

Rulebook Responsible Archery

ACE-Xclusive Wageningen



PHASE 2 – ALL AGES

Version 2 – 9th of May, 2020

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1. Introduction

In response to governmental measures taken on the 21st of April 2020, it has been decided how to deal with the possibilities of opening our accommodations, and the organisation of competitions. This was done with the following facts in mind:

The original easing of measures will apply until the 20th of May 2020 and applies only to kids up until 12 years old, and youth up until 18 years old, to train together outside, under supervision.

On the evening of May 6th 2020, the government announced that the next step in the transitional phase from measures to the new normal can be made. The most important take-home message for archery: From the 11th of May everyone can practice our sport again at the association. Only outside, so no shooting inside just yet.

NOC*NSF composed a protocol for sports together with municipalities, the RIVM and the government, called 'Sporting Responsibly' ('Verantwoord Sporten'). The Dutch Archery Association (NHB) has translated this into the 'Archery Rulebook' ('Spelregels voor de handboogsport').

Based on the NOC*NSF and the NHB translation, ACE-Xclusive Wageningen composed their own plan 'Rulebook Responsible Archery' ('Spelregels Verantwoorde Handboogsport'). As an association we can get back to work step-by-step. Together with the NHB we will ensure a phased start for the safe practice and experience of archery. In these rules the safety and health of each participating member, volunteer and employee is paramount.

Where necessary, the NHB protocol will be adapted based on new measures announced by the RIVM. If this happens, the ACE-Xclusive rulebook will be adapted as well.

2. Phases

Together with the NHB, we expect the following phased start of archery activities at our accommodation:

- Phase 0: The current / crisis situation (All accommodations are closed)
- Phase 1: First tentative, limited opening (Very small scale archery)
- Phase 2: A further step (Further easing of rules)
- Phase 3: Regular opening

3. Phase 0

On Sunday March 15th, 2020 at 18:00, we had to close our archery accommodation until April 6th at the very least. On March 31st 2020, it was announced that these measures, were prolonged until April 28th 2020. In the week before the 28th of April, the government would re-ascertain the situation.

4. Phase 1

On Tuesday April 21st 2020, the following was announced regarding sports.

- Starting April 29th, kids and youth will be allowed to practice organised sports again (no official competitions)
- Kids up until 12 can sport together outside, under supervision.
- Youth from 13-18 can sport outside, under supervision, while keeping 1.5 metre distance.
- Official competitions and tournaments are still prohibited
- Municipalities make deals with associations. Differences between municipalities may occur.

Phase 1 could start on the 29th of April with the rules in this document. Phase 1 would last until at least Wednesday the 20th of May, 2020. On a national level, kids up until 12 years old are held to less strict rules regarding the keeping of 1.5 metre distance. However, ACE-Xclusive has decided that all members – regardless of their age- must keep 1.5 metre distance. Both age categories are referred to collectively as ‘Youth members’

5. Phase 2

On the eve of May 6th 2020, the government announced that the following step of measures towards the new normal could be made. Most importantly for archery: From the 11th of May and onward, everyone can sport at the club again. Just not inside – see appendix 2.

6. Phase 3

The speed at which these phases are carried out and supersede each other is an important question, that unfortunately cannot be answered by ACE-Xclusive. The RIVM, the Outbreak Management Team (OMT), ministries and branch associations decide when we can work toward a new phase or cancel any regulations. The government has made a planning up until the 1st of September – see Appendix 2. This planning can only be realised if the amount of infections does not increase.

These rules will be updated and sharpened with a look at the future in the following weeks.

7. Regulating and controlling the stream of visitors to the accommodation

These rules only apply for the fields present to shoot outside. The indoor shooting hall will remain closed until at least the 1st of September 2020. The cantina can only be accessed to, in highly exceptional circumstances, use the bathroom. The bathroom can be used by only 1 (one) person at the same time. For access to the main building and the bathroom, permission of the head trainer is required. The route to the bathroom is marked with a red and white tape, so no-one enters the rest of the cantina. On the bathroom, there are containers with soap to wash your hands, and paper towel dispensers are on the walls. Please throw away these paper towels after use.

At the front door, there is disinfectant to use on your hands. The person entering the building has to disinfect their hands upon entering and upon leaving. Right behind the front door the first aid kit is located.

7.1 – Maximum amount of members at the location

The maximum amount of members is dependent on the available space outside, where a rule is imposed of a minimum of 2 metres between archers, and where each target is used by no more than 1 (one) archer at once.

Each member gets two metres of space behind the billboards. In this area, they can build their bow, put their things down, and sit. A minimum distance of 1.5 metres is kept between members. This space is marked with red-and-white tape.

