



General rules on Corona measures:

At all times observe the governmental [rules](#) (the most important points are listed at the bottom of this document (in full, not exhaustive, see the various governmental sites)).

Summary

We would like to bring to your attention that ARC has formulated a number of rules and procedures with regard to Covid-19 to accommodate a safe and responsible environment to play rugby at our club. Join us as we band together in the fight against the coronavirus by complying with the following rules:

- Everyone is asked to leave their personal details for contact research. Therefore, we ask anyone who is not listed by name on the competition form to 'check in' via the QR code and leave their contact details. The QR codes can be found at the entrances to the grounds and the club house. You can register in advance via this [link](#).
- In the catering area of the club (bar and terrace), visitors must be seated in the designated areas.
- It is no longer permitted to watch a match while standing on the terrace. During the match, visitors must also sit down in the designated areas. Standing is only allowed along the sideline and at 1.5m distance.
- Players are asked to come to the club dressed for the match if possible, in order to limit contact moments in smaller spaces as much as possible.
- Maximum number of players that may be in a dressing room at the same time is 9 for the small dressing rooms (2 and 3) and 12 for the large dressing rooms (1, 4, 5, 6).
- In order to make optimal use of the dressing rooms and to allow the teams to prepare well for the match, a schedule will be posted on the board in the tunnel on the day of the match. Please follow this schedule displayed on the Bulletin board closely.
- Players must keep ALL their clothing IN their bag and UNDER the bench during the game. On match days we may use dressing room 2 for this purpose.
- Do not leave valuables in the dressing room, store your valuables in the allocated boxes behind the bar. During the match, these storage boxes can be put back behind the bar, or stored by the team manager.
- Changing rooms remain OPEN. In other words, keep the doors open for the purpose of ventilating the changing rooms.
- After use of the changing room, players must leave the changing room tidy.

Thank you very much for your co-operation.



[Basic rules for everyone \(LINK\)](#)

This applies to everyone in the Netherlands:

- [In the event of complaints, stay at home and have yourself tested;](#)
- [keep 1.5 metres distance from others;](#)
 - wash your hands frequently and cough and sneeze in your elbow;
 - work at home as much as possible;
 - avoid crowds:
 - relocate to another area when it is busy;
 - travel outside of rush hour as much as possible.

The main points upon which the rules are based are:

- 1. Keep your distance and do not obstruct the flow of movement.**
- 2. Hygiene measures.**
- 3. Maximum number of visitors per room.**
- 4. Booking and Placing.**
- 5. Health check (triage).**
- 6. Ventilation.**
- 7. Groups at risk**
- 8. Personal protective equipment (not required).**

Rules specific to ARC:

The rules specific to ARC are discussed below on a point-by-point basis according to the main points mentioned above.

1. Distance and the flow of movement on ARC grounds

- Inside and around the clubhouse, walking routes are marked to ensure a good flow of traffic and to prevent crowding. Respect these walking routes within the club house, and keep 1.5m distance from each other at all times.
- In the catering area of the club, visitors must be seated in the designated areas. The seats may not be moved by the visitors. The catering area includes the bar and the outside terrace.
- Outside the club house, the 1.5m rule must be respected:
 - spectators stand 1.5m apart unless they belong to 1 household. There are indication stripes along the lines to facilitate this
 - players and spectators who do not actively participate in a training course or competition must comply with the 1.5m rule everywhere on the grounds. standing in a group chatting on the courtyard is allowed, provided there is an appropriate distance of 1.5m between them.
 - during a match, substitutes and staff are standing along the sideline at a distance of 1.5 m from each other, they do not fall under the players at that moment.



- Restrictions also apply to dressing room use, see a [separate section](#) for this.

