



Hygiene concept for indoor sports

(IAW pertinent corona ordinances of the state of Rhineland-Palatinate)

The following clearance and hygiene requirements must be observed for indoor and outdoor sports operations (e.g. in a sports hall):

1. The valid requirement for physical distance and the valid contact limitations shall be guaranteed by these measures:
 - a. During training the following requirements apply:
 - for an area of up to 800 sq. meters one person per 10 sq. meters is permitted
 - in case the area has a size of more than 800 sq. meters, the aforementioned applies and on the area exceeding the 800 sq. meters only 1 person per 20 sq. meters is allowed
 - b. The minimum distance between athletes and coaches must be observed in every training session. Training sessions with a team game characteristic are not permitted. Game and competition situations in which direct contact is necessary or possible remain prohibited. Any physical contact is prohibited.
 - c. There must always be a minimum distance of 1.5 meters to other people. For sports that lead to increased aerosol emissions, a distance of at least 3 m from other people must be maintained.

2. Set up of area
 - a. The decision to open the sports facility is the responsibility of the carrier
 - b. The sports facility must not be open to the public. Spectators are not allowed.
 - c. Precautions must be taken to avoid queues. Compliance with the minimum distance in if necessary. required waiting areas are to be secured by markings.
 - d. d. Narrow areas must be redesigned or access restricted so that the minimum distance can be maintained at all times, including appropriately signposted route concepts



3. Person related measures:

- a. Persons with symptoms of respiratory infection should be denied access.
- b. All persons must wash or disinfect their hands when entering the area. The manager must provide suitable washing facilities or disinfection dispensers.
- c. Employees are to be instructed in the protective measures and rules of conduct (including general rules for protection against infection, classification of cold symptoms etc.), and users are informed about the rules to be observed by means of signs, notices, etc.

4. Measures at the Facility:

- a. Sanitary areas, changing rooms and wet rooms may only be used individually. Hand washing options (with an appropriate distance from each other) must be equipped with liquid soap and dry with disposable towels.
- b. All rooms of the sports facility including sanitary areas and changing rooms must be permanently ventilated. Appropriate means must be used to ensure continuous air circulation indoors.
- c. The hygiene regulations to be observed must be posted in the toilet facilities. Regular cleaning must be ensured and sufficient disinfectant must be provided.
- d. Objects people take with them must be reduced to what is necessary for the sport.
- e. Contact surfaces should be cleaned regularly with a grease-dissolving household cleaner or disinfected with an at least limited virucidal agent.
- f. After use, exercise equipment must be cleaned with a grease-dissolving household cleaner or disinfected with an at least limited virucidal agent.
- g. The use of beverage dispensers is prohibited.
- h. Catering can be done either under the guidelines for street sales (kiosk without seats) or the guidelines for gastronomy (food or drinks are only consumed at tables. Bar and counter areas can be used for the sale and delivery of meals and Beverages are opened; however, these areas are closed for guests to remain).

5. In general:

- a. A responsible person must be appointed on site to ensure compliance with the regulations.
- b. Persons who are not prepared to comply with these rules are to be denied access within the framework of the domestic authority.



c. For sports, sport-specific stipulations were defined by the German Olympic Sports Confederation (DOSB) and its umbrella associations on the basis of measures under the Infection Protection Act, which must be observed accordingly. Link:
<https://www.dosb.de/medien-service/corona-virus/sportartsspezifische-uebergangsrechte/>

d. In addition and upon request, the responsible authority can, in justified individual cases, allow exceptions or other hygiene requirements if a requirement under a corona ordinance is not mandatory, the level of protection appears comparable and the purpose of the corona ordinance is observed.