In total, 9 targets can be put down. Each member stands right in front of their respective target. Markings are made on the benches behind the billboards.

7.2 – Training moments

Training moments are indicated in appendix 1. Members need to register 48 hours ahead of their training, so it is clear which members are at the club at any time. At least two members and 1 trainer, or 2 trainers and 1 member are needed at the very least for a training to happen. If there is space, trainers can shoot as well. There is at least 20 minutes between two consecutive training moments.

It is compulsory for trainers and members to wear their club shirt. If no club shirt is available, it is also possible to wear a shirt in a shade of blue similar to the club shirt.

Members above the age of 14 and trainers are required by law to be able to identify themselves. If it is not possible to bring legal ID due to a risk of loss, a readable copy suffices.

Only members who applied in advance are given permission to enter the accommodation. No spectators are allowed.

In case youth members are brought by their parents, we ask their parent or guardian to pick up their child or children after training.

The shooting hall (inside) is open only for the retrieval of rental bows. Only the head trainer can enter the shooting hall. At the front door, there is disinfectant to use on your hands. The head trainer entering the building has to disinfect their hands upon entering and upon leaving.

8. Measures for the association and the accommodation

Members can only use the accommodations outside in the supervision of the minimum of one trainer. In case there is more than one trainer present, it is determined ahead of the training who is the head trainer.

With exception of rental bows – which are reserved for specific members – use of club equipment is prohibited.

At the start of each training, each member gets assigned their own target. For the building of their bows and a short sit-down, the member can only use the area behind their target, on the bench behind the billboards. After each training, the couches and touched areas of the billboards are thoroughly cleaned and disinfected.

The members will receive their own target and target pins. The member is responsible for their own target and pins, takes them home, and brings them back to the club during the next training.

Use of cantina- and bar facilities is prohibited. Members bring their own food and drinks. Any waste is brought back home. Bathrooms are to be used only in emergencies. Bathrooms have to be cleaned regularly – at least once a day.

9. General safety and hygiene rules

- For everything goes: Common sense is paramount.
- Cough and sneeze in your elbow, and use paper towels. Take your used paper towels back home.
- Keep 1.5 metres (i.e. two arm lengths) of distance between any person outside of your household.
- Avoid touching your face
- Do not shake hands.

9.1 – Instructions for the safety and hygiene of trainers

Before the trainer comes to the accommodation:

- Trainers above age 70 or who belong to other risk groups should assess how big of a risk it is to visit the club. Consult with your GP if necessary.
- Stay at home if you currently display one or more of the following symptoms: A nose-cold, coughing, stuffiness or fever.
- Stay at home if anyone in your household has a fever (38°C+) and/or symptoms of stuffiness
- Stay at home if anyone in your household is tested positively for the new coronavirus (COVID-19). Because you could start displaying symptoms up until 14 days after your final contact with this individual, you must stay at home until 14 days after your final contact.
- Come to the accommodation with your own means of transport as far as possible
- Prepare your training well
- Use the bathroom before you leave for the accommodation
- Wash your hands with soap for at least 20 seconds at home, before leaving for the accommodation
- Make sure you have your club shirt and ID with you

Preparation at the accommodation before the training

- At the accommodation, your clubshirt must be worn.
- Know what members are present at the training
- -Make sure that your training, including the targets, are ready before the members enter the field so you can start right away. Make sure members train in their designated areas.
- Keep 1.5 metres of distance between you and your fellow trainers; no physical contact allowed

- Don't allow people onto the premises until 10 minutes before the training
- Make sure there are no audience to your training

Training

- It is not allowed to mix the age categories of kids until 12 and youth between 13 and 18 at any time.
- Ahead of the training, check if members or their family members have any complaints or symptoms, or if they or a family members have been recently tested for the new coronavirus (COVID-19)
- Make (behaviour) rules clear to the members, especially the 1.5 metres distance upon entering, building bows, training, resting, deconstructing their bows, and leaving. Indicate that the building is only to be entered with permission of the head trainer, and only for bathroom breaks at that.
- Point out the importance for members to wash their hands, and don't let members shake hands
- Make sure that no equipment is shared
- Help members follow the rules as closely as possible. Confront members who break the rules.

After training

- Let members enter and leave the field in phases. Point out that members should go home straight after training.
- Follow usual rules for use and cleaning of the benches, the touched areas of billboards, the entrance, doors, and bathrooms.
- Wash or disinfect your hands after every training.

