

Main measures for speed skating

The group leader must document who was present and provide us with the data with name, address and telephone number, so that if a case of COVID-19 is known, a trace can be handed over to the health department!

Protective and hygiene measures

- ✓ **In the event of unspecific symptoms of the disease and contact with COVID-19 cases in the last 14 days - no sport!**
- ✓ Keep a distance of at least 1.5 m
- ✓ Regular hand washing
- ✓ **Athletes are advised to bring towels and gloves with them**
- ✓ Mask compulsory (mouth and nose protection) - Buff possible, visor only allowed with MNS!
- ✓ It is not necessary to wear a mask when doing sports
- ✓ Masks are required in all equipment rooms, changing rooms and toilets
- ✓ **Clean the contact surfaces of sports equipment, changing rooms and toilets after use**
- ✓ Do not use showers

Rules for speed skating

- ✓ Keep your distance
- ✓ Courses with a fixed group of participants
- ✓ **Body contact only if it is necessary for contact sports!**
- ✓ Comply with hygiene rules
- ✓ Access to the arena at a specified time slot
- ✓ Max. **90** minutes of training
- ✓ Comply with the control system when entering and leaving the arena and during training
- ✓ Leave the arena quickly after training
- ✓ Regular ventilation of closed rooms
- ✓ No spectators

The instructions of the staff must be followed. In the event of violations of the above Regulations can result in the withdrawal of entry authorization or the stadium ban for the entire group

Special measures

Training operation

- It is essential to keep an attendance list for each training group, which can be promptly sent to the administration upon request (parents who help to dress - please include)
- Access to the arena and cabin is only organized and in fixed training groups at an agreed time. A group consists of 20 athletes with one or more trainers - a maximum of 120 athletes on a speed skating rink
- For athletes who carry out their warm-up program on the bike, a separate area is made available in the arena (4 m² per athlete)
- After changing clothes, close to the speed skating rink following the guidance system
- Mask compulsory also on the speed skating warm-up track!
- After the training closed again towards the cabin
- Leaving the arena together to the stairs by the toilet facilities following the guidance system into the open
- Spectators not allowed!
Parents allowed in the spectator area in the A3 to A5 area!

Competition operation

- Access to the arena and changing rooms must take place at a specified time
- The warm-up program must take place outdoors, except in the personal warm-up area
- Participants are responsible for their arm bows - they can be bought at the cash register!
- Max. 50 participants on the ice
- The restriction of the current participants to warm up on the ice is regulated by the transponder issue. Rule of thumb: 20 min. The transponder will be given to the participant before the start!
- No driving out on the ice!
- Leave the arena as soon as possible after the end of the competition
- The public area is the spectator stand for speed skating (sector A3 to A5). The total number of 200 spectators must not be exceeded and they must take their places in the marked and assigned areas
- The smoking area and kiosk is outside the arena and can be reached via the exit in sector A1
- With reservation, showering is not allowed for athletes of good quality