



# Eindhovense Studenten Zaalvoetbalvereniging Totelos

## Address

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## Subject

COVID-19 protocol trainingen

## Date

19 november 2020

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## Introduction

In the coming weeks, the training will look a lot different than what we are used to. This document contains all the information regarding this training. Furthermore, this document mentions all the rules which members have to follow during the training and on the SSC grounds. It is of great importance that you read this document carefully, understand the rules and follow these rules. Training will start in the week of November 23<sup>rd</sup>.

## General information

### Amount of people and hall division

At the moment, a maximum of 16 people are allowed at a training. An addition to this is that it is only allowed to do training exercises in groups of 4 people. This means that the hall will be divided into 4 quarters, each in which 4 people can do training exercises. Because contact is not yet allowed, most focus will be on passing and technique exercises. There are no changes of quarters and group members, you will remain in the same spot for the whole training with the same 3 other people.

### Training times and schedule

A training with 4 people on a quarter field will not be sustainable for a full 1,5 hours. For this reason we have chosen to divide a full training into two separate training sessions of 40 minutes, leaving room for departure and arrival of 10 minutes. The moments on which we train are similar to the normal schedule. The exact times of the training sessions can be seen in Figure 1.

Tijd/Dag	Maandag	Dinsdag	Woensdag	Donderdag
	Training - Trainer - Max amount - Location		Training - Trainer - Max amount - Location	
17:40-18:20	Ladies' selection - Melissa - 16 - Hall 1			Men's training - Joey - 16 - Hall 1
18:30-19:10		Men's training - Pim - 16 - Hall 3		Men's training - Joey - 16 - Hall 1
19:20-20:00		Men's training - Pim - 16 - Hall 3		Ladies' training - Melissa - 16 - Hall 3
20:00-20:40	Men's selection - Atef - 8 - Hall 2		Men's selection - Atef - 16 - Hall 2	Men's training - Joey - 16 - Hall 1
20:50-21:30	Men's selection - Atef - 8 - Hall 2		Men's selection - Atef - 16 - Hall 2	Ladies' training - Melissa - 16 - Hall 3
<b>Legend:</b>				
Colour code	Who is allowed to come to this training?			
Ladies' selection	Female members who play in Da1 or Da2			
Men's selection	Male members who play in T1 or T2, or are invited by Atef			
Men's training	All male members			
Ladies' training	All female members			

Figure 1: Training schedule

Figure 1 also indicates who is allowed to come to which training session.

## Subscription

Subscribing for a training will be required in the coming weeks. Depending on which group of trainees you belong to, you have to subscribe in a different way. The different ways of subscribing are listed below:



- Ladies' selection and regular training: The ladies' trainees have been using the Teamers app for a while now for subscription, this will remain the same.
- Men's selection training: Subscribing for this training will go through Atef el Allouche by means of Whatsapp
- Men's regular training: Through the Ledenportaal. In the Ledenportaal (<https://members.totelos.nl/events>) there will be two events every week (for tuesday and thursday), each referring to a Google Spreadsheet. Subscribing can be done by putting your name on the list in one of the time slots for that evening. Subscribing for a training session can be done weekly, starting from the previous Friday evening, and ending on Monday at 15:00. In this period, you are allowed to fill in your name once in one timeslot. After Monday afternoon, you can also fill in your name to any open spots for other time slots.

Subscriptions will be checked by a board member at the entrance of the SSC.

## Rules

To make sure that we can train without running into any problems, a set of rules has been made in cooperation with the SSC. Every trainee has to follow these rules. If a trainee does not follow these rules, they can be expelled from the training session by the trainer/board member/SSC staff member. The rules which have to be followed are listed below:

The most important rule deserves its own paragraph: **Stay home if you have symptoms of common cold/coughing/sneezing/fever or if you have recently had contact with someone who tested positive for COVID-19.**

### Before and after the training:

- Wash your hand before departure and make sure you travel alone to the SSC. Even if you are planning to come to training with roommates and/or family members you still have to travel separately, because other people do not know you are roommates. Also make sure that you do not hang around the bike parking or the entrance of the SSC.
- Upon exiting the bike parking towards the entrance of the SSC, wearing a face mask is mandatory. You are allowed to remove the face mask when you have entered the hall in which you train.
- When entering the SSC, disinfect your hands and announce yourself to the corona manager. This will be a board member who stands at the entrance of the SSC. They will check if you are subscribed for the training session.
- Make sure to arrive at the SSC on time, but no more than 10 minutes before the start of your training session.
- Changing and showering is NOT possible at the SSC. Make sure you arrive in sports clothes and that you only have to change your shoes.
- Upon entering the sports hall, you can deposit your belongings along the wall of the hall. Make sure you put your belongings as far back as possible, so that late arrivals don't have to walk through your stuff to get to a free spot for their belongings. Make sure that you keep 1.5m distance between your belongings and someone else's.
- After depositing your belongings, announce yourself at the trainer. The trainer will assign you a quarter of the hall with 3 other group members. Go to that quarter of the hall immediately. Although it is fun to catch up with other Totelossers in other quarters of the hall, this is absolutely NOT allowed.
- After the training, you are asked to leave the hall as soon as possible. Outside of the hall, please do not hang around talking to others. You are asked to leave the SSC grounds as soon as you can and return homebound.

### During the training:



- Make sure that you maintain 1.5m of distance from other people, even within your training group of 4 people. The exercises will be made to be able to honour the 1.5m distance. Please give your fellow group members enough time and space to conduct these exercises.
- Bring your own bottle of water.
- Do not touch any of the supporting training materials, unless instructed to do so by the trainer.
- Touching the ball with your hands and heading the ball is not allowed.
- At all times, follow the instructions of trainers, board members and SSC staff. When you do not do this, they have the authority to expel you from a training session.
- It is possible to go to the bathroom at the SSC.