



Sports protocol for children up to 12 years & youth 13 to 19 years old

From April 29th, 2020 children from up to 12 years and adolescents between 13 up to 18 year old's can train under supervision and will be allowed to train together outdoors. The cabinet has called upon the municipalities to facilitate and organise these sports activities, always under the guidance of neighborhood sports coaches from the framework of sports providers. It is the intention that as many children and young people as possible can participate in sporting activities including non-members of an association.

With this protocol we want to give the municipalities and or implementing party's direction on how to act and provide them with points of attention for further elaboration. We want to offer as much scope for local customisation as possible, but of course within the framework of the Cabinet's policy and the guidelines of the RIVM.

The sporting activities covered by this document and partial opening of sports facilities are possible on the basis of the emergency regulations applicable from the April 29 2020. The municipality is responsible for enforcing the emergency policies. In case of (repeated) violations of the emergency ordinance, measures are possible, such as excluding groups of people from participating or even closing the accommodation again.

The person(s) who is responsible for organises and supervises these sporting activities has the responsibility for the sports activities themselves and the enforcing that the protocol is adhered to.

The municipality makes agreements with the sports providers on how the first line of enforcement at sports facilities should be given form and content. The administrative enforcement resulting from the emergency ordinance is, as said, in the hands of the local authority, but it must be prevented that this authority must actually act. A certain stepping-up in the enforcement of measures is preferred, so that safe sport can be played without health risks.

Note: Changes may still be made to this document.

You will always find the most recent version of the sports protocol at [nocnsf.nl/sport protocol](https://nocnsf.nl/sportprotocol).



Health & Hygiene rules and regulations for Everyone:

We advise to take the following measures.

- Stay at home if you have any of the following (also mild!) Symptoms: colds, coughing, tightness or fever;
- Stay at home if someone in your household has a fever (above 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still get sick up to 14 days after the last contact with this person, you must remain at home until 14 days after the last contact;
- If complaints arise during any sports activity such as: nose cold, cough, shortness of breath or fever, go home immediately;
- Keep 1.5 meters (two arm lengths) away from any other person outside your household. (exception for children up to and including 12 years old);
- Cough and sneeze in your elbow and use tissue paper;
- Go to the toilet at home before you go to a club.
- Wash your hands with soap and water for at least 20 seconds at home before going to your training;
- Wash your hands with soap and water before and after visiting the sports location;
- Shower at home and not at the sports location;
- Avoid touching your face;
- Do not shake hands;
- Arrive at the sports location no earlier than 10 minutes before the sport activity and go home immediately afterwards.

How can Sport Clubs provide a safe environment?

In order to help Sports Clubs and locations on their way, we have formulated a few tips below:



For trainers, supervisors and volunteers

We advise you to take the following measures:

- If possible, come with your own transport to the accommodation where you are going to provide the training;
- Prepare your training well in advance for the age group 13 to 18, ensuring that a distance protocol of 1.5 meters adhered to;
- Ensure that as little as possible materials will be shared during the training in the 13-18 age group;
- Mixing of the age groups of children up to and including 12 years and youth from 13 to 18 years of age is not permitted at any time;
- Have the training ready when the children come onto the field so that you can start right away. Have children train in designated areas;
- Make (behavioral) rules clear to children in advance, especially for the group of 13 to 18 year old's, who must keep a distance of 1.5 meters while exercising;
- For the group aged between 13 to 18-year's old it is necessary to think in advance about the sports activities in relation to the group size and ensure that a distance of 1.5 meters can also be kept during the activities;
- Point out to children the importance of washing their hands and do not allow children to shake or hold hands at any time;
- Help the children to implement the rules as well as possible and correct their behavior if they do not;
- Keep a 1.5 meters distance between all your children and / or fellow trainers. (no physical contact is allowed);
- Preferably make a note of who is present at the training / activity, both members and non-members;
- Follow the required regulations/protocol for the use and cleaning of all materials;
- Do not allow children to congregate no earlier than 10 minutes prior to the start time of the training / activity. The children must leave immediately afterwards;
- Allow children to enter and leave the sports field in phases. Inform them that they will go home immediately after training;



- Ensure that there are no spectators (parents) at the lesson / training, unless this is necessary in specific cases;
- Cough and sneeze in your elbow and use paper tissues;
- Ensure that the training is filled in as much as possible with fixed groups and that the composition of these groups changes as little as possible.

