



COVID-19 Protection Concept for Swisscom Nordic Arena

Valid from 01 March 2021

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1. Introduction

This COVID-19 Protection Concept is based on national authorities' restrictions, stricter local restrictions (Canton of Bern) and the protection concept for training sessions (Swiss-Ski).

2. Swisscom Nordic Arena objectives

- Safeguarding the health of all athletes, coaches and staff on site is the top priority.
- The processes and rules contained in this Protection Concept are clear and easy to understand and ensure that athletes, coaches and staff can go about their work safely.

3. COVID-19 protection regulations for training sessions on site

3.1. General measures of Federal Office of Public Health (FOPH)

- Symptoms → If you have any symptoms, get tested and stay at home
- Masks → In all indoor areas or when it is not possible to keep the distance – there is an obligation to wear a face mask
- Social distancing → Keep a minimum distance of 1.5 meters
- Hygiene regulations → Clean your hands regularly; before and after training
- Contact Tracing → Record the contact details of everyone in your training session

3.2. Planning of your training sessions

- All reservations must be made by following this link: www.nordicarena.ch/training
- Please contact welcome@nordicarena.ch for further questions.

3.3. Conduct at the site

- From 01 March 2021 training sessions in groups of up to **15 persons** are allowed again at our site. For elite athletes (member of a national squad of a national sports association or holders of a valid FIS licence) in an established competitive team the group size will not be limited.
- For children and young people **born in 2001 or later**, the group size not limited and competitions (without any spectators) are allowed again.
- The use of the Swisscom Nordic Arena is only allowed for led training sessions with a collective start and end per group. (no uncontrolled continual coming and going, no concentrations of different groups around changing cabins)
- In all interior rooms at Nordic Arena site (office, changing rooms, waxing-container, toilets, funicular, etc.) masks must be worn (if there is more than one person inside). Exception: Children under the age of 12 must not wear masks.
- Outdoor, face masks must be worn if the minimum distance of 1.5 meters cannot be ensured (for example: waiting area of funicular).
- Attention: If there are two training groups, one on ski jump HS27 and one on HS15 at the same time → Ascents to start and the waiting areas after the jumps must be separate!

3.4. Contact Tracing

- It is recommended, to use the [SwissCovid app](#). (It establishes whether you have been in close physical contact with someone who is infected. That way, we can break the chains of transmission).

3.5. Hygiene and protective measures

- Protective equipment (face masks, disinfectants) must be brought personally.
- There are permanently mounted disinfection devices at several places on site. Locations → see: [annex 1 general map](#)
- Toilets, changing rooms and instruments will be cleaned and disinfected regularly.


3.6. Responsibility

- This Protection Concept will be made available to all users of Swisscom Nordic Arena and will be published on our website www.nordicarena.ch/training.
- All participants should act in accordance with the principles of solidarity and assume personal responsibility for ensuring compliance with this Protection Concept!
- Responsibility for the implementation and monitoring of defined measures lies with the coaches in charge.
- The staff of Swisscom Nordic Arena will regularly check the correct implementation at the site and will discuss the results of those checks with the coaches in charge.

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Kandersteg, 01 March 2021

Swisscom Nordic Arena



Marc Stübi
Site Manager

Annex

1) General map of Swisscom Nordic Arena