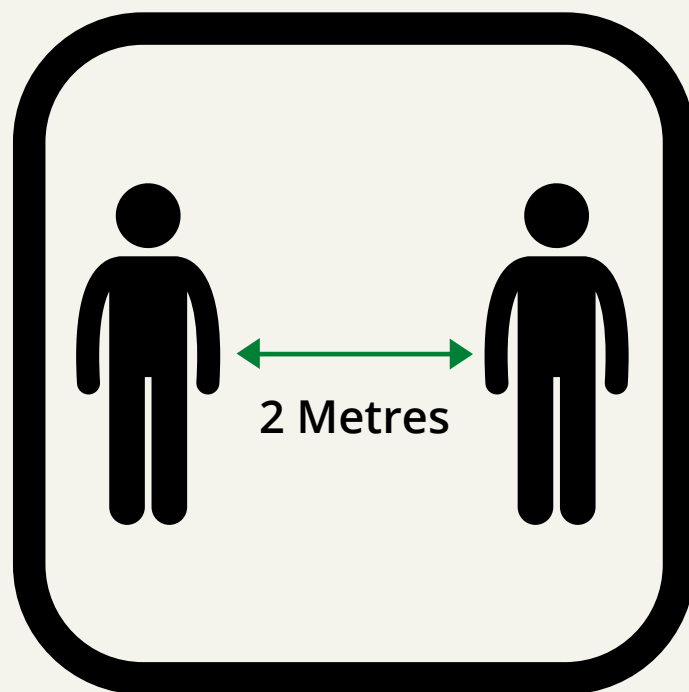


# Welcome back to the Club!

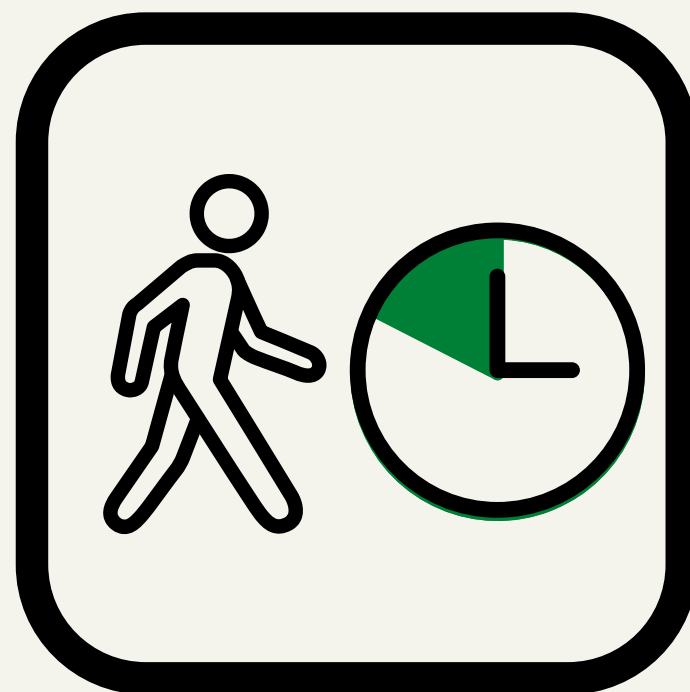
Please adhere to the following measures  
(Instructions for athletes)



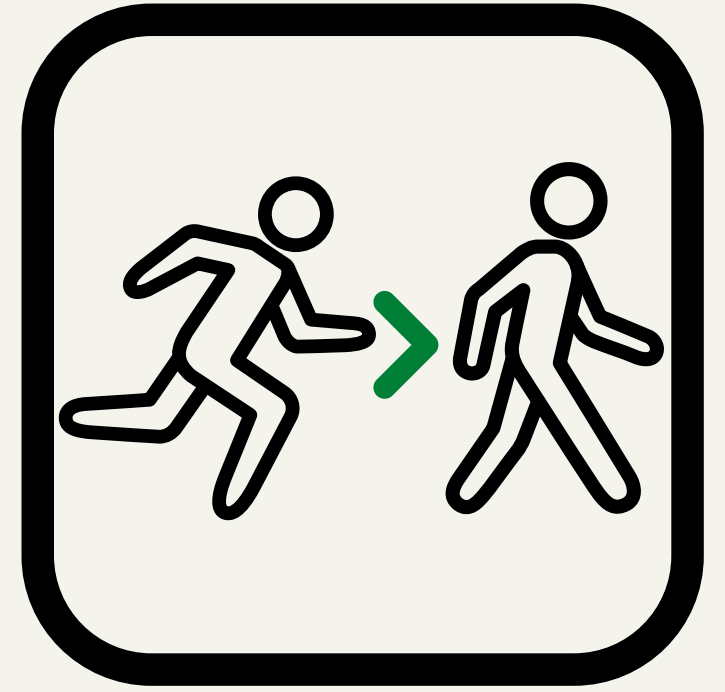
No handshakes or other forms of physical contact



