

Protocol trainings inside

Dear Taverians,

First of all, we want to ask you to read this document very carefully!

Unfortunately, we can only use 4 tables per half a hall. We can have a maximum group size of 4, so we will have a solid line of fences going through the middle, which means we can have 2 groups of 2 tables in the hall, totaling 8 players per half a hall. We managed to reserve both hall 2B and 3B, so that we can have 16 people train simultaneously, thus 32 people per evening.

You can only join a training if you have signed up and received a confirmation email. If you cannot attend a training anymore please let us know as soon as possible, so someone else will be able to take your spot. For example, if you have symptoms.

Rules for signing up

As previously mentioned, it is likely that not everyone that signed up will be able to play. Therefore, rules regarding who will be picked for a specific training have been made. For the first training it will be first come first serve. However, everyone that signed up but was not allowed to train will receive priority for subsequent training session. Furthermore, if you have signed up for a training but do not show up or are consistently late, you will not be allowed to train the following week. We have to be strict, because with limited spots for members it would be a waste if people do not show up for their limited spot.

Rules before/after practice

- Wash your hands with water and soap before you leave your home;
- **Always keep 1.5m distance;**
- Be sure to move to hall 2B or 3B quickly and leave the hallways quickly while wearing a mask;
- Disinfect your hands when entering the SSC, before you start setting up the materials, after disinfecting the materials and after practice (**4x**).

Rules during practice:

- First of all, **we follow the rules of the RIVM** (<https://www.government.nl/topics/coronavirus-covid-19/tackling-new-coronavirus-in-the-netherlands/basic-rules-for-everyone>);
 - **Do not attend the training if you have corona symptoms**, these are specified on the website mentioned above;
 - When these symptoms occur during practice, please leave and go home;
- **Wearing a mask while not playing, is mandatory, so the mask can only be taken off once you start playing.**
- All board members have the role of Corona Manager, they will check if the policies are followed. Follow their instructions at all times. If there is no one from the board, the board will appoint someone else for this role. We will indicate the corona manager in the confirmation mail;
- Also during practice, **always keep 1.5m distance!**;
- **You can only** attend a training if you sign up and got a confirmation;
- **You can only** use your own bat, towel and water bottle;
- **Do not** touch the tables;

- **Do not** play doubles;
- **Do not** shake hands;
- **Do not** switch sides;
- **Disinfect** your hands when entering the hall;
- **Disinfect** the materials after putting them up;
- **Disinfect** your hands after disinfecting the materials;
- **Disinfect** your hands after practice
- After practice we clear the hall and we go home, we will do this in an organized way, so we will be able to guarantee the distance of 1,5 m. And as little interaction as possible between two groups. (See next page for more information). Once you leave the hall (with a mask), you will go straight out of the SSC, so that we do not have any interaction after the training.

Also, please follow the protocol set up by the NTTB; you can find the most up to date version here:

<https://www.nttb.nl/berichtgeving-na-persconferentie-uitwerking-consequenties-sport/>

The most important point that was not explicitly mentioned yet;

- *2 spelers per tafel, geen dubbel (in plaats van met 4 samen sporten) om zo de 1,5m te handhaven*
- *2 players per table, no doubles (instead of playing with the allowed 4) to safeguard the 1,5m distance*

Guidelines for setting up tables:

Specifically, for our halls, taking the red outlines of the basketball court (28m x 15m) as guidelines, we will set up four tables in the following way: the outside of the tables must be above the outer line. This way, tables next to each other are at a distance of $\frac{28 - 4 \cdot 1,53}{3} = 7,29 \approx 7,20 \text{ meters}$ between tables next to each other. If both players step to the side at the same time, they can both safely do so for 2,5 meters each at a distance of 2,2 meters.

Protocol for trainings.

Assuming

Group	Enter hall	Start practice	Stop practice	Leave hall
1	18:00	18:15	19:50	19:55
2	18:10	18:15	19:55	20:00
3	20:05	20:15	21:50	21:55
4	20:15	20:15	21:55	22:00

Groups 1 and 2 will never mix. There will be a solid line of fences across the hall. This way, there will be no possible interaction between the two groups. There are 2 fences behind each other between tables 1 and 2, and tables 3 and 4. This is to prevent most balls from crossing over to the other side.

Groups will enter the hall one by one. They will disinfect their hands before touching any of the materials. After disinfecting the materials and once they are done with the training.

