

# KORONA REGULATION NORGES CRICKETFORBUD

28.04.2021



- The club is responsible for teams, coaches, players and volunteers to understand/follow Corona regulation
- The coach/captain is main responsible to ensure that the regulation are followed. Others can be appointed
- All participants must complete the Corona awareness course. Available in English
- Sick people must stay home
- Use own equipment
- Clean/wipe off used equipment after use
- Good hand hygiene before, during and after training – each access to Antibac all time

All types of sports activities must be performed according to current rules. Remember, the rules might differ for Norway and the municipality you live in – check local regulation.

## National training regulations

Active UNDER the age of 20

- Normal training, no restrictions for distance nor number of players
- Local training/match between municipalities possible – check local regulation.
- Attend/arrange outdoors matches, within your own county
- Active OVER the age of 20
  - Practice in groups with a maximum of 20 people indoors/outdoors, with a 1 METER distance

## Training in Oslo and other vulnerable regions

- Active UNDER the age of 20
  - Normal training with a maximum 20 people + coach, no restrictions for distance
- Active OVER the age of 20
  - Practice in groups with a maximum of 10 people indoors/outdoors, with a 1 METER distance
  - Self-organized activity for adults should not take place at times when there is organized training for children and young people at the facilities.
- Activities for children must **AT ALL TIME** include one grown up responsible, to ensure the activities runs in line with the current regulations

- Check that you are on the list for today's training
- No handshake and physical contact
- For now, use your own equipment **ONLY**
- **DO NOT** use **SPIT** or sweat to shine the ball
- Minimize use of public transport
- If you or someone you have been in contact with show symptoms such as fever, sore throat, running nose, cough, or generally not feeling well, **REPORT**, and **DO NOT** show up for training

Responsible for the given activity must take full responsibility during the session, to make sure both attenders and spectators follow the current Corona regulations. If this does not work, the activity must be reassessed/stopped.

## INSURANCE



“The license insurance has been extended to cover unorganized sport activity as long as the government ban organized sports due to Corona. Normally, license insurance only covers organized activity. [Check current insurance terms.](#)”

## USEFUL LINKS

- [Corona awareness course](#) available in Norwegian and English
  - Local corona restrictions koronarestriksjoner – click and check local regulation where you live!
- [Agder](#) | [Asker](#) | [Bergen](#) | [Bærum](#) | [Oslo](#) | [Rogaland](#) | [Sandefjord](#) | [Sarpsborg](#) | [Trondheim](#)

## STAY FOCUED:

- Hand hygiene
- Cough or sneeze into your elbow joint
- If any symptoms- stay home!
- Only use your own equipment
- Help others be responsible

**TOGETHER** with the rest of the sports, lets **LEAD ON** as good examples!