Keep a 2 metre distance



Arrive a maximum of 10 minutes before your training starts



Go home directly after your training ends

- Parents are to Drop off only if possible
- Use your own gear like towels and drinking bottles (fill at home!)
- Stay with your own group
- General building/rooms like clubhouses, terraces, showers, dressing rooms are closed!
- Stay home if you have the following symptoms: a cold, running nose, sneezing, sore throat, mild cough, fever
- Wash your hands before and after the training

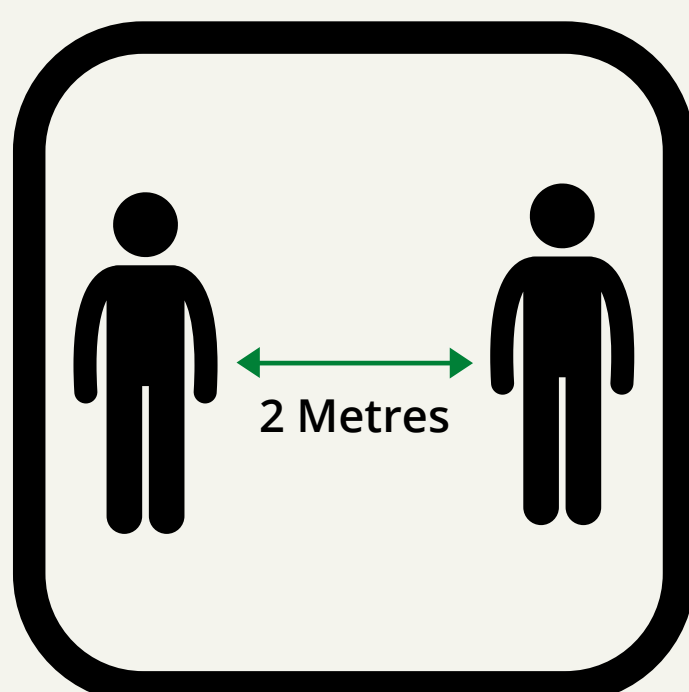
- Try not to touch your face during the training
- No High Fives or other form of physical contact
- Follow always the instructions from the coach or someone from the club
- Keep 2 meter distance
- Present a maximum 10 min before the start of training
- Go home directly after training
- Always carry your own sanitizer and wipes

# Welcome back to the Club!

Please adhere to the following measures  
(Instructions for athletes)



Use the toilet before  
you leave home



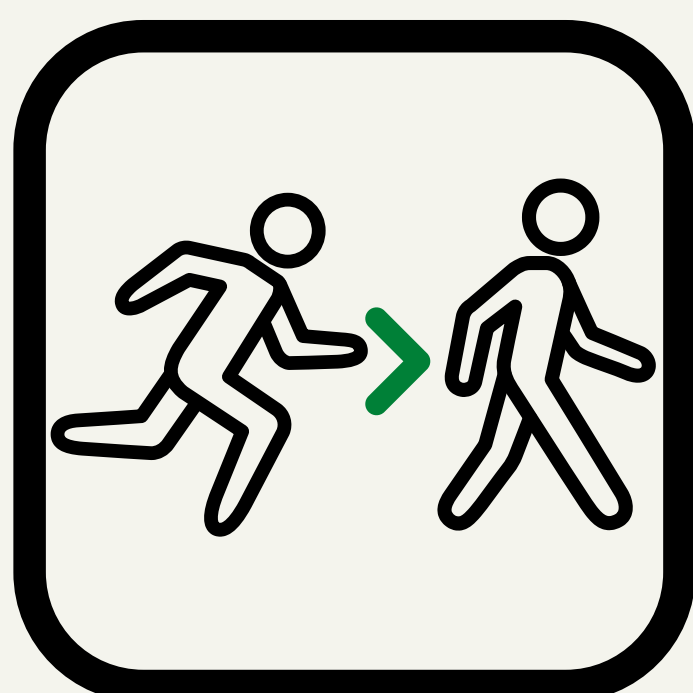
Keep a 2 metre distance



Avoid physical contact  
with other athletes and  
their gear



Stay with your own  
group



Go home directly after  
the training



Only the coaches use  
athletic equipment (e.g.  
the rake)



Implements should not  
be shared. After each  
practice the implements  
will be disinfected



Try not to touch your  
face during training

Together we push Corona  
"off-site"!