

Precautionary measures Covid 19

Badminton Club Adliswil
Covid-Coordinator: Martin Suter

English version 1.4, 06. Mai 2020

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Precautionary measures COVID-19 Badminton Club Adliswil

General Note, Introduction

The subsequent safety principles describe the measures which BC Adliswil is continuing to implement after the relaxation of the precautionary measures from 27 May 2020.

Aims

The overriding aims of these measures are the protection from a coronavirus infection of our players on the one hand and the protection of the general public on the other hand. Additionally, it is necessary to protect vulnerable people to the best of our abilities.

The rules, processes and directives correspond to governmental requirements and are complemented by our own rules.

Our message to the public is as follows: "We are and remain unified, we strictly abide by the rules and behave in an exemplary manner. BC Adliswil counts on the solidarity and self-responsibility of all our members."

Legal Bases

COVID-19-ordinance 2 (818.101.24)

<https://www.admin.ch/opc/de/classified-compilation/20200744/index.html>

Responsibilities

BC Adliswil strictly enforces the subsequent rules and counts on the collaboration of all members. In case of a violation of a rule a player may be cautioned or immediately expelled from the training hall by the Corona coordinator or his/her deputies (coach). Expelled players will not be allowed to attend any future training sessions until the complete suspension of all restrictions.

Currency

The safety measures will be continually adapted and revised in accordance with the current COVID-19 ordinance and the respective requirements of the Swiss Federal Council. The revised versions will be uploaded onto the BC Adliswil website.

Present version: 2.1, 02 June 2020/MSU

In the attachment, there is a leaflet for coaches as well as the precautionary measures of the City of Adliswil and the Zurich International School (All documents only available in German). These precautionary measures are valid from 8 June 2020 and replace the previous precautionary measures which have been valid so far.

Approval

These precautionary measures were approved by the City of Adliswil's Department of Sports/Sports Facilities on 02 June 2020 by e-mail and with reference to the precautionary measures of the sports facilities. They are valid until further notice. Changes will be sent to members by e-mail.

Reducing the spread of the new Coronavirus

Transmission of the new Coronavirus

The three primary modes of transmission of the new Coronavirus (SARS-CoV-2) are:

- Close physical contact: if people keep less than two meters distance to an infected person.
- Droplets: if a person with COVID-19 sneezes or coughs, the virus can be transmitted directly onto the mucous membranes of another person's nose, mouth or eyes.
- Hands: infectious droplets are transferred onto the hands when a person with COVID-19 coughs or sneezes or touches the mucous membranes. These droplets can then contaminate surfaces. Other people can be infected by touching these contaminated surfaces and thus transfer the virus to their mouth, nose or eyes when they touch their own faces.

Protection from transmission

There are three main measures to protect ourselves and others from transmission:

- Maintain distance and cleanliness, disinfect surfaces, and practice hand hygiene
- Protect people at especially high-risk
- Social and professional separation of infected people and of those who have been in close contact with them

The principles of preventing transmission are based on the aforementioned modes of transmission. The spread through close contact and droplets can be prevented by maintaining a distance of at least two meters or by establishing physical barriers. In order to prevent the spread via your hands, it is important to regularly and thoroughly wash your hands as well as all surfaces which are often touched.

Distance and hygiene

People with COVID-19 can be infectious before, during and after experiencing symptoms. Therefore, people without any symptoms must behave as if they had symptoms (maintain distance to other people). The BAG's campaign "Protect yourself and others" thus offers rules on hygiene and behavior.

Protect people at high risk

People over the age of 65 or with serious chronic diseases (see COVID-19 ordinance 2) are at high-risk for severe illness from COVID-19. Therefore, people at especially high-risk must be protected by additional measures so that they are not infected. This is the only way a high mortality rate can be avoided. People who are at high-risk follow the safety measures of the BAG and stay home whenever possible. More information can be found on www.bag-coronavirus.ch.

Social and professional separation of infected people and of those in close contact with them

The spread of the virus must be avoided. People infected with the virus must stay home and are not allowed to participate in any trainings.

Safety measures

Safety measures aim at avoiding the transmission of the virus.

1. Measures taken by BC Adliswil

1.1. Covid-19 coordinator

The board of BC Adliswil has appointed Martin Suter the COVID-19 coordinator. A special email address was established for this purpose: covid@bcadliswil.ch. He is responsible for the implementation of and compliance with the precautionary measures. This role allows him to expel players from trainings. He is responsible for assigning groups to each training session. In case he cannot be present during a training session, the respective coaches take over his role as his deputies, ensure that the rules are observed and records attendances.