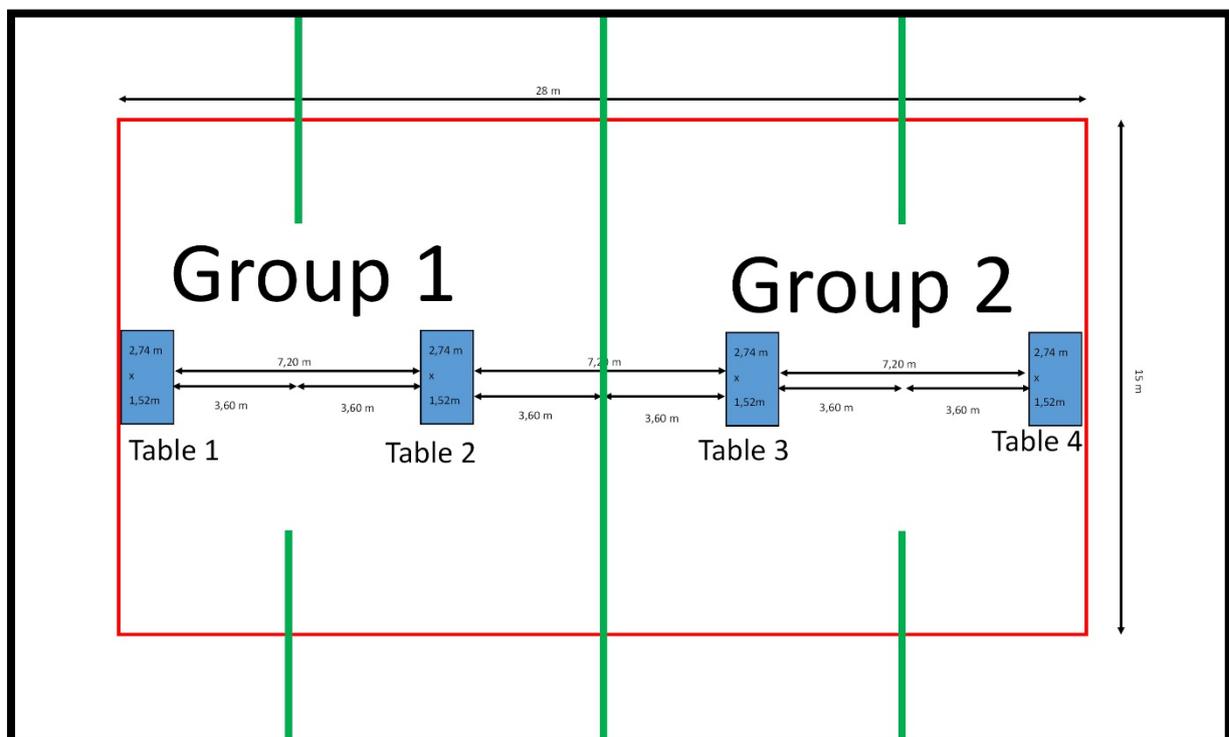
The first group sets up the tables as far from the storage as possible at the start of our training time. If the storage is on the left, then the first group sets up on the right side, and vice versa. They put their belongings (bags, coats etc.) on their side of the solid line of fences. Then, after the first group also sets up the fences on their side of the hall and in the middle. If done efficiently, we can have a wall of fences in the middle within 2 minutes. So, make sure you grab everything you need from the

storage (tables, nets, fences and cleaning supplies). After 10 minutes, the second group enters the hall. They set up their 2 tables and the 4 fences in between. They clean the tables using the other disinfectant spray.

The training commences as soon as both sides have finished setting up the tables. The first group can already start warming up behind the table. The trainings finish at different times, so that there is as little interaction as possible. The first group finishes 5 min before the second group, since they were there 10 min before. The trainer will tell them when to stop. They will collect and the balls and put them in baskets, and disinfect them depending on whether or not there will be a group after them or not. If no group has practice after them, they will put the nets in the cart, fold the tables up and put them near the middle for the last group to put in the storage.

They will disinfect their hands again. Then, they leave the hall preferably on their side if there is an exit on that side, otherwise, they will walk on the outside of red basketball court lines. As close to the wall as possible. Once they are gone, the trainer will tell the second group to stop playing, collect the balls and put them in baskets. Also, they put away all materials if no group is playing afterwards. They will then disinfect their hands and leave the hall.

If there is a second shift, all balls will be in baskets, as done by the first two groups. The second shift will arrive 5 min after each other, since they do not need to put up the tables. The third group (first group of the second shift) will disinfect their hands, clean the tables and the balls, disinfect their hands again and start playing. This can all be done within 5 minutes, so when the fourth group enters, they will do the same thing. Training commences as soon as both groups are ready. After the training, the third group will stop 5 min before the fourth, collect all balls, fold up all tables, put them near the middle, disinfect their hands and leave the hall as described above. The fourth group puts away all the materials, disinfect their hands and lock up all materials in storage.



Of course, we get that this is a lot of information. If you still have questions after reading this e-mail, feel free to ask one of the board members.

We hope to see you all safely during an upcoming practice.

With kind regards,

The 55th board of Taveres