

# HOCHSCHULSPORT GÖTTINGEN

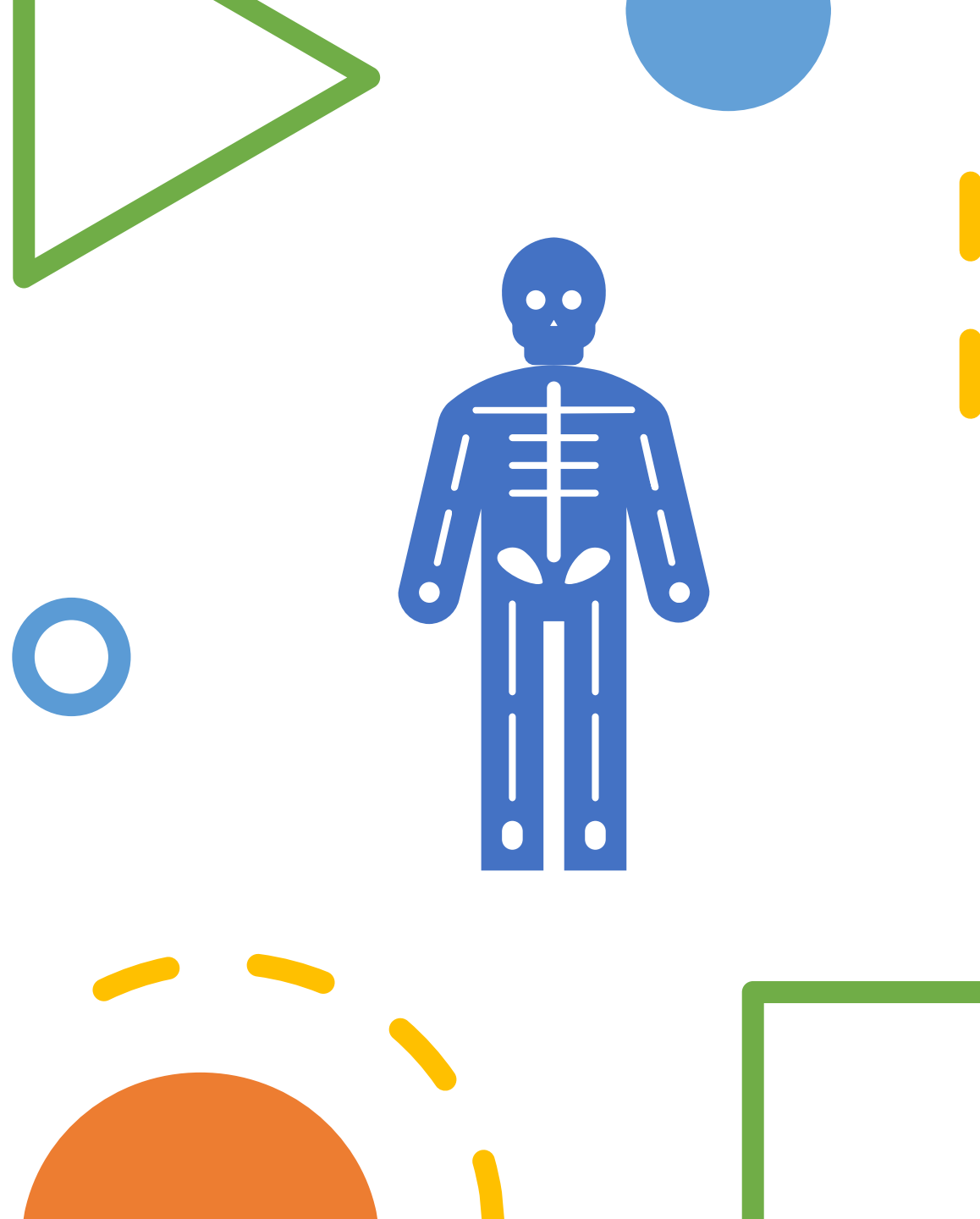
# my.SPORT

## "Sport by distance"

Guideline for participation in the Corona Sports Programme of University  
Sports Göttingen

# Preface

For more than two months, Göttingen has been in the fight against the corona virus and the associated risk of thousands of lives. After the massive cuts that have massively restricted social life since mid-March, the protective measures are now being gradually eased. This also includes the resumption of secured sports operations on the outdoor sports facilities. The responsibility associated with this is great, as a resurgence of the infection would have unforeseeable consequences. The regulations for sports operations are not specific to a particular sport, but are based on the basic requirements for infection protection. Please follow our rules without fail. In case of cold symptoms or contact with infected persons, participation in the sports program is not allowed. In this case the sports centre is to be avoided. Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)



# Our rules for sports operations:

- Compliance with a minimum distance of 2m
- contact-free execution of all sports and training measures.
- consistent adherence to the rules of hygiene when coughing and sneezing.
- Material / sports equipment can only be used individually. Fitness mats and similar equipment must be brought along by yourself.
- Changing rooms and showers remain closed, as do catering areas
- Change of clothes and personal hygiene at home
- A binding registration via the university sports homepage is required for each individual appointment
- Social gatherings after sport are prohibited
- The sports areas must be left immediately after the end of the activity
- No events and competitions, no spectators
- In case of cold symptoms or contact with infected persons, participation in the training is not allowed

# The most important facts in brief:



Keep a distance (at least 2 meters)



Social activities are prohibited. Use of the sports area exclusively for sporting activities.



It is not allowed to take part or be near the group without an online booking or prior notice. The area must be left immediately after the end of the sports activities.



Masks do not have to be worn during the sports itself. However, we recommend that you wear a mask (which you bring with you) during the non-sporting periods of the training operation.



# Notes on the exercise and training procedure

- Greeting rituals (high-fives, hugging) are to be avoided at all costs
  - At all times of the training operation, keep a distance (at least 4m distance in all directions to have reserves for unsystematic movements)
  - List of participants will be checked - only registered persons can participate
  - Do not leave the assigned area/place and expel non-participating persons from the course (support by the service team of the University Sports Department)
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