



## **10 DOSB RECOMMENDATIONS FOR SAFE SPORT DURING COVID-19 CONTACT RESTRICTIONS**

### **Follow social distancing rules**

A distance of at least 1.5 - 2 metres between the persons present contributes significantly to reducing the probability of virus transmission. As practically all sports involve movement, err on the generous side when measuring this distance. Make sure that access control procedures to the sports facilities do not lead to queues being formed.

### **Physical contact must be avoided**

Sport and exercise should be performed without contact. There is no shaking hands, exchange of high fives, hugging team-mates and cheering or agonising together. Do try to avoid one-on-one duels against opponents in team sports. In duel and combat sports only individual training can take place.

### **Start with outdoor activities**

Sport and exercise in outdoor public spaces or on public and private open-air sports facilities make it easier to comply with distancing rules and reduce the risk of infection thanks to the permanent change of air. Game and training forms should be carried out outdoors, for the time being this shall also apply to traditional indoor sports.

### **Follow hygiene rules**

More frequent hand washing, the regular disinfection of heavily used areas and surfaces and the use of gloves can reduce the risk of infection. Hygiene and disinfection measures for shared sports equipment must be observed with particular care. In some sports the use of face (oronasal protection) masks may be useful.

### **Clubhouses and changing rooms remain closed**

The use of changing rooms and showers in sports halls and sports clubs is temporarily suspended. If no other regional provisions apply, the catering areas remain closed, as well as the social and common rooms.



## **Temporary suspension of car-pooling**

In the transition phase, car-pooling to and from training and competitions should be suspended. The use of minivans is equally unsuitable. In addition, tourist sports trips should be avoided.

## **Avoid organising social events and competitions**

In order to comply with the distancing rules, clubs are advised not to organise any social events at present. This applies to both festivities and meetings. The German Federal Government has allowed clubs and associations to hold their general assemblies digitally, if necessary. In addition, any club events involving or attracting spectators are prohibited. For the time being, this ban also applies to sporting competitions, apart from few exceptions in some federal states for non-contact sports.

## **Reduce training groups**

By forming smaller, ideally unchanging training groups of up to five people, it will be easier to comply with the distancing rules. This also reduces the risk of infection and the number of persons who would need to be quarantined. In some federal states, mandatory amounts of square meters per participant can provide additional orientation.

## **Special protection for members of risk groups**

Participation in sport is also very important for members of risk groups. It is therefore all the more important to minimize the risk for this group of people as far as possible. Individual training can be an option.

## **Minimizing risks in all areas**

This point is an appeal to common sense. If you feel uncomfortable about an activity or are not sure of the possible risks involved, don't just carry on but choose a risk-free activity instead.

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