



UPDATED CORONAVIRUS GUIDELINES WITH EFFECT FROM 6TH JUNE 2020

The third step in easing measures to fight the coronavirus pandemic will take effect from 6th of June. The ban on assembling in public spaces will be relaxed in strict compliance with hygiene rules, social distancing and with the help of contact tracing.

New measures have been introduced concerning training and competitions within sports organizations which permit a wider resumption of sports activities in compliance with health regulations / epidemiological data from the Federal Office of Public Health. The 5 key principles set out below need to be respected at all times during training and competitions.

1. No athletes with any symptoms are permitted to train/compete
 - Fever, cough, headache, aching limbs, sore throat etc.
2. Keeping a 2m distance is encouraged where possible
 - Try to keep your distance on the outward journey, on arrival at the sports facility, in the locker room, during training discussions, in the shower, after training and on the return journey.
 - Keep your distance from other people. You can get coronavirus when you are within two meters of an infected person. By keeping your distance, you protect others and yourself. During training, contact is however allowed.
3. Compliance with the hygiene rules of the OFSP
4. Keeping a presence list (contact tracing)
 - To allow tracing of people who have been in close contact with infected people. On the order of the health authorities, close contacts must be able to be certified for 14 days. To simplify the tracing of people, it is necessary to establish presence lists. People who have been in contact with infected people can thus be placed in quarantine by the cantonal health authorities.
5. Designation of a responsible person
 - Those who plan training sessions must designate a person responsible for compliance of these conditions.
 - Following the new relaxed OFSP guidelines:
 - Corporal contact in contact sports such as netball are now allowed
 - Training sessions allocating 10m² per person are now permitted
 - Competitions with less than 300 people are permitted

Please find attached guidelines for netball training adapted from Swiss Olympic standard guidelines for clubs.

Nouveau coronavirus : assouplissement des mesures

Ouverts ou autorisés dès le 6 juin

30

Rassemblements de
30 personnes max.
(à partir du 30 mai)



Théâtres et
cinémas



Campings



Discothèques et
boîtes de nuit

300

Manifestations de
300 personnes max.



Zoos et jardins
botaniques



Établissements
de loisirs



Frontières vers D, A, F
(à partir du 15 juin)



Tous les
entraînements
sportifs



Piscines et centres
de bien-être



Grands groupes
dans les restaurants



Camps de vacances
(300 pers. max.)



Enseignement présentiel
(secondaire II, niveau tertiaire
et autres formations)



Ramontées
mécaniques



Services de
prostitution

Interdits

30+

Rassemblements de
plus de 30 personnes
dans l'espace public

300+

Manifestations de plus
de 300 personnes



Compétitions sportives
avec contacts
physiques rapprochés

Les consignes suivantes demeurent



Garder ses
distances



Porter un masque si
on ne peut pas garder
ses distances



Observer les
règles d'hygiène



Télétravail
si possible



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun Svizra

Swiss Confederation

Bundesrat
Conseil fédéral
Consiglio federale
Cussegl federal
Federal Council

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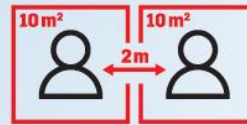
Directives générales pour le sport
après l'assouplissement des mesures

Spirit of Sport

signifie maintenant...



Respect des
règles d'hygiène
de l'OFSP



Respect des distances
(10 m² de surface d'entraînement par personne,
toujours garder 2 m de distance si possible)

Valable dès le 6 juin 2020



Respect du
concept de protection
des clubs et des exploitants d'installations sportives



Participation aux
entraînements/compétitions
sans symptômes



Listes de présence
(traçabilité des contacts proches –
Contact Tracing)



**Interdiction de
compétitions
sportives**
avec contact physique étroit



Manifestations sportives
avec 300 personnes maximum



Entraînements de sports avec
contact physique étroit
en groupes fixes

swiss olympic