

## **COVID 19 Prevention Concept: FH OÖ Sports Program**

### **(As at September 2020)**

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The FH Sports Team developed a prevention concept due to the current Covid-19 situation and the resulting necessary measures. This concept was written according to the measures and recommendations of the Austrian Ministry of Health and Sports.

Every action which is necessary to implement will be updated and communicated to all involved parties immediately.

We want to point out that every participant of the sports program has a direct responsibility to observe the Austrian legal provisions of COVID 19.

### **Following rules are binding for all participants of the sports program**

1. If someone feels sick or has specific COVID 19 symptoms like a cough, a cold or fever, the person is not allowed to participate in any of the FH OÖ sport classes.
2. We refrain from doing handshakes and direct contact to other sports men/women.
3. It is absolutely recommended to wash hands and sanitize after arriving at the location where the class takes place.
4. Everyone needs to wear a face-mask by entering the building, in the hallways and changing rooms. You do not need to wear a face-mask at the gym, bathrooms and showers.
5. We recommend avoiding any unnecessary action on-site. The participants are urged to show up in sportswear and get a shower at home.
6. A distance of 1m must be maintained at the changing room, bathroom and in the hallway.

### **Responsibilities of the Coach's**

1. All coach's are obligated to make the participants aware of the rules and measures. Furthermore, they have to take care of the right handling.
2. Due to contract tracing the coach has to pay attention, that only registered people participate in the particular class.
3. Disinfection of any material being used during the training has to be done by the coach before and after the class.

## Hygiene measures

1. Clean hands regularly and thoroughly with soap (for about 30 seconds)
2. Regular performance of a hygienic hand disinfection upon contact with possibly contaminated objects
3. Do not shake hands.
4. Do not put your hands in your eyes, nose or mouth.
5. Keep mouth and nose covered with bent elbows or a disposable handkerchief