

## **General prevention concept for USI events (courses, camps and championships) at the University Sports Institute Klagenfurt**

(28.09.2020)

### **1. Starting position and objectives:**

The prevention concept is based on the currently valid ordinances of the Ministry of Health and Sports, communicated through the link between the ministries and sports institutions - Sport Austria (=Bundes-Sportorganisation Österreich, BSO) and Unisport Austria and on the other hand on the special/sport-specific prevention concepts of the national sports associations referred to by the Ministry.

The prevention concept will be adapted accordingly in case of changes by the authorities.

### **2. Scope of validity of the general and special/sport-specific prevention concept**

o General prevention concept:

The prevention concept is valid for all offers of the USI Klagenfurt.

o Special/ sports-specific prevention concepts:

In numerous kinds of sport and/or sports facilities special prevention concepts exist, which were compiled by the respective federations / institutions. For superordinate aspects the present general prevention concept is decisive.

### **3. Overriding principles in USI operations**

All athletes are required to follow the general rules of hygiene:

o Go into training/competition without symptoms.

o Observance of the general hygiene measures (when entering / leaving the building, athletes are requested to wash or disinfect their hands, not to touch their face with their hands, cough or sneeze in the crook of their arm or handkerchief).

o Mouth and Nose Protection: A mechanical protection device covering the mouth and nose area must be worn continuously when entering / leaving the building as well as inside the building (exception: during the practice of sports).

o Distance rule: minimum distance 1 meter

Indoors: when entering / leaving and inside the building.

Outdoor: when entering / leaving the course location

If possible, a minimum distance of 2m is to be kept during training (except for sports due to their specification e.g. martial arts, soccer, couple dance etc...).

- o Ventilation: ventilate the sports facility as often and intensively as possible, but at least for 5 minutes additionally the ventilation system is in full operation
- o Body contact sports: subject to the corresponding special prevention concept of the professional association. The course instructor is responsible for compliance with this concept.
- o Risk management: A low-risk sports practice and minimization of the risk of injury are in the foreground.
- o Contact Tracing: Conscientious keeping of attendance lists by the USI course instructors.
- o Implementation of and compliance with the general or specific prevention concept: This is the responsibility of the USI instructor.

#### 4. Risk assessment and exclusion of athletes

- o Symptoms of illness: Athletes and USI instructors with symptoms of illness are not allowed to participate in training.
- o Risk groups: Members of risk groups take part in the USI operation on their own responsibility.
- o Exclusion of participants: USI course instructors are obliged to exclude participants who do not appear healthy (especially if symptoms such as fever, flu or cough) from the course and to ask them to leave the facility.
- o Anyone who has had contact with a confirmed case of SARS-CoV-2 in the last 10 days is not allowed to enter the sports facility or remains at home
- o Self-responsibility: All sportsmen and women are called upon to act on their own responsibility and to observe the protection concepts (general and specific), as well as all other measures that serve to minimize the risk of COVID19 transmissions.

#### 5. Measures and rules of conduct:

The following overview shows the loosening for the sport since 14 September:

Distance when entering		Distance when entering	Protection mask when entering	Distance during sports	Maximum Participants
Sportstätte	outdoor	1m	no	No minimum distance during sports	100
	indoor		yes		50
Öffentliche Freifläche outdoor (Gras, park, etc.)			yes		100

## In USI mode

- o Maximum number of participants: Is chosen in such a way that the safety distance of 2m can be maintained during the practice of the sport (indoor depending on the spatial conditions or special prevention concepts of the sports facilities). Compliance is ensured by the maximum number of participants when booking the course and by the course instructors.
- o Formation of small groups with a maximum of 10 persons: To reduce the number of potential contact persons, the Federal Government recommends the formation of small groups of up to 10 persons. A mixing of the groups of persons is to be avoided.
- o Cloakrooms, showers, toilets, corridor area: Hygiene and distance rules must be observed and a mechanical protection device covering the mouth and nose area must be worn. Checkrooms must be left without delay - if possible, participants will arrive at the course already changed and shower at home.
- o Hygiene measures for athletes: Analogous to the code of conduct for the gym, own towels must be brought to the course to cover seats or lying areas. Athletes are obliged to wash or disinfect their hands before and after the training.
- o Material: The use of private material is the main focus. In the case of multiple use of material, hands must be washed BEFORE use on one's own responsibility with the disinfectants provided.
- o Taster: "Taster" of USI courses is not possible this semester without exception, i.e. course registration must take place before the first course attendance.
- o Competitions, Events: Development of a special prevention concept (based on the present general prevention concept) including the designation of a responsible person who is responsible for its compliance. Traceability can be organized by registering visitors (name, first name, telephone number), by using the reservation system or by using the contact form.
- o Narrow aisle areas in case of a course change: The exit of the course location must be kept free for all persons to leave. Encounters with participants of the previous course or the directly following course are to be avoided. The usual distance of 1m is to be kept at all times and the mouth-nose protection is to be worn.
- o Contact Tracing in the Gym. After purchasing the Gym Card, use is only possible via TimeSlots, which can be booked via the application used (Count Me In App).
- o Implementation of the traffic light colors:
  - Traffic light color GREEN and YELLOW: USI "normal operation" according to the general prevention concept, which sets the necessary measures for both colors.
  - Traffic light color ORANGE: sports where the safety distance cannot be maintained are discontinued (alternative: contactless training planning, e.g. designed for fitness) The maximum TN number with orange traffic light, which depends on the area, has already been taken into account in "normal operation". The shower facilities at USI are closed.

-- Traffic light color RED: USI presence operation is discontinued and the online course offerings ("live" and "on demand") are upscaled.

#### **6. Responsibility for implementation:**

- o Overall responsibility for communicating the prevention concept to the USI course instructors and participants: USI Klagenfurt.
- o Implementation of and compliance with the general prevention concept and, if necessary, with the specific prevention concept on site by the USI course instructors (random checks by USI)
- o All participants (USI course instructors and participants) adhere to the prevention concept in solidarity and with a high degree of personal responsibility.
- o The valid General Terms and Conditions of Business give the USI instructor and control personnel the authority to exclude participants who violate the prevention concept from the USI operation and to expel them from the facility.

#### **7. communication of the prevention concept:**

- o The USI instructors will be informed directly about the concept and via e-mail if the concept is changed.
- o For questions regarding the prevention concept, the USI instructors are the first point of contact for the participants on site.
- o The prevention concept will be prominently placed on the USI homepage. In addition, the participants will be informed about the prevention measures via the existing USI channels (e-mail, Facebook) or by means of a notice board.
- o The general terms and conditions will be extended to include the general prevention concept.
- o With the enrolment, the applicable terms and conditions must be accepted, otherwise enrolment is not possible.

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