[Extra indication for the 1.5m rule:](#)

The 1.5 rule ALWAYS applies to the way people conduct themselves on ARC grounds. This rule is superseded by players who are on the pitch when they actively participate in training or during matches. Coaches and trainers must therefore also keep the required 1.5m distance on the pitch in relation to the players (taking into account the age of the players);

- Everyone from the age of 18 up has to adhere to the 1.5-meter rule. They need to keep a 1.5m distance between peers, spectators AND children from 13 to 17.
- Children up to the age of 12 do not have to keep a distance to their peers and adults.
- Members of one household and children up to the age of 18 do not have to keep a distance of 1.5 meters.

2. Hygiene measures

- For staff, players and visitors: please wash your hands frequently with water and soap. DO NOT touch your face with your hands and DO NOT shake hands. We urge you to cough and sneeze into your elbow instead of your hands and to use paper napkins to wipe your nose. Dispose of personal hygiene materials in the bin afterwards.
- Unfortunately, this means that we will have to meet our peers, coaches and visitors without any physical contact.
- After the training/games, it is necessary that the balls are washed and disinfected in the allocated buckets which can be found in the tunnel.
- Certain rules and protocols are instated for showering and the use of the dressing rooms. For these regulations, you are referred to the following [section](#).

3. Maximum number of visitors per area

The maximum number of people in the different areas of the ARC grounds are:

- Bar: 40
- Terrace: 38
- Meeting room: 10
- Board room: 4
- Dressing rooms:
 - 1: 13 people
 - 2 en 3: 9 people
 - 4, 5 en 6: 12 people

With scheduled events, there is a maximum capacity of 250 people on the ARC grounds. With the given capacity in mind, on game days which attract a large crowd, a (time) schedule will be made which the club will strictly adhere to.



4. Booking and placing

- Players and staff should sign up before every training and game, this can also be done through their team app, or can be registered in an alternative way. The acquired data has to be stored for a minimum of two weeks.
- Spectators (parents/guardians/friends) should also register via the QR-code, EVEN if they don't make use of the club's facilities.
- In the BAR and TERRACE sections of the club the rule applies that all visitors must be seated at the designated spots. The chairs must remain in their original position and may not be relocated.
- On the terrace it is not allowed to spectate the game while STANDING. You may only view the game while standing, IF you are on ground level, given that you are 1.5 meters a part.

Rationale: Everyone who finds themselves on ARC grounds will provide their personal details. This will ensure adequate contact tracing can be done if deemed necessary. For the hospitality in the Netherlands, it is a requirement to ask their guests for their personal details. We would like to ensure you that your contact details will only be used for contact tracing, when a positive case of COVID-19 is traced back to the ARC grounds. As it is impossible to make a distinction to whom has been in the clubhouse and who has not, we decided to ask every individual who finds itself on the ARC grounds.

The permit issued by the municipality states that our terrace is a segment of the horeca-establishment and therefore the same rules apply at the BAR and TERRACE. This entails that there has to be fixed seating arrangements.

5. Health check (triage)

We expect that everyone complies with the basic rule: if you have symptoms, stay at home, if you develop symptoms during your time at the club, go home. In both cases, get tested. If your test results come back positive with SARS-CoV-2, report to the team manager as fast as possible.

When entering the horeca-section of the club, the bar staff will ask and check you for symptoms. For game days where we expect a lot of visitors, a host/hostess will inquire about any potential symptoms at the entrance of the horeca section of the club. Your attention will also be pointed at using the QR code.

6. Ventilation

All rooms should be ventilated as much as possible. The changing rooms remain open, please take a look at the separate section on locker room use. The extra doors from the bar to the terrace that are sealed with tape are open for ventilation, and may NOT be used as a passageway, except in an emergency such as fire.

7. At-risk groups

Visitors who belong to an at-risk group, will have to decide for themselves whether they want to use the ARC facilities. ARC has not prepared any special amenities for at-risk people.



8. Personal protective equipment (PPE)

Personal protective equipment is not required when you visit ARC. However, you are allowed to use PPE as you see fit. The medical staff on site will enforce their own protocols, which all adhere to the measures taken by the government.