Associations Sports and Municipalities

We advise to take the following measures.

- Wash or disinfect your hands after every workout;
- Stay at home if you have any of the following complaints: colds, cough, shortness of breath or fever;
- Stay at home if someone in your house has a fever (above 38 ° C) and or shortness of breath;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Since you can still get sick up to 14 days after the last contact with this person, you must stay at home until 14 days after the last contact.



For Athletes

We advise to take the following measures:

- Stay at home if you have any of the following complaints: colds, cough, shortness of breath or fever (above 38 ° C);
- Stay at home if someone in your house has a fever (above 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside;
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still become unwell for up to 14 days after the last contact with this person. You must remain at home for 14 days after the last contact;
- Register in time for the sports activity or follow the agreements of your municipality / sports provider, so that the organization can take the registration into account;
- Only visit a sports location if the sports activity is planned for your participation;
- Travel alone or come with one person from your household;
- Come to the sports location as much as possible by yourself and on your own;
- Come to the sports location in sportswear. Dressing rooms will be closed. You cannot take a shower afterwards and make sure you went to the toilet at home prior to the training;
- Come to the sports location no earlier than 10 minutes before the start of the sport activity and wait for it to start at the designated location;
- Always follow the instructions of the organization, for example the trainers, neighborhood sports coaches and board members;
- Athletes from 13 to 18 year's old must keep 1.5 meters away from all other persons (except persons from their own household), including trainers and other athletes. For athletes up to and including the age of 12, this distance limitation is not an issue;
- Use your own materials as much as possible. Cleaning a football and such likes sports equipment is not necessary. Clean materials that are frequently touched with hands immediately after the training session with soap and water or cleaning towels;
- Bring your own water bottle filled for drinking;
- Leave the sports location immediately after the sports activity.



For Parents and Caretakers

We advise to take the following measures:

- Inform your children about the general safety and hygiene rules and ensure that they always follow the instructions of the guidance;
- Coordinate your contact details with your child, such as mobile number;
- Register your child (ren) in time for the sports activity or follow the agreements of your municipality / sports provider, so that the organization can take the registration into account;
- Only bring your child (ren) to the sports location if a sport activity is planned for your child (ren);
- Do not take your child (ren) to the sports location if your child has complaints of a cold, cough, shortness of breath and / or fever;
- Do not take your child (ren) to the sports location if someone in your house has a fever (above 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can let your child exercise again and go outside;
- Do not take your child (ren) to the sports location if someone in your household has tested positive for the new coronavirus (COVID-19). Because your child(ren) can still become unwell for up to 14 days after the last contact with this person, your child must stay at home until 14 days after the last contact;
- If your child (ren) cannot travel to the sports location by themselves, ensure that as a parent / caretaker you travel alone and only bring your own child(ren);
- Bring and collect your child (ren) to the sports location on their own as much as possible;
- As a parent / caretaker / supervisor you do not have access to the sports location. This applies before, during and after the training of your child (ren);
- Arrive at the sports location no earlier than 10 minutes prior to the start of the sports activity;
- Always follow the instructions of the organization, for example the trainers, supervisors and board members;
- If support is necessary for the sports activity and / or toilet facilities, it is permitted to have one parent / guardian present at the sports location. For this person it also applies that the protocol applicable must be adhered to;



- Immediately after the sports activity the parent / caretaker will pick up the child(ren) from the sports location / agreed place. Make this moment as short as possible.