

GUIDELINES FOR INDOOR TRAINING

May 14, 2020

1. Arrive in work out clothes- preferably by car
 2. Maximum of 10 people on the premise – ALWAYS 1-meter distance
 3. Maximum of 8 people in the nets- ALWAYS 1-meter distance
 4. No entering the facility during a ongoing session
 5. Stick to your time schedule and leave the building (include cleaning of equipment etc, so the training areas are ready
 6. Limit the use of bathroom
 7. Anyone not following the guidelines will be dismissed from indoor practice
- Follow **ALL** the guidelines before, during and after training
 - **ONE** person present at the training must be appointed to supervise the training, only to make sure everyone follows the guidelines- before and during training.
 - If you or someone you have been in contact with show symptoms such as fever, sore throat, running nose, cough, or generally not feeling well, **REPORT**, and **DO NOT** show up for training
 - Minimize use of public transport
 - Keep a minimum distance of 1 METER- **ALWAYS**
 - For now, no more than one person handling the same equipment/kit- use your own equipment **ONLY**
 - **DO NOT** use **SPIT** or sweat to shine the ball
 - No handshakes or other physical contact
 - Clubs are responsible for hand disinfection always needs to available. Disinfect frequently before, during and after training, when touch/ changing activity
 - Minimize touching of equipment, benches, doorknobs etc.
 - One person/responsible feeds the ball machine- use gloves. Available at NCA
 - **ALL** used equipment needs to be cleaned/disinfected with soap and water and returned to its normal spot. Available at NCA
 - No moving of benches and nets. Keep in line with the marking

STAY FOCUSED - help each other to take responsibility

Together with the rest of the sports, lets **LEAD ON** as good examples!