Contact details of the COVID coordinator of BC Adliswil:

Martin Suter, covid@bcadliswil.ch, cell phone +41 79 232 90 02

1.2. Hygiene regulations and cleaning

Compliance with the BAG's hygiene regulations and cleaning of the facilities

Measures

The following measures ensure that surfaces and objects are appropriately and regularly cleaned after use, especially if they have been touched by multiple people:

- All doors to the halls are kept open during trainings in order to minimize points of contact.
- The facility owner determines the cleaning of halls and bathrooms.
- Hands must be thoroughly washed or disinfected before trainings.
- Hands must be washed or disinfected after setting up the nets.

1.3. Social Distancing

Social distancing (at least 2 metres between one another; 10m² per person; no physical contact)

Measures

Outside of the hall, in the changing rooms and during the breaks social distancing rules (2m distance between players) must be followed. There are not to be any high-fives for greetings or after the matches.

1.5. Recording & Contact Tracing

Recording for the purpose of tracing potential chains of infection

Measures

Tracing potential chains of infection (contact tracing) is ensured by the following measures: On the weekend, each player is invited to the trainings of the following week by email. The player informs the people in charge if s/he's going to attend by no later than 8 hours before the start of the training. The coach checks the attendance in the hall and confirms the attendances to the COVID-coordinator.

Trial sessions are possible only on Tuesday evening. Interested players must fill in the registration form in advance and must confirm therein that s/he has read and understood the precautionary measures.

1.6. People with symptoms

People with symptoms of COVID must follow the specific requirements of the BAG.

Measures

Only completely asymptomatic players may come to training sessions. People exhibiting symptoms such as coughing, fever, muscle aches, distortions of sense of smell or taste, diarrhea or nausea should contact their physician by phone and should get tested if possible.

1.7. Obligation to inform

All members must be informed about the precautionary measures.

Measures

The precautionary measures will be sent via email to all active members of BC Adliswil. By signing up to trainings, players confirm that they have received and understood the precautionary measures and that they will follow these measures. A leaflet for coaches containing additional information on the planning of training sessions will be compiled.

The BAG poster «Protect yourself and others» will be hung in training halls.

New coronavirus Last update: 28.4.2020

PROTECT YOURSELF AND OTHERS



Keep your distance.



Recommendation: If it's not possible to keep your distance, wear a mask.



Continue to work from home if possible.



STILL IMPORTANT:

- **Wash your hands thoroughly.**
- **Avoid shaking hands.**
- **Cough and sneeze into a tissue or the crook of your arm.**
- **Stay at home if you experience symptoms.**
- **Always call ahead before going to the doctor's or the emergency department.**

www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
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Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP



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2. Measures for members

2.1 Compliance with safety measures

All players' acceptance of and compliance with all safety measures decreed by BC Adliswil

Measures

By signing up to trainings players confirm that they have received and understood the precautionary measures and that they will follow these measures.

2.2 Requirements for hygiene and cleaning

Compliance with the BAG's requirements for hygiene and cleaning of the facility

Measures

Compliance with hygiene requirements is ensured by adapting the following measures:

- All players must bring their own disinfectant on court so that they can disinfect their hands before and especially after practicing. Players disinfect their hands especially after setting up the nets.
- There is to be no traditional «handshake».
- There is to be no exchange of objects.

2.3 Registration for training

Players must register for trainings.

Measures

Players must sign up for training and only participate in trainings for which they have signed up. Attendances are checked by the coach and confirmed to the COVID coordinator. Registrations are possible until 8 hours before the training.

2.4 Social Distancing

Compliance with social distancing rules in the entire sports facility.

Measures

Outside of the hall, in the changing rooms and during the breaks social distancing rules (2m distance between players) must be followed. There are not to be any high-fives for greetings or after the matches. Spontaneous gatherings in the hall must be avoided.

2.5 Symptomatic players

Players with symptoms must follow the specific requirements of the BAG.

Measures

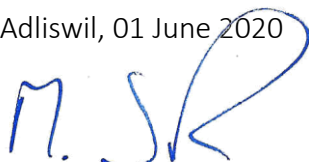
Only completely asymptomatic players may come to training sessions. People exhibiting symptoms such as coughing, fever, muscle aches, distortions of sense of smell or taste, diarrhea or nausea should contact their physician by phone and, if possible, should get tested. The COVID coordinator must be immediately informed about the symptoms and ultimately decides whether the respective training group must be informed.

3. Final Provisions

For the sake of simplicity, only the masculine form has been used in this document; however, the form equally applies to women. These precautionary measures will be translated into English. In case of doubt, the German version applies.

This document was created by BC Adliswil:

Adliswil, 01 June 2020



BC Adliswil
Martin Suter
Covid-19-Coordinator

