

# HouStand Indoor volleyball plan according to corona protocol

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## 1. General rules from Sportcentrum West / Melanchton

A number of measures have been taken from Sportcentrum West to be able to receive visitors of Sportcentrum West and Sporthal Melanchton in a safe way. It is important that all members, volunteers and spectators conform to these measures. For a complete overview you can look at [www.sportbedrijfrotterdam.nl/nieuws/corona](http://www.sportbedrijfrotterdam.nl/nieuws/corona)

### 1.1 General rules

In appendix 2 you will find all guidelines of sports center west. The general rules for the Melanchton have been incorporated into the protocol.

### 1.2 Disinfection

Before you come to the location, wash your hands thoroughly. When you enter the location, disinfectant hand gel will be ready in sight. Every person entering the location is expected to disinfect their hands upon entering.

Even when people leave the location, they are expected to disinfect their hands.

### 1.3 Routing

The sports centres may not be entered earlier than 10 minutes before the start of training or the game.

In Sportcentrum West, follow the routing as indicated on the doors and the ground, stay at least 1.5 meters away from other people entering or leaving the sports center at all times. No routing is indicated in the Melanchton. Make sure that you keep a distance of 1.5 meters from other people at all times.

The installation of the routing is done by Sportbedrijf Rotterdam. Follow the indicated directions at all times. Instructions from the staff must also be applied.

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

### 2.1 Rules for parents

Parents/guardians can pick up and bring their child at the Sport Center. As can be read in section 5.2, spectators are allowed to a limited extent within the sports centres. Parents/guardians who would like to see the training sessions can make use of the measures in section 5.2 for spectators. They must also follow the hygiene measures and the 1.5 meter rule with people from another household.

Parents / guardians 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 of the Sports Center, but spread out over the square in front of them.

### 2.2 Transport by car

It is recommended to come as much as possible on foot, by bike or by car to sports center West and Melanchton.

If people come by car, it is expected that the 1.5 meter distance will be taken into account in the parking lot and at adjacent parking space in Spaansweg.

### 2.3 Transport by bicycle

Bicycles can be parked at the bike racks for Sportcentrum West or Melanchton. Keep the 1.5 meter measure in mind and give each other space.

### 2.4 Transport by public transport

Travelling by public transport is not recommended by HouStand. This is because the risk of contamination is the greatest. Come as much as possible on the walk, by bike or by car. If there is no other way, you can also come by public transport.

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

- By metro / tram to Marconiplein, from there about 15 minutes walk to the sports centers
- By bus to bus stop Spaanseweg, about 3 minutes walk from Sportcentrum West / Melanchtonweg.

If one encounters other members / parents of Hou Stand in public transport, the 1.5 measure must be observed at all times when it is decided to continue travelling together.

### 2.5 Travelling to competitions together

In away games, people often travel to matches together. The association expects members over the age of 18 who do not come from the same household to wear a face mask in the car when they travel to a competition together.

Face masks must be purchased yourself.

### **3. The use of changing rooms and showers**

#### **3.1 General use training**

The changing rooms and showers are open for general use. Both before and after exercise, the 1.5 meter distance must be observed, so this also applies in the changing rooms and showers. People are asked to shower at home as much as possible and to change clothes, so that there is no crowds.

#### **3.2 General use contests**

Also before and after games, the changing rooms and shower facilities are open to players. Here too, the 1.5 meter measure must be observed. The home-playing team (HouStand) is expected to change clothes and shower at home. The playing team will have the opportunity to shower in the sports hall. In the unlikely event that members of Hou Stand cannot shower or change clothes at home, this is allowed according to the following schedule:

The away & home team of 1 game use a dressing room.

#### **3.3 Supplement: use by youth members**

As mentioned above, youth members are allowed to use the changing rooms. However, to avoid crowds, it is not possible to get help from parents / caregivers. Children who can change clothes completely independently can therefore make use of this. If children need help with changing clothes/ changing clothes, parents / caregivers are asked to do this at home before they come to the accommodation.

Parents/guardians are therefore not allowed in the changing rooms and showers.

## 4. Measures during the training sessions

### 4.1 For youth members

For youth members, they do not have to keep a distance of 1.5 meters between themselves. However, it is appreciated if they are allowed to keep 1.5 meters away from their trainer as much as possible.

If this is not possible (for example due to an injury) common sense should be used. There are no additional rules for volleyball training as such.

In principle, each team trains with its own coach and on its own field. Playing a game between themselves or training with several teams is allowed.

### 4.2 For adult members

Before the start of the training sessions, the members must keep a distance of 1.5 meters between themselves.

There are no additional rules for volleyball training as such. Physical contact is allowed and the 1.5-meter distance does not have to be kept, but only when this is necessary for the game or training.

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

In principle, each team trains with its own coach and on its own field. Playing a game or training with 2 or more teams is possible.

## 5. Measures during the matches

### 5.1 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

- No hand will be given to the opponent or officials before the start of the match. Wishing for a great match is done contactlessly.
- It is not allowed to sing loud songs in the field
- No physical contact is made when celebrating a point or set
- No physical contact is made when performing a switch.

### 5.2 For spectators

During the matches in Sportcentrum West, no audience is allowed at the adults' matches. At youth matches, a limited number of spectators may be present, this is indicated in the Sports Center. These spectators must comply with the general hygiene regulations and the 1.5 meter measures. In addition, spectators must sit in the designated place in the stands or in the canteen. Finally, spectators are not allowed to vocally encourage the team they are supporting. We rely on everybody's common sense to follow the above.