9.2 – Instructions for the safety and hygiene of members

Before you come to the accommodation

- Members above age 70 or in other risk groups should assess for themselves if there's a risk from visiting the club. Consult with your GP if necessary.
- Stay at home if you currently display one or more of the following symptoms: A nose-cold, coughing, stuffiness or fever.
- Stay at home if anyone in your household has a fever (38°C+) and/or symptoms of stuffiness
- Stay at home if anyone in your household is tested positively for the new coronavirus (COVID-19). Because you could start displaying symptoms up until 14 days after your final contact with this individual, you must stay at home until 14 days after your final contact.
- Apply for your training on time (24 hours before the training), so the flow of members can be accounted for.
- Only come to the accommodation when there is a training for you (one for which you applied and you received confirmation that it's happening).
- Travel alone or come with only one person from your household.
- Come on your own and by your own means as much as possible
- Come to the accommodation in the clothes you will wear while shooting
- Bring your own food and drinks
- Make sure you went to the bathroom at home
- Wash your hands at home before coming to the training, at least 20 seconds.
- Make sure you have your club shirt. Members above age 14 should have (at least a valid copy of) their ID with them as well.
- Don't come to the location more than 10 minutes before the activity.

During the training:

- Go straight home if you develop symptoms like a cold, coughing, stuffiness or fever during the training.
- At the accommodation you must wear your clubshirt.
- Always follow trainers' instructions.
- Before starting, wait in the designated area.
- All members must keep 1.5 metres distance to other people, except for people from their household. This distance rule applies to trainers as well.
- Members can only use their own equipment, with exception of rental bows.
- Avoid contact with other archers' material; don't shoot with each other's equipment, and don't move each other's equipment.
- Only retrieve your own arrows from the target. Para-archers or other archers who are impaired in movement, can assign one person who retrieves their arrows for them. It is recommended that this person wears glove.
- Only consume food and drinks you have brought yourself.

After the training:

- Clean up your own material
- Take your target & pins home (don't forget them on your next training!)
- Take all your material and waste home.
- Leave the location immediately after your training
- When returning home, wash your hands with soap for at least 20 seconds.

9.3 – Instructions for the safety and hygiene of the parent or guardian of youth members

Before you take your child/children to the sports accommodation:

- Inform your child(ren) about the general safety- and hygiene rules, and make sure they always follow trainer instructions.
- Make sure your child has a way to contact you, for example with a mobile phone number.
- Apply your child(ren) on time – at least 24 hours before the training. That way trainers can account for the flow of people.
- Don't bring your child(ren) to the sports location when your child has (mild) symptoms of a nose cold, coughing, stuffiness and/or fever.
- Don't bring your child(ren) to the sports location if you or anyone in your house has any of the aforementioned symptoms. If everyone is symptom-free for at least 24 hours, your child can practice sports again, and go outside.
- Don't take your children to the sports location if you or anyone in your household has been in contact with someone who was positively tested with COVID-19. Because you can become ill for up to 14 days after last contact, your child must stay at home until 14 days after final contact.
- Don't take your children to the sports location if they're self-isolating after contact with someone who was infected with COVID-19.
- Don't take your children to the sports location if they have been tested positively with COVID-19 in the past 7 days.
- Travel alone with your child(ren), or only with people from your household.
- Please bring your child(ren) to the location with your own means of transport as far as possible.
- Make sure your child doesn't arrive more than 10 minutes before start of the training.

During the training

- As a parent or guardian, you do not have access to the location. Wait in the parking lot. This applies for anytime before, during or after your child(ren)'s training.
- Follow trainers' instructions at all times.

After the training

- Immediately after the training, parents or guardians pick up their child(ren) at the accommodation. Make sure this moment is as short as possible.
- Follow trainers' instructions at all times.

10. Rule enforcement

The trainings mentioned in this rulebook are possible based on current emergency ordinances. The municipality is officially responsible for first-hand enforcement of these rules.

We are responsible for first-line enforcement ourselves. The moment when signals of rules being broken reaches the board, the board will confront the member breaking the rules about this. When a member breaks the rules multiple times, access to the sports accommodation will be denied for a certain time.

In case the municipality receives (multiple) reports of people breaking the emergency ordinance, measures can be taken such as exclusion of (groups of) people from the accommodation, to even the re-closure of our accommodation.

11. Communication

These rules are:

- Placed on the website recognisably
- Are e-mailed personally to trainers, members, and parents/guardians of youth members.
- Shared through our own means of communications (newsletter and/or Facebook) so all members are informed.
- Are hung at the sports accommodation and present as a banner on our social media.

