



Corona Protocol

SVU Volleybal – season 2021/2022

This protocol has been drawn up to guarantee the safety of the members of SVU Volleyball during training sessions, competitions and other activities during the 2021/2022 season. The protocol is substantively in line with the temporary law of COVID-19, applicable from 27-11-2020 to the present. It has been written on the basis of the guidelines of the NeVoBo, the NOC*NSF, the RIVM and in consultation with the Amsterdam Municipal Health Service (GGD). This is a living document that will be continuously updated by the board depending on the most recent developments. Members will always be notified when this document is updated. Everyone is responsible for themselves for complying with the guidelines in this protocol. If there are any questions regarding this protocol, they can be emailed to the 52nd board of SVU Volleyball via info@svuvolleybal.nl.

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General

- The rules of the RIVM apply in the sports center. Have yourself tested in case of complaints and stay at home until the result of the test is known;
 - in case of mild complaints, such as a cold, runny nose, sneezing, sore throat, mild cough or increase to 38 degrees Celsius.
 - in case of sudden loss of smell or taste.
 - in case of a housemate testing positive (within the past 14 days).
 - in case of a close contact testing positive (close contacts being people who you had contact with for more than 15 minutes at a distance of less than 1.5m, during their contagious period).
 - in the event of a report via the CoronaMelder app or from the GGD.
- If complaints arise during a training or competition, you will go home immediately.

National and Amsterdam region

- Follow to the basic rules against the spread of the coronavirus;
 - Keep a distance of 1.5m from others
 - Wash your hands thoroughly and regularly.
 - Get tested if you have COVID-19 symptoms and stay home.
 - Ensure a good flow of fresh air indoors

Sportcenter

- A coronavirus entry pass is required to gain access to the sports center. Please have this, as well as your ID, available when you enter the building.
 - You will receive a coronavirus entry pass based on proof of vaccination or recovery or a negative PCR test result of no more than 24 hours old. Testing is free at the GGD.
- Keeping the 1,5 meters away is mandatory for all adults from 18 years old. The rule is not mandatory when playing volleyball as it hinders the practice of sports.
- Use of the sanitary facilities on site upon entry and exit is recommended.
- Athletes who have finished their sports activity then become visitors and in that capacity must leave the sports fields and sportscenter.
- The catering facility, the Hangout, is open until 22:00.
- Changing rooms, toilets and showers are open.
- When you are in the Sportscenter, you should listen to the staff when they point out to you to comply with the corona rules. The staff reserves the right to evict you if you refuse to follow the rules or break them repeatedly.

SVU Volleybal

- All members of SVU Volleybal are expected to take their responsibility in complying with the corona measures. The board is ultimately responsible and will also be responsible for enforcing the measures.
- For everything (training, competitions and other activities), people are expected to take their responsibility at all times and in case of (mild) complaints, they stay at home!
 - Stay at home in case of: sore throat, cough, nose cold, fever (>38 °C), shortness of breath and loss of smell and/or taste.
- As a member of SVU, in case of testing, regardless of the result (positive or negative), you must report to the board.
- Everyone can be refused or sent home by the organization (being the board) in the event of (suspicion of) corona-related health problems.

- The organization also reserves the right to send people away if they do not follow directions or refuse to adhere to the guidelines described in this protocol.

COVID-19 cases within SVU Volleybal

- If you test positive for the coronavirus, you must remain in isolation for at least 7 days from the first day of illness; the day of the first time you became ill. You can go outside again when the isolation period is over and you are free of complaints for at least 24 hours.
 - There are differences in advice and isolation duration depending on your complaints and health (symptomatic or asymptomatic, immune or non-immune). Follow the advice from the GGD that you will receive during your source and contact investigation.
- When reporting via the CoronaMelder or GGD app, which indicates that you have been in contact with an infected person, you will remain in quarantine for 10 days after the last contact with the infected person. On the 5th day you can be tested. If the test is negative, the quarantine will be lifted and you can come back to SVU.
 - There are exceptions to the named quarantine duration, two important ones:
 - in case you have tested positive within the past 8 weeks and have recovered.
 - in case you had a booster vaccination more than 1 week ago.

See the 'Isolation and quarantine' flowchart on p. 5 for the most common situations.

Face masks

- Wearing a face mask is mandatory in all indoor public locations. It's also required when moving through places where you need a coronavirus entry pass.
 - For example, if you use indoor facilities such as the toilet.
- During sports, wearing a face mask is not mandatory.

Changing rooms

- The changing rooms and shower facilities are accessible with a coronavirus entry pass. Of course still taking into account the basic measures.

Public

- The public is allowed between 05:00 and 22:00 at volleyball training sessions and competitions in fixed seats 1.5 meters apart.
- The public shall abide by the following rules:
 - They show a coronavirus entry pass (except for people under 18 years old).
 - Face masks are mandatory when moving inside.

Material & hygiene

- It is advised to clean sports equipment after use.
- The necessary disinfectants will be provided by the board.

Trainings

- Mondays the training sessions are divided into 3 time slots: 19:00-20:30, 20:30-22:00 and 22:00-23:30.
- Wednesdays the training sessions are divided into 2 time slots: 20:15-21:45 and 21:45-23:15.

- The 1.5 meter is mandatory unless it is not possible for the sport to be played.
- Athletes may be refused or sent home during practice for (suspected) complaints.
- The captains will be the point of contact for their team and responsible for reminding the team of the measures.