Remaining provisions:

9. Dressing room procedures

- Players are asked to come to the club dressed for training sessions and matches if possible.
- Opponents are also asked to come to ARC dressed for the game as much as possible.
- When changing clothes is necessary, players should change as soon as possible.
- Maximum number of players that may be in a dressing room at the same time is 9 for the small dressing rooms (2 and 3) and 12 for the large dressing rooms (1, 4, 5, 6).
- Players must keep ALL their clothing IN their bag and UNDER the bench during the game. On match days we may use dressing room 2 for this purpose.
- Do not leave valuables in the dressing room, store your valuables in the allocated boxes behind the bar. During the match, these storage boxes can be put back behind the bar, or stored by the team manager.
- Changing rooms remain OPEN. In other words, keep the doors open for the purpose of ventilating the changing rooms.
- After use of the dressing room, players must leave the changing room tidy.

Rationale: Off the pitch, adults should keep 1.5m distance from each other. In order to apply this, the number of players per dressing room is limited. Also, the risk of infection is greatest in enclosed spaces where people gather for prolonged periods of time. Therefore, the amount of time spent in the dressing rooms should be kept to a minimum, and the dressing rooms should be ventilated as much as possible. The number of players on an average training evening or matchday at the club is high. In order to provide everyone with space to change, and to limit possible exposure time for players in a limited, humid space, we ask players to adhere to the above guidelines. 'Socializing' and hanging around will therefore also have to be done OUTSIDE the dressing rooms.

10. Responsible use of voice alongside the field

It is not common in rugby to have choirs, or to sing or shout along the sideline. ARC would like to remind spectators that this standard should be upheld. Singing in the clubhouse after the match is also not allowed for the time being.



11. Quarantine after a stay abroad or after contact with Corona patients

ARC asks all its members to follow the [guidelines for \(home\) quarantine](#) imposed by the government.

We assume that everyone who comes to the club only does so when they have no symptoms of flu-related illness. However, it has been shown that there are people who, despite being (recently) infected with the SARS-Cov-2 virus, do not (yet) show any symptoms, but at that moment can transmit the virus to others. Rugby is a contact sport, and despite the fact that outdoor sports are allowed, we do not want to run unnecessary risks.

In order to protect our members, and their loved ones and family members who may fall into an at-risk group, we urge everyone once again to respect the recommended home quarantine time.

Consequences and enforcement of the rules

If violations are detected, the club can be fined €4,000.00, and the club house may even be closed indefinitely. We want to prevent this at all times! Individual violations can also be fined [for 13 to 17-year olds the fine is 95 euro, for 18 years and older it is 390 euro.](#)

The board urges everyone to abide by the rules stated above. Help each other by reminding each other when someone accidentally keeps insufficient distance, or it gets too crowded. In case of repeated violations of the rules, the club reserves the right to ask the offender to leave the premise.



Responsibilities

Members

All members are responsible for complying with the 1.5m rule and all other rules upheld by the government and the club. When it comes to youth members, the parent/guardians are responsible to instruct the youth members to abide by the rules. Therefore, any individual fines imposed by civil servants can never be recovered from the club. As a club we do this together. That is why we ask everyone to help each other remember the rules.

Team managers

It is the responsibility of the Team Manager to make these guidelines known to his own team (and possibly the opponent) and to ensure that they are adhered to. Team managers ensure that all members are notified before every training session and match.

Competition secretary

In the invitation to (league) matches these guidelines will also be communicated to the opponent by the match secretary.

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Administrators ensure that 1.5m distance can be held by checking the correct placement of furniture. During quiet moments, when there are no Corona coordinators present, also make sure that the guests stay in the right places.

Corona Coordinator

Coordinators will be deployed per matchday/event:

- at the outside gate as the first check-in check and triage
 - supervising along the sidelines
 - at the entrance to the clubhouse to facilitate placement of guests, ensure that people do indeed stay seated and they will be supervisors for check-in and triage
- The main task of the coordinators is to appeal to visitors to stay seated and respect the 1.5m rule. The Corona coordinator can be recognised by the yellow jacket.

