



Student Sports Limburg ~ COVID19

As you all know, we are currently confronted with a very special situation, the corona virus has somewhat limited our freedom and this will also affect the functioning of student sports Limburg in the coming academic year.

It goes without saying that we want to adhere to the guidelines that are taken by the government, this is of course only possible if you, as an individual athlete, want to contribute to this.

We expect you to:

- keep a 1.5m distance (social distancing) on the way to and from the sports accommodation and if possible during sports
- good hand hygiene: wash your hands as much as possible and use disinfectant before and after exercise. We will provide disinfectant hand gel at the entrance, but to be on the safe side, also bring your own bottle of disinfectant
- wearing a mouth mask in the public areas (entrance, toilet, etc...) before and after exercising
- stay at home at all times when you are sick
- keep up to date with the news around Covid19 in order to be aware of the latest measurements, we also ask you to strictly follow the specific guidelines of the used accommodations (e.g. swimming pool)

We of course also do our part to make covid19 as difficult as possible to spread:

- we have a limit for participants in the group lessons, it is therefore important that you reserve your "seat" in advance via the registration of our brand new sports app "Studentensport Limburg app"

(The number of participants for an activity will differ, depending on the space available, if it is an indoor or outdoor activity and if there is contact or no contact during the activity, etc.)

- We register all participation, so in case of an infection we can react quickly and we can contribute to contact tracing

It is very important that you confirm your presence for each activity by scanning the QR code, which will be displayed on the sports facility, via your registration for the activity in the new sports app "Studentensport Limburg app".

- all activities will be supervised
- teachers and trainers will be instructed not to share sports equipment or unless it is unavoidable to disinfect the sports equipment
- we do not allow public during the sports activities under any circumstances
- changing rooms and showers will not be open

Since the measurements change regularly, we ask you to keep up to date.

Stay fit, be active, join SSL!!

Kind regards,

Student sports Limburg