### 5.3 For coaches

Each team may have a maximum of 2 coaches on the sidelines of the field. In addition, the vocal encouragement of players by coaches is not allowed. In addition, physical contact between coaches and their players is not allowed.

## 6. Hygiene measures

### 6.1 Rule

Measures have been taken to ensure hygiene such as disinfection facilities, soap, paper towels and waste bins. Doorknobs and other contact surfaces must be disinfected several times a day.

In Sportcentrum West this is done by the staff present of Sportbedrijf Rotterdam. It has been promised in writing that they will do this extra measures during the pandemic times.

### 6.2 Disinfection

After training or playing a match, the material used must be disinfected (with the exception of the nets). For this, disinfectant products are available on location.

Within Sport Center West there are several garbage bins without a lid, so that they do not have to be touched.

### 6.3 Entrance sports center, central areas and canteen

The entrance to the sports center, hallway and canteen is disinfected several times by employees of sports center West.

No one is present at the Melanchton. However, depending on the reservations made, the keeper will take care of the disinfection there.

### 6.4 Ball

Each training group gets a fixed number of balls (10). These balls must remain at the field where they were issued, and they may not be exchanged between them.

After training or playing a match, the material used must be disinfected (with the exception of the nets). For this, disinfectant products are available on location.

### 6.5 Net

The nets do not need to be cleaned before & after use.

### 6.6 Toilets

The toilets are accessible for HouStand's members. The toilets are cleaned several times a day by employees of Sportbedrijf Rotterdam. At the Melanchton, HouStand itself is responsible for complying with the hygiene measures.

We advise members to use the toilet at home as much as possible.

## **6.7 Responsibility hygiene**

The responsibility for hygiene measures lies with the trainer who provides the training.

## **6.8 Publication of rules**

We will send all members and parents of youth a list with all the above-mentioned rules by e-mail before the start of the season. This email also contains a telephone number and e-mail address of a contact person to which they can go with their questions.

## **6.9 Announcements on site**

Within Sportcentrum West, Sportbedrijf Rotterdam has provided posted with general announcements.

## **7. The use of the sports canteen and the terrace**

The sports canteen in Sportcentrum West is open. You can buy snacks/drinks there. Also in the canteen, keep the 1.5 meter rule and hygiene measures as well, so that we can continue to enjoy this offer.

## 8. Organization

### 8.1 Corona coordinators

There are four corona coordinators within the association. The corona coordinators are the main points of contact.

Corona coordinators: Cornell den Broeder, Michela Perri (for ENG), Irene Tel & Renée Schrauwen

Trainers are always supervisor / point of contact during the training sessions.

Important telephone numbers are available in case of calamities:

- Enforcement: 14010
- Police: 0900 88 44
- Acute danger: 112

### 8.2 Supplement for Trainers

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

- On training evenings, trainers are responsible for complying with the hygiene protocol and the other rules. An overview of this can be found in Annex 1.
- Giving training is on your own responsibility. Hou Stand is not liable for contracting a possible COVID-19 infection.
- If during training there is a suspicion that someone is contracting COVID-19, or that he / she shows symptoms appropriate to COVID-19, the trainer should send this person home with the advice to get tested. He/she will also inform the corona commission ([corona@houstand.nl](mailto:corona@houstand.nl))
- When the trainer hears from his / her team that there is a confirmed infection of COVID-19, he / she immediately informs the corona commission ([corona@houstand.nl](mailto:corona@houstand.nl)).

If trainers have questions about the protocol or its implementation, they can contact the corona commission ([corona@houstand.nl](mailto:corona@houstand.nl)) at anytime. If there is an emergency / urgent question, please mention your telephone number, so that the commission can contact this person asap.

In addition, it is at all times up to the trainer himself / herself whether he / she wants to give training. People who belong to the risk group or take care of someone in a risk group can at all times indicate that they do not feel comfortable giving training. He / she can make agreements about this with the corona commission.

### 8.3 Possible infection

When a member, volunteer or spectator of Hou Stand develops symptoms during a training or competition, he / she must immediately leave the building. It is urgently advised to

have a COVID-19 test taken. It is also appreciated if in such a case the corona commission is informed via an email.

If a member, volunteer or spectator has been tested and receives a positive result on a COVID-19 test, he / she must cooperate with the contact investigation of the GGD, as far as the investigation concerns trainings or matches. He /she must also immediately inform the corona committee ([corona@houstand.nl](mailto:corona@houstand.nl)).

The corona committee will decide in consultation with the board of Hou Stand which steps will be taken next. All steps will be in compliance with the GDPR law. The privacy of the infected member will be guaranteed and not openly published.

#### 8.4 First aid

A first aid kit must be present at the site at all times, with provisions for minor injuries.

In addition, there is an AED in Sportcentrum West.

## Appendix 1: checklist for trainer.

Below is a checklist with what is expected of trainers on the training evenings:

|  |   |
|--|---|
|  | Before the start of the training, the trainer provides disinfectants for the balls.   |
|  | Before the start of the training, the trainer places disinfectant gel next to the pole of the field on which he/she train                 |
|  | Before the start of the training, the trainer checks about 10 balls and ensures during the training that he/she keeps these 10 balls.     |
|  | Before the start of the training, the trainer makes sure no people has any complaints within his/her training group                       |
|  | During the entire training, the trainer guards against unnecessary physical contact between players                                       |
|  | During the entire training, the trainer make sure that he/she remains as much as possible at 1.5 meters distance from his/her teammates . |
|  | After the training, the trainer/the team disinfects the balls with the designated disinfectant.   |
|  | After the training (only the last group) the trainer collects the disinfectants and put them in the designed cabinet.                     |



# 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 kruislingen 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 voeraf, 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