Instructions Corona coordinator

Corona coordinator at the outdoor gate:

- Welcome people to the club, and ask them to register using the QR code on the gate. Exceptions are players who have registered through the match form. If players do not want to do this, tell them that they can then be denied access to the hospitality part of the club house (the bar and the terrace). Drinks can be picked up, sitting down is for registered guests.



- Ask the visitor if they are free of Corona symptoms, possibly use the poster on the fence for this. When one of the questions on the poster is answered with 'Yes', kindly ask the visitor NOT to enter the terrain.

Corona coordinator at the club house:

- Welcome the visitors to the club house, and ask if they have already registered via the QR code. If they haven't done so yet, they still need to do so via the code on the posters. Only visitors who have registered, either via the QR code or via registration via the competition form, are allowed to enter the hospitality part of the club. If they are unwilling to do so, please indicate that we ask them not to sit down. Drinks can be picked up, sitting down is for registered guests.
- Point out to visitors that you should always sit down unless you are placing an order. If you are queuing to order, please respect the 1.5m distance.
- Keep an eye on the terrace and bar so you can help people find a seat quickly. When it is full, indicate this.
- If no more guests can be seated, indicate that you can order a drink at the bar, but that you have to drink the beverage downstairs.

Corona coordinator around the pitch:

As Corona coordinator around the field you have to keep an eye on all activities on ground level.

- Regularly walk around the fields, reminding people to keep their distance.
- The 1.5m distance applies to anyone who is not training or playing at that time. This includes coaches and substitutes along the line.
- If it is very crowded at the gate entrance, or at the hospitality part of the clubhouse, please lend the other Corona coordinator a hand.

Point out to the visitors that if they are unwilling to comply the rules, they cannot be allowed to be on the ARC premise. Stay calm and friendly. If necessary, call in the help of another Corona coordinator or club member. There is no legal obligation to leave your details, but you are required to follow the rules.

[Generic principles](#) (from the government)

1. Distance and flow

Ensure that everyone can keep a 1.5 meter distance (2 arm lengths) from each other. Exceptions:

- Young people up to and including 17 years of age do not have to keep the 1.5m distance from each other.
- Children up to and including 12 years of age do not have to keep a meter and a half distance from each other.



- People belonging to a single household/family do not need to keep a meter and a half distance from each other.

In some situations, keeping distance is not possible and the 1.5m may be released temporarily.

These are the following:

- Contact between dependants and their companions;
- Team and contact athletes (indoors and outdoors) during training and (practice) competition;

2. Hygiene measures

- Let everyone follow the hygiene measures closely. For staff, players and visitors, wash your hands regularly with soap and water, do not touch your face with your hands and do not shake hands with others. Cough or sneeze in your elbow and use paper napkins to blow your nose and then throw them away.

3. Maximum number of visitors per room

- Respect the maximum number of people per room as indicated on the doors.

4. Reservation and Placement

- If required, a reservation must be made in advance.
- If required, fixed seats (placements) for visitors and/or staff and players must be designated.
- If possible, the time schedules should be followed, with a start and end time.

5. Health check (triage)

- Stay at home in case of flu-related symptoms. Do you develop symptoms during the visit? Go home.
- If found necessary, a [health check](#) is required. Employees/visitors have to do the health check before the start of the service/visit. If one of the questions is answered with yes, then that person has to stay at home.
- At the time of ticket sales/reservation and at the start of the visit, visitors must be made aware of the [health check](#).

6. Ventilation

- It is important that public/enclosed spaces are ventilated 24 hours a day through natural ventilation (grids above a window, cracks). Or via a mechanical ventilation systems. Good ventilation is necessary to refresh the air and this measure contributes to a pleasant and healthy indoor climate.

7. At-risk groups

- Visitors belonging to an at-risk group have to make an informed decision for themselves whether they can and want to visit the ARC facility.

8. Personal protective equipment (Optional)

Personal protective equipment is not required if:

- Everyone goes through the health check and stays at home if the answer to one or more questions is 'YES'
- Everyone sticks to the given measures.