

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

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

Version: January 15th 2022. 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.
 - Keep 1.5 metres from others outside of the ice skating rink.
2. It is not obligatory to keep 1.5 metres distance from others on the ice. This means that the regular training groups will be used.
 - You can get a ribbon from one of the board members to let others know that you want to keep 1.5 metres from others at all times. Respect the wish from others with ribbons and give them the space they ask for.
3. If the **measures** above and in this specific protocol are not followed properly, the members of the board, trainers and the corona-coordinator from Vechtsebanen have the right to restrict people from the ice rink and Softijs-training.
4. 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.
5. **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.
6. Wear a facemask in the corridors.
7. 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).
8. Bring your **own water and food**, do not share this with others.
9. 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.
10. **Contact details** will be shared with GGD (Municipal Health Services) and De Vechtsebanen in case of contamination with the coronavirus to start research immediately.
11. 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.
 - Follow the advice of the RIVM and GGD regarding the quarantine and the test policy.

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