

INFECTION PREVENTION MEASURES FOR CHILDREN AND YOUTH

If you are sick or have symptoms of infection, stay home.

PRACTICE GOOD HAND AND RESPIRATORY HYGIENE, FOR EXAMPLE:

- Before and after training
- After using shared equipment that is frequently touched with your hands
- When your hands are visually dirty
- After going to the toilet
- After coughing/sneezing
- Before meals

SOCIAL DISTANCE MEASURES:

Normal contact during the activity is now allowed

1-meter distance still applies during breaks and before / after activity

Group size according to national recommendations is up to 20 people

Do not meet before agreed time and leave the training area at the end of the activity

Training in fixed groups / fixed training partners



SHARED EQUIPMENT:

If the hygiene advices above is followed, equipment can be used by other persons immediately.

Equipment that are in close contact with face and hands, such as helmets and gloves, should be restricted and disinfected between the use of various persons.

NB: The different associations also have their guidelines specific to their sports. We encourage everyone to read and understand these.



NORGES
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