaned by the trainer who has just given training or he/she can delegate this task to the players. The balls should be cleaned with a specified disinfectant.

### 6.5 Nets

The nets are cleaned after each training session by the trainer who has just given training. The nets are cleaned with cleaning spray (e.g. Dettol) and paper towels.

## 6.6 Toilets

Toilets are accessible to members of Houstand and are cleaned several times a day by employees of Sportbedrijf Rotterdam. In the Melanchton sports centre, Hou Stand is responsible for the hygiene measures. The person who opens and closes the building has to disinfect the surfaces of the toilets.

However, we advise members to use their toilet at home as much as possible.

## 6.7 Responsibility for hygiene

The responsibility for hygiene lies with the trainer who provides the training. Every trainer is in possession of an overview and checklist (appendix 1) for all cleaning tasks that must be done in the field. Next to this, each trainer is required to filled out an attendance list clicking on this link

<https://onedrive.live.com/view.aspx?resid=80052D22425E7BFD!1133&ithint=file%2cxlsx&authkey=!AFG0tSNtU-FbiBw>

In case this is not possible trainers needs to send an email to [corona@houstand.nl](mailto:corona@houstand.nl) after every training, citing teamname and date.

## 6.8 Disclosure policy

Before the beginning of this season, we will send a list of all the above rules by email to all members of HouStand and parents. This email also contains phone number and e-mail address of a contact person they can refer to in case of additional questions.

## 6.9 Announcement on the property

A large poster will be displayed within the Sports Center West and the Melanchtonweg at a visible spot upon entering (legible from a distance) with:

- Access only for volleyball players
- Maximum number of spectators allowed
- Follow the indicated routing
- Youth older than 12 years old: keep 1.5 meters distance
- No access for those who are sick or with a cold
- Members and parents are asked to wash their hands thoroughly and often

## **7. Use of the canteen and the terrace**

The canteen and its terrace in the Sports Center West are no longer open. This means that it is not possible to buy any food or drink, players need to bring their own drink and snacks.

It is also not possible to stay in the canteen area.

## 8. Organisation

### 8.1 Corona coordinators

There are three corona coordinators within the association. The corona coordinators are the contact persons between the association and the municipality.

Corona coordinators: Michela Perri (for ENG), Renée Schrauwen (for NL) & Irene Tel (for NL)

The trainers are always supervisors / points of contact during each training session.

Important telephone numbers are available in case of emergencies:

- Rotterdam Municipality (Gemeente): 14010
- Police: 0900 88 44
- Imminent danger: 112

### 8.2 Corona supervisors

In addition to the corona commission member, HouStand has identified corona supervisors.

They are responsible for making sure the switching between different teams works smoothly, they indicated the routing, and they are making sure no one else other than players, trainers, coaches (referees and room watchers for matches) are staying in the Sport Center hall or main room.

An overview of this can be found in Appendix 2.

### 8.3 Supplement for the trainers

In addition to the above protocol, there are a number of additional provisions for trainers of both youth teams and adult teams, see below:

- During the trainings, trainers are responsible for complying with the hygiene protocol and other tasks. An overview of this can be found in Appendix 1.
- Providing training is on your own responsibility. Hou Stand is not liable for any COVID-19 contamination.
- If during a training someone is suspected of having COVID-19 or if he / she is showing symptoms consistent with COVID-19, the trainer should send this person home with the advice to be tested. He / she must inform the corona coordinators (corona@houstand.nl)
- In case a trainer hears from his / her team that there is a confirmed COVID-19 contamination case, he / she must immediately inform the corona coordinators (corona@houstand.nl).

If trainers have questions about the protocol or its implementation, they can always contact the corona coordinators (corona@houstand.nl). If there is an emergency / an urgent question, please state your telephone number, so that contact can be made quickly.

In addition; each trainer decides for him/herself if he/ she wants to give trainings. Persons belonging to the at risk group, or people taking care for someone in an at risk group can always tell the community that they don't feel comfortable to train. He / she can make new agreements with the corona community.

#### 8.4 Possible infections

If a Hou Stand member, volunteer or spectator develops symptoms during a training or a game, he / she must immediately leave the premises. In this case, it is strongly advised to get a COVID-19 test. It is also appreciated if the corona coordinators can be informed by email.

When a member, volunteer or spectator has been tested and the result is positive, he / she must cooperate in the contact investigation of the GGD. He / she must also immediately inform the corona coordinators by email ([corona@houstand.nl](mailto:corona@houstand.nl)).

