

All Terrain COVID-19 Protocol April 2021

Survivalrun training is an individual outdoor sport. The current training does not have physical guidance like training in normal times. The trainer is only there to guide the members and tell them what obstacles and what order to do the obstacles. Sanitizer is provided before and after training. The board and the trainers are responsible for enforcing the 1.5m distance. If members are not adhering to the rules, they will be sent home from the training. For all training time slots, members will have to sign up in advance.

On Wednesdays we have one time slot from 19:00 - 20:30. Warming up is done during the training. Each time slot will be limited to 20 members total. So there will be a maximum of ten pairs training at once. This does not include trainers.

It will be made clear to members that travelling to the training should be done individually. When arriving at the shed, there are marked places (with pylons) for members to stand with appropriate distance, which are already split into small training groups. The Corona Manager (as described by the ESSF COVID-19 guidelines, section 3.7.a) will direct members immediately to a group of 2 to 4 pylons (1,5 meter apart). Hence, as soon as members arrive individually, they are split into groups of 2 to 4 for the entire training. When the training is finished, the trainers will direct the members to leave individually, to prevent a large group leaving the construction together.

The trainer will then give instructions for the training (which obstacles the members can do), and from this point onwards for the training, the groups will train entirely separately through the construction. There is enough space over the construction and with the extra obstacles built each training that there will never be two groups in the same obstacle (and this will be clearly stated as a rule to members). This forces a clear demarcation between groups.

Each group of two will have this place marked by pylons spread out around the construction, where they can stand when they are not actively training; so when they arrive, drink water and catch their breath and where they stand till they can get their bag.

On Mondays, Fridays and Sundays, we will have 2 time slots per day. They are as follows:

Monday	Friday	Sunday
16:30 - 18:00	16:30 - 18:00	9:30 - 11:00
19:00 - 20:30	19:00 - 20:30	11:15 - 12:45

These time slots are for experienced members that do not require supervision from a trainer. This training will also be performed in groups of 2 to 4 members, with a maximum of 20 members, and with marked places with pylons (so the same system as during the wednesday training). This group will always be supervised by someone designated as the Corona Manager. While members are able to pick themselves which obstacles to train in, the one group per obstacle rule still applies and means there is a clear demarcation between groups.