Appendix 1: training moments

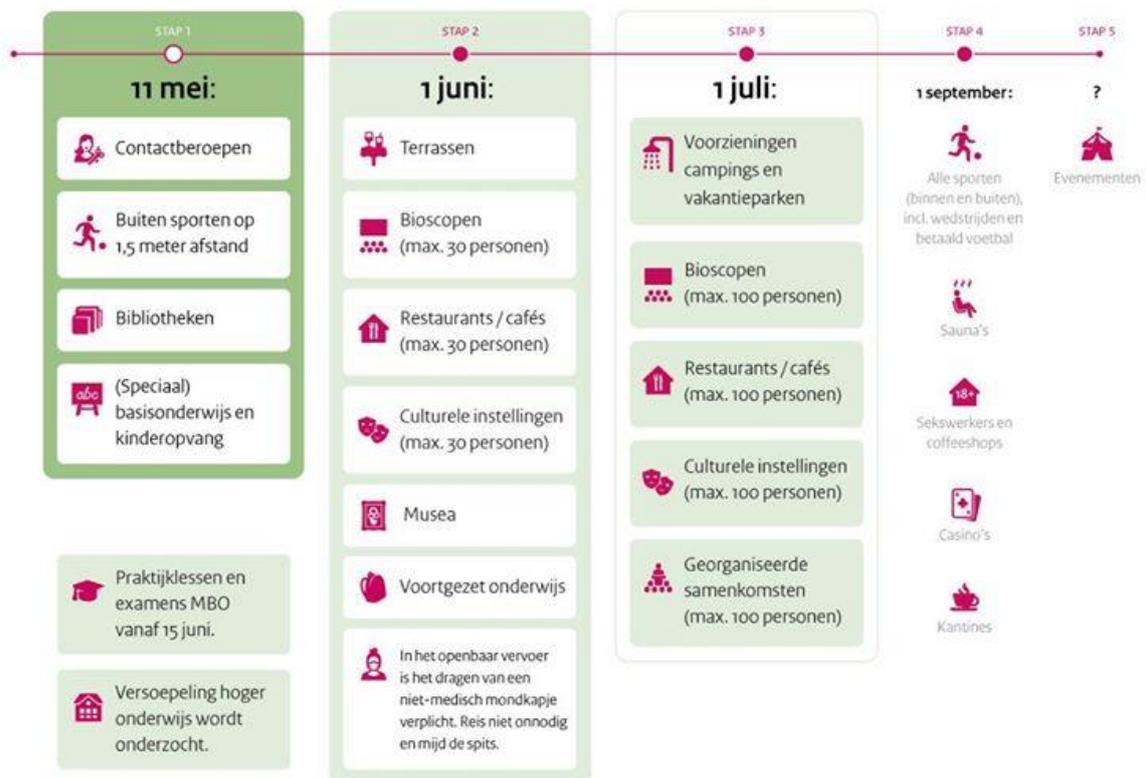
Tuesday	19:00 - 20:00 uur 20:30 - 21:30 uur	All ages All ages
Wednesday	13:00 - 14:00 uur 14:30 - 15:30 uur	Children until 12 years, youth up until 18 years Alle leeftijden
Thursday	13:30 - 15:30 uur 19:00 - 20:00 uur 20:30 - 21:30 uur	All ages Children until 12 years, youth up until 18 years All ages
Saturday	13:00 - 14:00 uur 14:30 - 15:30 uur 16:00 - 17:00 uur	Children until 12 years, youth up until 18 years All ages All ages
Sunday	10:00 – 12:00 uur 13:00 - 14:00 uur 14:30 - 15:30 uur 16:00 - 17:00 uur	3D training as far as possible with the current measures in effect All ages All ages All ages

Appendix 2 (Dutch only) – General governmental steps

6 mei 2020

Stap voor stap. Wat kan wanneer?

Versoepelen van maatregelen kan alleen als het coronavirus onder controle blijft.



alleen samen krijgen we
corona onder controle

Voor voorwaarden en meer informatie:
rijksoverheid.nl/coronavirus
of bel 0800-1351



Rijksoverheid

Versoepeling maatregelen sport

vanaf 11 mei 2020



Kinderen t/m 12 jaar kunnen onder begeleiding samen buiten sporten. Wedstrijden niet toegestaan.



Jongeren van 13 t/m 18 jaar mogen onder begeleiding buiten sporten met elkaar. Houd 1,5 meter afstand. Wedstrijden niet toegestaan.



Vanaf 19 jaar en ouder mogen mensen onder begeleiding in groepen buiten sporten. Houd 1,5 meter afstand. Wedstrijden niet toegestaan.



Kantines en kleedkamers van sportcomplexen blijven voorlopig gesloten. Binnensportaccommodaties blijven ook nog gesloten.



Binnen- en buitenzwembaden zijn voor alle leeftijden toegankelijk. Ook de kleedhokjes. Houd ook hier 1,5 meter afstand.



Sportwedstrijden zijn vanaf 1 september weer mogelijk, voornamelijk zonder publiek. Over andere evenementen wordt voor 1 september een besluit genomen.

6 mei 2020