

Training activities for clubs and regular shift groups in UniSport's sports facilities from 15 August 2020

UniSport's sports reservation groups (clubs, regular shifts, one-time bookings) and participants in organized groups (ball game groups) must follow the guidelines of the Finnish Government, the National Institute for Health and Welfare, the Ministry of Social Affairs and Health, the Ministry of Education and Culture and the Ministry for Foreign Affairs. More information on the websites of the Government, THL and AVI. Also follow the instructions of your own federation. The liaison officer for clubs, teams and groups is responsible for ensuring that these instructions are followed.

[Guidelines of THL and the Ministry of Education and Culture for general meetings and use of public spaces](#)

[Regional Government Agency's announcement of meetings and public events](#)

[Olympic Committee guidelines for club activities](#)

If you suspect coronavirus infection, follow [THL's instructions](#).

Instructions for using UniSport premises

- You cannot come to the exercise center if you have any symptoms suggestive of illness. Those belonging to a risk group or living in the same household as the risk group must use discretion in their participation.
- All participants must take good hand hygiene and use a personal training towel. It is good to have your own hand sanitizer with you.
- If you have to cough or sneeze, cough into your sleeve or shirt. If you do sneeze, use paper towel and put it in the trash immediately.
- There may be a maximum of 25 participants on the field or in the sports hall. Blocks delimited by curtains in multipurpose halls are considered to be different fields. The exceptions are the maximum number of the following halls: Otahalli Aaltosali 17, Aavasali 10, Viikki small sports hall 17, Meilahti spinning hall 28, Kluuvi K3 small group hall 10 and Kluuvi spinning hall 17 participants.
- In games or drills, avoid sections where players come into close contact.
- Do not arrive until just before the start of your turn. Make sure the previous game group has left the field. Contact should be avoided when changing shifts. Observe the end time of the shift.
- Avoid the use of changing rooms. If necessary, you can bring the equipment to the edge of the field in your own game bag.
- Avoid unnecessary stays in exercise facilities. Preferably take a shower at home. Saunas are not in use.
- We make cleaning more efficient. In addition to normal cleaning, staff regularly do a round of cleaning at the fitness centers.
- Contact person/ coach, go through these instructions with the whole group.
- Team or group contact, notify the sports center if your team or group develops a coronavirus infection.