



INSTRUCTIONS FOR TRAINING ON CANOE POLYGONS

The following are instructions for training on canoe polygons during the validity of the decree on temporary restrictions of sports activities. When organising and executing the training, athletes and sports professionals (coaches) must follow the instructions of the Ministry of Health and the National Institute of Public Health for the Prevention of SARS-CoV-2 Virus Infection, which are published on the website: www.nijz.si/sl/sproscanje-ukrepov-covid-19

The instructions are prepared for the implementation and organisation of training on the canoe slalom course and are applied logically to all canoeing surfaces in nature.

Training Arrival and Departure:

- It is necessary to adhere to the training schedule;
- Arrival to the training is usually 30 minutes before the start of the training;
- After the training, it is necessary to change clothes as soon as possible and leave the training ground;
- After the training, each participant takes away all personal belongings and packaging waste;
- Participants should wear a face mask covering their nose and mouth at all times.

Training:

- Athletes can only use their own canoeing equipment for training;
- In addition to athletes, only persons who are strictly necessary to perform the training may be present during the training;



- Training is allowed for athletes with Olympic, world, international and perspective class titles;
- Training is allowed for professional athletes over the age of 15 who are entered in the register of professional athletes at the Ministry of Sports;
- Exercise is allowed for participants who are members of the same household;
- Training is allowed for individuals but they need to respect at least the 3 metres distance to any other individual;
- During the training hour a maximum of 16 participants can be present on the training ground at individual training locations;
- During the training itself athletes must maintain a distance of at least three meters from each other;
- Athletes should not stay in the eddies where it is difficult to ensure adequate distance between individuals;
- Each participant is responsible to follow the instructions to prevent the spread of COVID-19;
- In the case of guided training the responsible coach who oversees the training of athletes is in charge of supervising the observance of the instructions during the training process;
- In case of individual training the individual performing the training is responsible for complying with the measures set out in the ordinances.

Canoe Federation of Slovenia

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