

COACHES HANDOUT

COVID-19

WE AVOID IT WE FIGHT IT

You prepare your training well in time

You see to it that players use hand disinfection

You monitor the use of changingrooms (no mixing of groups)

You keep the 1,5 mtr distance to each other and to players

You wear a mouthmask while inside and/or when at close distance to a player

**IN CASE OF SYMPTOMS/ CONTAMINATION REPORT TO:
SPELERSZAKEN@RUGBYACADEMYZUIDWEST.NL**

**YOU OR SOMEONE IN YOUR
HOUSEHOLD IS TESTED
POSITIVE;**

**You stay home and report to
spelerszaken**

**YOU OR SOMEONE IN YOUR
HOUSEHOLD HAS
SYMPTOMS;**

**You stay home and report to
spelerszaken. (mention date
of testing)**

**YOU RECEIVE AN ALERT
THROUGH THE CORONA
APP**

**You stay home or go home
and report to spelerszaken**

**A CO-WORKER OR CLOSE
FRIEND TESTED POSITIVE**

**You determine how close in
contact you have been and
follow GGD guidelines,
report to spelerszaken**

**YOU COME BACK TO WORK
WHEN:**

You tested negative

or

**You had an minimum of 7
days quarantine and the
last 48 hours without
fever and 24 hours
without symptoms**