*Unofficial translation by ISCA of the Danish Authorities’ guidelines for re-opening of sport on 8 June 2020*

**Guidelines for the reopening of indoor sports and associations, as well as sports and leisure facilities (phases 2 and 3)**

COVID-19 has serious consequences for Danes' everyday life, and for Danish sports and associations and other educational and cultural activities as well as other sports and leisure activities. The government has taken many and far-reaching initiatives to mitigate the consequences of the outbreak. The Danes, Danish sports and associations and Danish business have followed the instructions of the authorities, and the initiatives have shown great effect.

The prerequisite for sports and associations and other people's educational and cultural activities as well as sports and leisure facilities - indoors - to reopen, and for members, customers and other users to expect to resume their activities is that members / customers / users, volunteers and employees can feel comfortable to participate in the activities. Proper reopening means that each association / institution / company management and employees or those otherwise responsible take shared responsibility for reopening in a way that minimizes the spread of infection, including ensuring that people are separated and that there remains a sharpened focus on hygiene in accordance with the general guidelines of the authorities. Showing up with symptoms should be avoided and the activity should be discontinued immediately if symptoms occur.

The Minister of Culture has gathered the leaders of the associations and organizations concerned, representatives of trade associations and the like, professional organizations and relevant authorities, etc. in a sector partnership. This is done in order to prepare guidelines for a future reopening of indoor sports and leisure activities in sports associations / facilities, etc. as well as premises used for association activities, including scouts, educational and amateur cultural activities and premises used by music and cultural and visual schools, etc., evening schools, day colleges, “Folkeuniversitetet” and the cultural centers, including both under the auspices of voluntary associations and the commercial entities, for instance playworlds and swim parks, arcades and casinos.

The guidelines are indicative of how sport and association life and sports and leisure facilities can make a responsible reopening in the light of the outbreak of COVID-19, and do not change the obligations of the associations, organizations and companiesas they are described in current legislation, including for example the assembly ban and the applicable requirements for premises to which the public has access (cf. applicable ordinance at the time of reopening); likewise, changes in the National Board of Health's applicable guidelines for distance requirements during COVID-19 may change the guidelines below.

The implementation of the guidelines will have to take into account sector-specific differences and needs, as well as ensuring the implementation in a way where consideration is given to creating a good working environment.

Against this background, the Ministry of Culture proposes the following guidelines for a gradual reopening of indoor sports activities - whether carried out under associations or commercially, as well as sports and leisure facilities and the premises that houses associations, and premises used for music and cultural and visual schools, etc., evening schools, day colleges, Folkeuniversitetet and cultural houses.

**General guidelines for conducting gradual reopening**

Below are general actions taken before and during reopening:

* The gradual reopening is handled so that the health authorities' recommendations and guidelines can be followed for the individual and for the individual association, institution, facility, etc. overall.
* In general, when reopening, the focus should be on this being a transitional situation where extra measures are implemented in addition to the usual current recommendations and guidelines for the area. The basic elements of prevention of the spread of infection should be observed by everyone and where an element cannot be observed, the others should be intensified. The basic elements are, in order of priority:
1. Isolation of people with symptoms, eg in their own home or hospital.
2. Hygiene, with focus on good coughing habits, hand hygiene and contact points
3. Contact reduction focusing on distance, frequency, duration and barriers.
* Prior to reopening, associations, institutions and sports and leisure facilities, etc. ensure that the framework for complying with all health authorities' guidelines regarding distance requirements for the individual, hygiene, etc. is in place, that the guidelines are visible by postings or posters, and that there is hand sanitizer (70-85% alcohol) available.
* The association, the management of the sports and leisure facilities, the company, the institution etc. must continuously monitor the gradual reopening.
* There should be a particular focus on controlling the number of participants in the individual activities, which must be kept within the applicable restrictions for larger assemblies, currently. max 50 people.
* A minimum of 4 square meters per person is necessary in areas of public access. In rooms where visitors / participants are essentially sitting down, however, the minimum is 2 square meters per person. The floor area in the 1st paragraph is calculated wall to wall regardless of inventory etc. The specific maximum capacity, including floor area per person, is determined on the basis of a case by case assessment. In this connection, it should be noted that physical exertion is an aerosol (airborne droplet / particle) generating activity.
* Associations and other sports and recreational facilities can themselves - on the basis of the general recommendations of the National Board of Health - set specific guidelines for, how the distance requirement can be met and contact minimized in connection with the specific activities - but taking due account of the participants' age. Responsibility for ensuring compliance with distance guidelines etc. also applies to bathing and changing facilities. The recommendations of the National Board of Health are currently that at least 1 meter distance is kept between people in public areas. However, it is recommended to keep at least 2 meters distance during physical activity, e.g., hard physical exertion, etc. This does not apply to esports and mind sports. Likewise for activities with heavy exhalation, eg singing, shouting, lectures, plays etc., a 2 meter distance between lecturer and the front row of listeners should be kept (while it is sufficient to have a distance of 1 meter between the audience members if they do not sing, for example in connection with lectures). Distance is assessed from nose tip to nose tip, so that when seated, it should be measured from the center of the chair seats and not from armrest to armrest.
* In situations where it is difficult or impossible to comply with the general recommendation of 1 meter distance (2 meters in case of heavy exhalation), or regulate distance to others, it is important that the association / organization / company / institution consider measures that can minimize or reduce the duration of contacts, especially special face-to-face contact for members, employees, volunteers and participants. These may be behavioral nudging or physical barriers between people. For example, the activity can be organized in fixed groups with a fixed number of persons per group. Or setting up rows of chairs to limit face-to-face contact. Or provide good ventilation.
* Cf. above, sports and sports activities and dance with physical contact can be carried out (eg sports where you have direct contact with other players such as handball and basketball), if, on the other hand, there is extra attention to the other recommendations, especially in the hygiene and prevention of contact infection.
* Indoor sports facilities and premises for use by evening school movement classes can be divided into smaller fields based on the Health Authorities' general recommendations on distance. Indoor activities can take place in groups of up to 50 people (including trainer, teacher and the like). If there are several groups of a maximum of 50 people present in the same venue, hall, etc. it must be ensured that there is sufficient distance between the groups so that they do not form one single group. This can be done, for example, by dividing the area into fields with a clear distance between each field, so that each group has its own field. If the training, teaching, etc. thus can be organized in groups of up to 50 people who are effectively separated from each other, have their own coaches / volunteers / teachers and, in practice, effectively comply with the assembly ban, it will be possible to conduct several trainings and courses at one time. Sports associations / facilities and other associations should determine this on a case by case basis for the specific indoor area. The maximum capacity for number of participants, including floor area per person, cf. above, must be observed.
* Any kitchens, lunch rooms or canteens for staff / volunteers and users should be appropriately aligned, including ensuring adequate distance between tables in the dining area and distance marking at payment stations. It must be ensured that no queuing occurs.
* Employers / associations are encouraged to involve staff / volunteers in planning the specific measures. As part of a collaboration on safety and health in the workplace, employers must involve employees in the planning of specific initiatives that are important for them. Where there is a local group for work environment, they must be involved.
* In addition, the gradual reopening requires that the necessary cleaning is done. This cleaning includes: Frequent and thorough cleaning of common contact points, at least once a day, and more often if there are multiple touching. Trash cans are emptied daily, and always before they are completely filled. Common equipment and remedies should be cleaned between each of the different users, otherwise personal or disposable equipment should be used.
* Cafes, restaurants, rental rooms and the like follow the general guidelines for these.

**General guidelines for work organization and protection of employees / volunteers / members**

The following are general guidelines for all sports associations (including evenings schools, etc.), other association activities, as well as music and culture and picture schools etc., evening schools, day colleges, Folkeuniversitetet and the cultural centers and sports and leisure facilities in this area:

* For employees at increased risk of serious illness with COVID19, it is recommended that the management, in dialogue with the individual employee, make a specific and individual assessment based on the guidelines issued by the National Board of Health.
* It is recommended that volunteers at increased risk of a serious illness in case of contracting COVID-19, do not do voluntary work in the sports association, etc. for now.
* There should be information on the website and at the entrance points that persons at increased risk of serious disease with COVID-19 exhibits great caution when visiting.
* As far as possible, water and liquid soap or hand spray (70-85% alcohol) should be available. There should be disposable towels available.
* The individual sports association / facility, organization, company, institution, etc. should, as far as possible, review its work processes to minimize the time of close contact.
* Special steps should be taken as far as possible to avoid close contacts and to introduce additional security measures in such contacts (setting up separation points at checkpoints, clear distance marking, behavioral nudging, room divisions, distance tape, etc.) and use of appropriate protective equipment).
* All employees must be informed of and adhere to the National Board of Health's recommendations on good hygiene and appropriate behavior, including regular and thorough hand washing.
* The individual association, institution, company, etc. and sports and leisure facilities, should ensure thorough cleaning of common contact points and make a plan for cleaning and disinfection (frequency to be determined case by case) of contact points, including with special focus on handles, handrails, light switches, table surfaces, taps, computers and tablets, equipment that is frequently touched by many. It is recommended that common contact points are marked, as well as removing unnecessary contact points and offering contact-free solutions
* Contact points that are part of the sports activity etc. must also be ensured frequent cleaning, presence of hand sanitizer (70-85% alcohol). It should be carefully considered which contact points are necessary for the association / organization / company, etc. in connection with opening.
* Toilets (both user and employee toilets), bathing and changing facilities are cleaned thoroughly and at least once daily and more often if there are many guests (frequency to be determined case by case), all surfaces are washed and contact points are disinfected. There should be easy access for everyone to wash basin with water and liquid soap, as well as disposable towels. Do not use common towels or soaps.
* Cleaning of the individual workstation is ensured when an employee / volunteer leaves the workstation and another employee / volunteer takes over.

*Dealing with illness and symptoms*

* Employees, volunteers, members, users, etc. should not attend work activity if they have symptoms indicating COVID-19. There should be cleaning of the workstation of a sick employee, volunteers, etc. immediately after identifying disease. Employees, volunteers, members, users, etc. must, in case of illness, first return to work / to the activity 48 hours after the symptoms have ceased. In this regard, reference is made to The National Board of Health's current guidelines in this area.
* Employees, volunteers, members, users, etc, whose close contacts - including family - have symptoms or are infected - must follow the National Board of Health instructions for "close contacts".
* Information material should be set up in or near the premises that people who have symptoms of COVID-19 should isolate themselves at home, as well as materials on good hygiene and appropriate behavior in the public space. The information material mentioned in the first paragraph. is published by the National Board of Health.

**Special guidelines for indoor sports**

Indoor sports (e.g. badminton, handball, swimming, gymnastics, yoga, mind sports, dance, bowling, esports, movement teams in evening schools)

* The activity should focus on controlling the number of participants including on the division into subgroups that ensure compliance with applicable restrictions for larger assemblies and, as appropriate, monitor this on an ongoing basis. There should be staff / volunteers tasked with preventing the close gathering of bigger groups. The sports association / facility in question can subdivide facility areas into fields and decide in this regard how the division should be done (eg with cords, cones, drawing, etc.).
* Users are encouraged to bring their own equipment for use during the training / activity, etc. To the extent common balls or other equipment is used, they should be cleaned along the way or after use, and users should have extra focus on hand hygiene. In cases where tools cannot be meaningfully cleaned continuously during the activity, the hands are cleaned instead ongoing (the hands are the bodily point of contact). For example, hands are cleaned in gymnastics before and after a session.

**Special guidelines for swimming**

(under the auspices of associations and public access, eg in swimming pools, indoor pools in holiday centers, hotels and the like)

* Ensure that the number of active participants in pools is regulated to a maximum of one participant per 4 square meter water surface.
* Limitation and regulation of the number of active participants in swimming pools and baths should be both at the entrance to changing areas and in the swimming pool itself.
* Distance markings should be provided on floors where appropriate.
* In the case that locker keys are used, they should be handed out by employees and be cleaned between each user.
* The one meter distance requirement applies to guests in different pools, spa, sauna, steam room and at basin edges, however, this increased to two meters in cases of hard physical exertion.
* All equipment is cleaned before and after use.
* The number of guests is monitored on an ongoing basis to ensure the applicable guidelines on safe distance between users in basins and changing rooms can be adhered to.

