



Specific Covid-19 Rules BC Kimbria – Training

Following, you find a number of specific rules for BC Kimbria trainings in connection with Covid-19. If you have any questions, please contact Christoph Meng (Board member BC Kimbria), via algemenezaken@kimbria.nl.

Please note:

- These rules do not replace the general rules of Maastricht Sport, but complement them where necessary.
- Compliance with the Maastricht Sport rules and the following rules will be regularly monitored by board members (and we also expect Maastricht Sport to do so). Therefore, strictly adhere to these rules. If we find that certain members/teams/parents do not follow the rules, then we are forced to take action.

1. Players/Trainers: General

- a. If you have symptoms, even if these are only mild symptoms, stay at home. Trainers have the power and duty to send players who appear at training with symptoms straight home.
- b. After entering (entering the hall), you immediately disinfect your hands with disinfectant. The trainers receive vials of disinfectant and there will be central (in the Geusselt) refills available (Only for use at BC Kimbria).
- c. The board of BC Kimbria advises to limit changing and showering in the sports halls to the minimum.

2. Players: Opt out of Training

BC Kimbria is obliged to register who is present in a gym at what time. We do this as follows: Every player is automatically registered for his or her team's training sessions. If you cannot attend a training session, you must opt out in two ways:

- i. You sign out with your trainer
- ii. You sign out via the following link: [Opt out of Training](#)

Please note: If you do not opt out via the link above, you will automatically be registered for the relevant training. If one of your fellow players is tested positive for Covid-19, the GGD will ask us to provide a list of players who were present at certain training sessions. If you haven't opted out, you'll automatically be on this list. Please note that in future it may be mandatory that you have to go in home quarantine for 14 days..

3. Players: Changing Training

- a. If you do not follow your own team's training on a given day but train with another team, you will need to sign up via the following link: [Sign up for training with other team](#). Don't forget to opt out of your own team's training (see Point 2) if you don't train with them.

4. Internal practice matches

- a. If Kimbria teams internally organise a training game between 2 teams, the players of the team who would not have training in the chosen sports hall at that time must register as a guest with the other team via the following link: [Sign up for training with other team](#). At the same time, they have to opt out of their own training (if it does not take place due to the training game).

5. Trainers: Not present at training

- a. If you can't be present during training on any given day, sign out via the link that the players also use: [Opt out of Training](#)

6. Trainers: Taking over training from other team

- a. If you take over a training session for another trainer, sign up for this training with the same link that the players also use: [Sign up for training with other team](#)

7. Parents:

- a. Parents may not be present in the sports hall/changing cabins during training sessions with the exception of the sport halls where there is a separate grandstand (e.g. Geusselt). Parents who follow a training in the grandstand should register via the following link: [Registration visitor](#)
- b. Parents must strictly adhere to the RIVM rules during attendance in the gallery (e.g. the 1.5 mtr distance).

8. Pilot Training:

- a. If players who are not yet members of Kimbria join a training, they must register via the following link: [Registration visitor](#)

9. Restaurant in the Geusselt/ canteens in other sports halls::

- a. Of course, Fer is looking forward to welcome you to have a drink in the Geusselt (or the operator of a canteen in another sports hall). Please note that he has to comply with the national rules for the hospitality industry. Please help him and follow the rules as you would follow them in another restaurant.