



Super Summer Camp

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## «Super Summer Camp (SSC) 2020»

### Protection concept for training from July 6th 2020

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## New basic conditions

Since June 6th, 2020, training in all sports has been permitted again in compliance with camp-specific protection concepts. Further adjustments came into force on June 22nd. For sports activities in which continuous close physical contact is required, it is recommended that the training takes place in stable groups. Close contact is considered to be a longer (> 15 minutes) or repeated falling below a distance of 1.5 meters without protection measures.

The following five principles must be followed in training:

### 1. Only symptom-free training allowed

People with symptoms of illness (cough, fever, sore throat, headache, etc.) are NOT allowed to participate in training. You stay at home and go into isolation and clarify the further procedure with the doctor.

### 2. Keep your distance

On arrival, when entering the sports facility, in the cloakroom, during meetings, after training, on the way back - in all these and similar situations, a distance of 1.5 meters must still be observed. Traditional shaking hands, high fives, and hugging are still to be avoided. Only in the actual training is body contact again permitted in all sports.

### 3. Wash your hands thoroughly and disinfect

Washing hands plays a crucial role in hygiene. If you wash your hands thoroughly with soap before and after training, you protect yourself and others.

### 4. Keep presence lists

At the request of the health authority, close contacts between people must be shown for 14 days. In order to simplify contact tracing, the SSC maintains presence lists for all training units. The person who leads the training is responsible for the completeness and correctness of the list and that it is available to the Corona representative in an agreed form (see point 5). See «Special provisions»

### 5. Provision Corona-Representative of SSC

Every organization that plans to resume training must appoint a Corona representative. This person is responsible for ensuring that the applicable regulations are complied with. At our SSC, the representative is Mélanie Renggli. If you have any questions, please do not hesitate to contact her directly (Tel. 078 742 21 09, melanie\_renggli@yahoo.de)

### 6. Special provisions

#### Protection mask and disinfectant

It is **MANDATORY** to wear a protective mask in the spaces of the ice rink! Except for training on ice or in off-ice (dancing, TT), a protective mask is not required. When warming up inside the ice rink or in the tent (see point Off-Ice Training), a protective mask must also be worn. The disposable protective mask must be disposed of in the designated waste bin before entering the ice. When leaving the ice, a new mask is to be put on. Washable protective masks must be kept in a special tupperware box during training. Every SSC figure skater and trainer must have their own protective masks!

In addition, everyone should have their own hand disinfectant with them and use it. Hand disinfectant dispensers are also made available at the entry of the ice rink and in the tent.

## Accessibility

- Access to the infrastructure is only permitted for enrolled and registered trainers and figure skaters.
- Skaters who cannot yet tie their skates themselves must put the skates on in an area / cloakroom marked for them. Please inform yourself on site.
- No admission for parents and spectators in the ice rink, except restaurant.
- Arrival at the ice rink at the earliest 10 minutes before entering the ice rink or cloakroom to put on the skates (otherwise no one can stay inside the ice rink; no groups) → Warm up outside or as instructed by the trainers!
- Personal items should be reduced to a minimum (skate cover, water bottle) and should be deposited in the marked training area.
- Handkerchiefs always belong in the waste!
- The figure skaters must leave the ice rink as soon as they have finished their training.

## Training on the ice:

- The field of the ice rink is no longer divided.
- Entry and exit to/from the ice rink must take place separately via marked access points. No entry and exit during the training session.
- Strict following to the assigned schedules
- All trainers and figure skaters of each lesson are noted so that potential infection chains can be tracked → before each training session, enter the full name and time in the list!
- The figure skaters enter and leave the facility in training outfit
- Leave the hall within 10 minutes after the end of the training lessons
- The music system is available throughout the available ice-sessions but may only be operated by trainers. No depositing of objects (bags, etc.) in the area of the music system.
- For harness training both people must wear a mask.

## IMPORTANT!

The changing room may be left no earlier than 5 minutes before the start of the training. After training, the ice rink must be cleared within 3 minutes and all skaters and trainers must be back in the changing room. This must be strictly followed in order to avoid mixing with the hockey players in the corridor, on the stairs and on the ice rink edge!

## Changing room, shower, toilets

- Figure skaters put on their skates within a minimum distance of 1.5 meters (marked areas) in several open changing rooms.
- If all the marked places in the changing rooms are occupied, alternative places will be made available. Please inform yourself on site.
- The use of toilets is allowed. The use of the showers is not permitted.

## Cleaning and Disinfecting (of the sports facility)

- All handles on the access doors are disinfected after each training session
- Complete cleaning of the used items (such as chairs / benches) and the top of the board once a day
- Provision of disinfectants by the operator of the sports facility.

## Food

The federal guidelines for gastronomy apply here.

### **Off – Ice Training**

- Only personal equipment (e.g. rubber band, skipping rope) that the skater uses individually will be tolerated. No other material is allowed. It is mandatory to bring your own yoga mat for off-ice training. None are provided.
- Before and after each off-ice training everyone must disinfect their hands with the disinfectant provided!
- No spectators, parents and / or other people are allowed also for Off – Ice respectively in the tent.
- The distance of 1.5m must also be followed in the tent.
- Entry and exit to / from the tent must be followed separately via marked access points!
- Warming up in the tent is only allowed with a protective mask and when there are no off - ice lessons.
- The tent must not be entered earlier than 5 minutes before the start of the lesson and must then be left directly via the marked exit
- The floor in the tent is disinfected once a day

### **Patch – Ice**

All skaters, who use “patches on request” in addition to the course must register on the attendance list.

### **Grouping**

For national and international squad athletes, in consultation with their coaches, associations and the SSC management, there is a grouping with special requirements (no mixing etc.)

The group sizes correspond to the general specifications and correspond to the limited number of participants of the corresponding performance levels.

### **Risk / Accident/ Responsibility**

Each trainer is responsible for complying with the safety rules of their ice skaters.

Meetings in the event of an accident are prohibited; intervention by the responsible person until the helper arrives is permitted. In the event of a fall without (serious) injury, the skaters must stand up independently. The insurance of accident and liability is everyone's responsibility.

### **Communication of the protection concept**

The protection concept is sent to all working figure skating coaches for information with signature and implementation. They pass it on seamlessly to their ice skaters who were accepted for this training. The concept is also clearly visible in the access area of the ice rink. If the guidelines are not complied with, sanctions can be taken into account, which can lead to exclusion from the infrastructure for trainers / coaches and figure skaters.

### **Epilogue**

This extraordinary time brings us an extraordinary Super Summer Camp this year. It is only through the measures listed above and your serious and professional behavior during your stay in Flims that we can run a smooth camp.

Please follow the hygiene rules and the instructions of the trainers and responsible people on site.

Your SSC – Team