

# Protocol of active athletes

Norwegian Cricket Federation

Training protocol for active players in the Norwegian Cricket Federation.

Defined athletes will be able to practice with contact when sessions are conducted under direction of the federation and following the protocol of high-performance.

## Athletes responsibility and requirement

- All athletes must complete NIFs korona course. Available in Norwegian and English - [HER](#).
- All athletes to make sure they are listed as attending on each practice session.
- All athletes to limit gatherings, beyond current and local restrictions. Such as family celebrations, weddings and others.

## Sports activity:

- Hand hygiene should be performed before and after the session.
- Enhanced cleaning of frequently used contact points and equipment.
- Equipment that is touched with hands over time (e.g. bats and others) should be cleaned according to the usual routines by each user
- Changing rooms and showers can be used when it's 1 meter between them.

## Athletes who cannot participate:

- Athletes who have respiratory symptoms or other symptoms of covid-19
- Athletes who are in quarantine or in isolation
- Athletes who have attended gathering of any kind that is not in line with the local corona regulations.

## General infections control measures:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1-meter (3 feet) distance between yourself and others.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.

All high-performance athletes training with contact must adhere to this protocol and report to the federation. This includes one screening before arrival and then daily reports whilst in Norway.

## Keep yourself up to date:

- [www.fhi.no](http://www.fhi.no)
- [www.helsenorge.no](http://www.helsenorge.no).