Cleaning

In addition to the general cleaning requirements of the health authorities, the following should be done:

* Efficient, visible and timely cleaning of all handles on all doors and miscellaneous fixtures.

Effective, visible and timely cleaning of the facility's handrails, ladders, starting blocks and basin edges with QAC type disinfectant or alcohol intended for this.

Effective, visible and timed cleaning of toilets.

Cleaning of contact points on locker cabinets in changing rooms is done after each user.

The phones, radios and cash register systems that are used by several employees should be cleaned between each use.

DIF / DGI and Company Sports guidelines for indoor sports activities are followed, other activities may take inspiration from these as well.

**Supplementary guidelines for dance schools**

* Dance classes are run with a minimum of 10 minutes between each lesson
* Breaks are allowed if distance is kept in accordance with current rules on distance
* Do not change dance partners in pair dance
* There should be 2 meters between dancing couples
* Cleaning of contact points between the dance teams should follow the general cleaning guidelines

**Supplementary guidelines for fitness**(under the auspices of associations, fitness centres and the like)

* The number of active participants in the gym is limited so that the general rules regarding distance can be observed. It is ensured that the number of active persons in the premises is regulated so that there is a maximum of one particpants per 4 square meter.
* Limitation and regulation of number of participants in fitness rooms must be done at both the entrance to the fitness rooms and in the individual fitness rooms.
* Distance markings must be provided on floors where appropriate.
* A meter distance should be kept between tables and chairs in café areas.
* Sweat-absorbing equipment: Yoga and exercise mats, sandbags and boxing gloves etc. should not be available. Users are encouraged to bring their own equipment if this is to be used for training.
* Extra cleaning: Extra ventilation and cleaning is done as part of daily operations with frequent disinfection of touch surfaces such as door handles, card readers, taps, and exercise equipment and machines.
* Disinfection between activities: For equipment and machines, contact surfaces are disinfected between each use.

**Special guidelines for premises with meeting, teaching and workshop activities in association and school settings**

* A minimum distance of 1 meter between participants must be ensured at meetings and in teaching situations
* Print materials etc should be handled with care. There should be frequent cleaning or hand washing, and materials are thoroughly cleaned before use by others.

**Special guidelines for premises for amateur theater, amateur orchestras, musical bands and choir singing, including at music and cultural schools**

* The association, or the school of music and culture, must establish more detailed guidelines for how the activities can be carried out in compliance with the health authorities' current distance recommendations, as well as the applicable restrictions on the layout of premises to which the public has access, and the number of participants, including the possibility to conduct part of the activities outdoors.
* Especially for choir singing, 2 meter distance between the performers should be observed after the recommendations of the health authorities.
* Instruments and other materials should only be used by one person, or there should be quarantine times for the use between multiple persons.

**Special guidelines for premises for activities with the audience, eg lectures, amateur theater, concerts, exhibitions etc.**

* Guidelines for culture activities with a seated audience, or guidelines where the audience moves around, should be observed.

Under these considerations, it is considered justifiable that the Danes resume to cultivate sports and leisure activities as well as activities in other associations, amateur culture, etc. indoors, as well as the evening schools and music and cultural schools and cultural centers to the extent that this can be reconciled with compliance with the guidelines in this guide, cf. political agreements of May 8 (phase 2), May 20 (advanced phase 2) and June 6, 2020 (Phase 3). It is crucial that all associations / facilities, companies, institutions, dance schools and gyms, etc. prioritize compliance with the guidelines so that the risk of infection is minimized by all members, employees and volunteers involved and the population again feels safe to enjoy sports and association life – including indoors - as well as other educational and cultural activities, etc.

The Danish Working Environment Authority guides the companies.

The above measures are implemented for indoor sports and associations and for sports and sports leisure facilities, etc. from the reopening June 8, 2020.

*More information*

Companies can contact the corporate hotline at 7220 0034, who may refer to proper authority. See also virksomhedsguiden.dk

Find the Danish Working Environment Authority's information material here: <https://at.dk/corona>

Find the recommendations of the National Board of Health here: <https://www.sst.dk/da/corona>

Contact the Danish Working Environment Authority for further guidance on proper arrangements of the workplace at: 7012 1288.

For general information, contact the shared Hotline at 7020 0233 on how to relate to COVID-19.