Competitions

- Competitions and tournaments are allowed. Everyone is allowed to play matches with other clubs.
- It is also allowed to sing, cheer or yell during matches.
 - Please be considerate of others here; do not do this towards the faces of your loved ones.

Elaborated: COVID-19 cases within SVU Volleybal

When a member tests positive for the coronavirus, the source and contact investigation of the GGD is initiated. To prevent the virus from spreading within the association, it is very important that the member cooperates with this investigation to the best of his or her ability. Therefore, it is important that the person who has contracted the contamination checks with whom he/she has had contact and passes on the contact details of these persons to the GGD.

Furthermore, it is important that the infected person informs his or her **team, the trainer and the board**. The board will then provide the contact information (if needed) of the SVU members that the infected person has been in close proximity to.

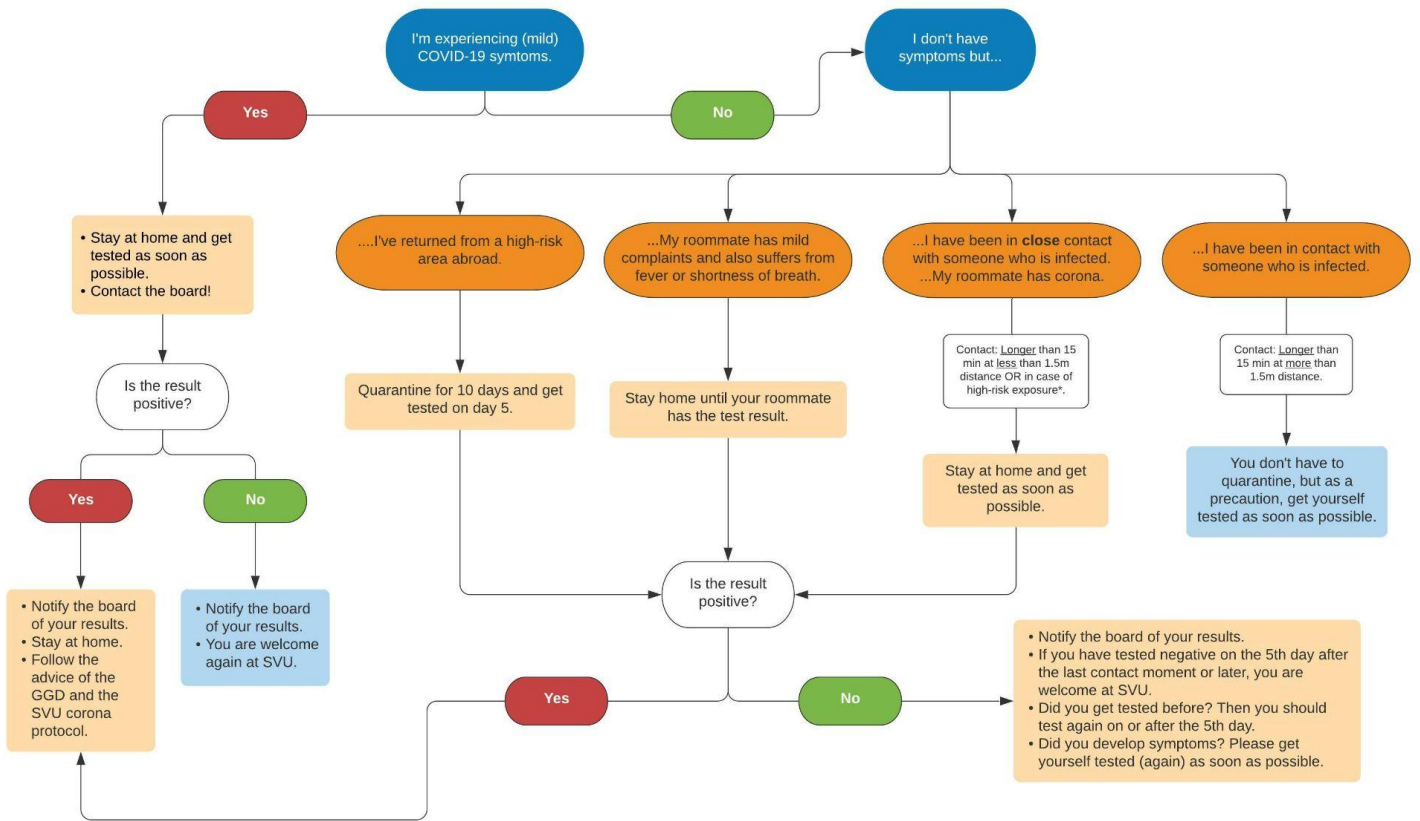
If an athlete has been diagnosed with COVID-19, there are guidelines from the government that must be followed. The GGD will indicate which quarantine measures are necessary. This may vary by situation and region.

Isolation and Quarantine flowchart

When is it expected to report corona-related issues to the board? What is the isolation and/or quarantine duration in different situations? You will find a flow chart prepared by the 52nd Board on the next page to show guidelines for the most common situations.

Note: There are differences in advice, isolation and quarantine duration depending on your situation; symptomatic or asymptomatic, immune or non-immune (vaccination status). Therefore, follow the advice of the GGD you will receive during your BCO (source and contact investigation).

SVU Corona Flowchart



*High-risk exposure of less than 15 min: e.g. coughing into the face or direct physical contact such as kissing. Remember: there are differences in advice and quarantine durations. Follow the advice from the GGD that you will receive during your source and contact investigation.