The Corona committee, in consultation with the Hou Stand board, will decide on the next steps to take. All steps that will be taken are in accordance with the AVG law. The privacy of the infected member will be safeguarded and not publicly published.

#### 8.5 EHBO

There must be a first aid kit on site at all times, with provisions for minor injuries.

In addition, there is an AED in Sports Center West.

## Appendix 1: checklist for the trainers

Below checklist summarizes what is expected from trainers on each training:

	Before the training, each trainer collects the disinfectants from the canteen at the Sport Center West (only the first group)
	Before training, each trainer places a gel dispenser next to the field on which his/her team is playing
	Before training, the trainer checks 10 balls for his/her team. They should also make sure that these 10 balls stay at his/her court during the training.
	Before the beginning of each training, the trainer checks if there is anyone within his / her training group with symptoms
	During the warming up, the trainer ensures that a distance of 1.5 meters is maintained between all team members
	Throughout the training, the trainer guards against unnecessary physical contact between players
	During the training, the trainer ensures that he / she stays as much as possible 1.5 meters away from his / her teammates
	After the training, the trainer disinfects the net and balls with the appropriate disinfectant
	After the training (only the last group), the trainer hands in the disinfectants at the counter of the canteen at Sports Center West.
	After the training, the trainer fills out the attendance list of the previous training on the file shared in onedrive or send an email to <a href="mailto:corona@houstand.nl">corona@houstand.nl</a> , citing the teamname and date.

## Appendix 2. Rules for Supervisors

- Always wear your yellow vest!
- Make sure that the people waiting outside are not too close together.
- Send people waiting in the stands, in the hall or canteen back out and explain the above.
- Changes can be made per field, so this does not have to be all fields at the same time.  
Make sure that all people from the previous match have left the building before you let them in for the next match.
- Make sure that everyone follows the walking directions as indicated in sports center West
  - o Entrance = sliding doors
  - o Exit = side door
- A schedule is provided per week, so that you know who has to play where, when and therefore can broadcast per team.

## Appendix 3. Sports Center West rules



# Richtlijnen sporthallen

Volg de richtlijnen van het RIVM, NOC\*NSF, je eigen sportbond/branchevereniging én onderstaande richtlijnen voor gebruik van de accommodatie.

### **Toegang tot en gebruik van de accommodatie**

- In sporthallen geldt géén maximum aantal sporters dat gebruik mag maken van de zaal.
- Laat sporters en ouders/verzorgers die hun kind(eren) ophalen buiten of op de tribune wachten met 1,5 meter afstand. Je bent hier als sportaanbieder zelf verantwoordelijk voor.
- Op de accommodatie is door het Sportbedrijf een routing aangegeven, volg deze en volg aanwijzingen van het personeel altijd op.
- Probeer kruisingen van bezoekersstromen zoveel als mogelijk te voorkomen, door wisseltijden van minstens 10 minuten tussen groepen in te plannen. Je bent hier als sportaanbieder zelf verantwoordelijk voor. De wisseltijd organiseer je binnen je gehuurde tijdsvak.
- Het Sportbedrijf is verantwoordelijk voor wisseltijdsvakken tussen verschillende huurders. Wij plannen daarom minimaal een halfuur tussen verschillende huurders in.
- In sporthallen zorgt Sportbedrijf Rotterdam voor desinfectiemiddel voor handen en materialen.
- Toiletbezoek in de sporthal dient tot een minimum beperkt te worden; vraag sporters zoveel als mogelijk thuis naar het toilet te gaan.
- Verlaat direct na het sporten de accommodatie.
- Informeer je sporters over de toegangsregels en gebruiksinstructies die voor de accommodatie gelden (inclusief vereiste gezondheidscheck vooraf, afstand houden en het opvolgen van hygiënische maatregelen).

### **Schoonmaak**

- De sportaanbieder is zelf verantwoordelijk voor de desinfectie van het gebruikte sportmateriaal aan het eind van de activiteit, zowel het eigen materiaal als het materiaal van het Sportbedrijf. Schoonmaken doe je binnen je gehuurde tijdsvak, niet ervoor of erna.
- Het Sportbedrijf is verantwoordelijk voor de eindschoonmaak van de locatie.

### **Reservering**

- De sporthal mag alleen gebruikt worden als je hiervoor een huurovereenkomst met ons hebt.

Vragen? Mail naar [info@sportbedrijfrotterdam.nl](mailto:info@sportbedrijfrotterdam.nl) of bel 010-8080880