



GENERAL HYGIENIC REGULATIONS AND
RECOMMENDATIONS FOR THE PRIVATE AND
DOMESTIC ENVIRONMENT

The following recommendations are intended to help those involved in practice and competition to harmonize their daily life behaviour with practice and competition regarding the hygienic responsibility to minimize the risk of an infection. By what extent these recommendations become instructions must be determined individually by each club, taking into account the current case statistics of the region and if necessary in consultation with the local health authorities.

Face mask (mouth and nose coverage):

- during training and competitions, a normal "everyday mask" is usually sufficient, the use of a medical face mask or even particle-filtering half masks (FFP masks) is permitted according to the personal sense of protection but not mandatory; as we speak of "mouth-nose coverage" (German: „Mund-Nase-Schutz“= MNS) in the following it refers to the normal „everyday masks“;
- wearing a face mask is to be recommended in any case of contact with possibly infected or sick persons: when visiting the family or friends, further more, in case of expected contact with large gatherings of people in the professional environment (practice/games/venue) or during everyday activities such as shopping, refuelling, etc.;
- the mask should be worn close to the face; it should not be touched or moved by hand from the outside; the mask should completely cover the mouth and nose; if it is moistured or contaminated with secretions, it must be changed; afterwards the mask must be disposed of right away or in case of a reusable make safely stored up for purification (e.g. plastic bag); subsequent hand disinfection is mandatory;
- if a mask cannot be worn, it is all the more important to follow the general hygienic rules for coughing and sneezing into the ellbow, at a sufficient distance and turned away from other people;

Distancing regulations:

- avoid crowds of people in the neighbourhood, while shopping or in general in public;
- when walking/exercising outdoors, keep a distance of 1.5 m - 2.0 m (approximately 6 feet) to any third party;
- reduce visits (friends / relatives) to a minimum; this also includes team members outside the own household;
- celebrations or parades such as concerts or demonstrations must be categorically avoided;
- visits of medical institutions and therapy centres, especially hospitals, should only be done after consultation with the hygienic commissioner & team doctor; places that are "Corona hotspots" must be avoided;
- if possible, do not use public transport and reduce traveling to a minimum;

- pupils/students and semi-professional players with a job outside of the club should work from the home office if possible; otherwise, social distancing and hygienic regulations must be applied beyond the recommended level; a daily report of the status of health must be sent to the hygienic commissioner of the club (also beyond the training days); the use of the German corona-app is recommended;
- persons involved in "high-risk" professions (e. g. nursing) must demonstrate regular PCR testing, use the tracking app, and apply the hygienic regulations with an exceptional performance;

Family members / members of the same household (also flat-shares of team members):

- it has to be ensured that shared rooms such as kitchens, bathrooms, etc. are regularly well ventilated;
- avoid direct contact with body fluids, especially from the mouth-throat area of family members / members of the same household with symptoms of a respiratory infection; if a person in the household has any typical corona symptoms, the club's hygienic commissioner shall be notified immediately; a PCR-testing of all players involved in the suspected case shall be informed right away; furthermore, these persons shall be excluded from any practice and competition as a precaution until the test results can be confirmed as negative;
- frequently touched surfaces such as tables and door handles, stairway railings etc. have to be wiped with disinfectant at least once a day;
- avoid contact with potentially contaminated items (such as tooth brushes, cigarettes, dishes, drink bottles, towels, bed sheets) from family members/members of the same household if possible (see above);
- keep a note of the people you get in contact with and monitor their state of health by asking them regularly about their well-being;
- household items (dishes, cutlery, laundry, etc.) have to be cleaned up sufficiently and regularly with soap / disinfectant and hot water;

Hand hygiene in particular during the following activities:

- before and after the preparation of food;
- before meals;
- after using the toilet and whenever the hands have been contaminated;
- if the hands are not visibly contaminated, hand disinfectant should nevertheless be used regularly;
- washing the hands with warm water and soap is necessary any time the hands are visibly dirty; wash at least for 20-30 seconds;

- paper towels should be used to dry the hands; otherwise personalized reusable towels are mandatory;
- avoid touching your own face if possible, especially the eyes, mouth or nose area;

Regular cleaning / washing of:

- personal clothing;
- bed sheets;
- towels;
- bath towels, etc.;

Coughing and sneezing:

- in addition to the distance of 1.5 m - 2.0 m (approximately 6 feet), it is mandatory to turn away from other people when coughing or sneezing in order to protect them;
- sneeze or cough into a disposable handkerchief which should only be used once and then dumped into a waste bin including a lid (do not use handkerchiefs made of fabric);
- after blowing your nose, sneezing or coughing, always wash or disinfect your hands thoroughly;
- frequent coughing and sneezing should be checked by a doctor and can be an indication of a beginning or ongoing infection;

Nutrition:

- drink as much as possible and make sure you take a sufficient amount of vitamins with your food to strengthen your immune system;
- if necessary, contact the team doctor for healthy nutrition consultation;

Failing to apply the recommendations above in urgent matter:

- should a team member in urgent matter (e. g. a medical emergency) be forced to disregard any of the regulations above or in case of a probable contact with an infected person, the hygienic commissioner and the team doctor must be informed immediately; precautionary isolation or / and testing should be initiated;