

# Protocol ice skating U.S.S.V. Softijs

Wednesdays 10:15 - 11:30 PM at De  
Vechtsebanen

*Version: November 19th 2021. English version.*

This protocol applies until further notice.

Changes in the protocol will always be communicated to Softijs members.



1. The general **measures against the coronavirus** are:
  - If you have symptoms, [get tested as soon as possible and stay at home.](#)
  - Cough and sneeze into your elbow.
  - Wash your hands often.
  - Give others space, 1.5 metres away from other people is still the safest.
2. It is not mandatory to keep **1,5 metres** distance from other persons.
  - If you prefer to keep distance from others, you can borrow a ribbon from the board. In that way, you can show others you would like to keep distance.
  - Respect the wish from people with a ribbon to keep their distance.
3. Please use the hand sanitizer at the building and/or wash your hands there properly before the training.
  - Do not touch the gates at the entrance and doors in the building with your hands.
4. **Changing rooms** (toilet and showers inside, too) and the KNSB café are **closed**. This means that you don't have to show your corona QR-code to enter de Vechtsebanen.
5. Wear a facemask in the corridors.
6. You can find the **board** at the training to ask all your questions. We will stand behind the sliding doors between the indoor ice rink and outdoor ring (400 metres ice skating rink).
7. Bring your **own water and food**, do not share this with others.
8. We go on the ice via the outside of the ice skating rink, the way of skating is explained below:
  - Inside is for the fast skaters, the outside is for the slower skaters.
9. **Contact details** will be shared with GGD (Municipal Health Services) and De Vechtsebanen in case of contamination with the coronavirus to start research immediately.
10. If you are tested positive for corona and you have skated in the two days before the symptoms arose, you must report this to the board so that the necessary follow-up steps can be taken.
  - a. Follow the advice of the RIVM and GGD regarding the quarantine and the test policy.
11. Training sessions can be **cancelled** in case of new measures from the government or De Vechtsebanen.
  - This will always be communicated through email and WhatsApp (group 'Softies United').

12. You can still sharpen your skates before the training. You can get the material from a board member.