

**PROTOCOL ON PREVENTIVE MEASURES AND CONDITIONS FOR CARRYING OUT  
SPORTS ACTIVITIES IN NEBRIJA UNIVERSITY'S SPORTS FACILITIES AND CENTERS  
TO ADDRESS THE HEALTH CRISIS CAUSED BY COVID-19**

In accordance with the regulatory provisions contained in Order 997/2020, of August 7, in Order 1047/2020, of September 5, and in Order 1178/2020, of September 18, of the Ministry of Health, amending Order 668/2020, of June 19, which establishes preventive measures to face the health crisis caused by COVID-19, once the extension of the state of alarm established by the Royal Decree 555/2020, of June 5, ended, Nebrija University prepared this Protocol for the general knowledge of STUDENTS regarding the measures and conditions for carrying out sports activities in the sports facilities of all university campuses, both outside and inside activities, as well as in the sports centers used by Nebrija University but not belonging to the entity.

Depending on the epidemiological evolution, the heads of the Ministry of Health and the General Directorate of Public Health of the Community of Madrid, in their capacity as health authorities, may modify or eliminate the containment measures they consider appropriate, which will prevail over those established in this Protocol in case of conflict, or establish additional measures, if necessary, in the exercise of their responsibility and in accordance with their corresponding competences in the matter of public health.

In the case of sports activities organized by Nebrija University in facilities that are not owned by the University, the rules established by the owner of said facility must be observed in every case.

This protocol complements Nebrija University's "Guide for returning to in-person activities",<sup>1</sup> which can be consulted on the website.

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<sup>1</sup> The text can be consulted at the following link: [https://www.nebrija.com/pdf/covid19-protocolo-vuelta-actividad-presencial-estudiantes\\_3se Septiembre.pdf](https://www.nebrija.com/pdf/covid19-protocolo-vuelta-actividad-presencial-estudiantes_3se%20Septiembre.pdf)

## 1. MEASURES AND CONDITIONS FOR CARRYING OUT SPORTS ACTIVITIES IN NEBRIJA UNIVERSITY'S SPORTS FACILITIES AND CENTERS

### 1.1. General measures

Sports activities may be carried out, both individually and collectively, in Nebrija University's sports facilities and centers, indoors and outdoors, by any member of the university community (students, teaching and research staff, administration and services staff), under strict compliance with the rules detailed in this Protocol.

The **use of a mask is mandatory in any type of physical activity by any person who is in the sports facility, and during the movements that take place inside**, except for those people who are exempt from its use in accordance with the applicable regulations<sup>2</sup>. Exceptionally, the use of a mask will not be mandatory during outdoor sports practices as long as maintaining the safety distance with other people who are not cohabitants can be guaranteed.

People who wish to practice sports in Nebrija University's sports venues, facilities and centers must respect the various signs placed there to guarantee compliance with the interpersonal distance of at least 1.5 meters between them, so that the movement of people in said facilities is carried out safely, both at the reception of the facility and at any customer service post.

### 1.2. **Access and exit** measures to/from sports facilities and centers.

- Accessing and exiting from Nebrija University's sports venues, facilities and centers of any type -indoors or outdoors- **will be done using a mask** and, in any case, must be done in an orderly, staggered and individualized manner by each of the people who are going to carry out the sport activity, guaranteeing the interpersonal safety distance of at least 1.5 meters.
- Before entering and leaving the assigned space, users must clean their hands with the sanitizer gel that will be available in the spaces provided for this purpose.

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<sup>2</sup> Article 6.2 of RD 21/2020, of June 9, on urgent prevention, containment and coordination measures to face the health crisis caused by COVID-19: people who present some type of illness or respiratory difficulty or who, due to their situation of disability or dependency, do not have autonomy to remove the mask; cases of force majeure or situation of need.

- The access doors to sports spaces and collective classrooms will be kept open, whenever possible, to avoid contact as much as possible, improve ventilation and facilitate circulation.
- Once the sports practices are over, you will not be able to stay at the facility.

### 1.3. Measures for the **use of sports facilities and centers during sports practices**

#### 1.3.1. General criteria for the use of sports facilities and materials

- No material will be shared. If this is not possible, the presence of hygiene items for continued use is guaranteed.
- Spaces are set up for depositing bags, backpacks and personal effects, and they cannot be left in other places.
- Food, drinks or similar items cannot be shared. Water fountains are turned off, so individual use of bottles is recommended.

#### 1.3.2. Conditions for **carrying out sports practices** in sports facilities and centers

- The physical-sports activities of contact and combat sports is resumed in outdoor and indoor facilities with the **mandatory use of a mask**, except for people who have some type of illness or respiratory difficulty or who, due to their situation of disability or dependency, do not have autonomy to remove the mask; in cases of force majeure or a situation of need.
- The physical-sports activity of contact and combat sports is resumed, both in indoor and outdoor facilities, **with mandatory use of a mask**, except for people who have some type of illness or respiratory difficulty or who, due to their disability or dependency, do not have autonomy to remove the mask; in cases of force majeure or a situation of need. Practicing this type of discipline is limited to groups of 20 people, in the cases of pre-competition training, and 25 people in a competition.

- The professionals of the sports facility must use a mask and maintain a distance of at least 1.5 meters from the user.
- In order to guarantee safety in the movement of people in the sports facilities, users and professionals of sports practices must comply with the signs put up in the facilities at all times.
- In addition, if the sports venue has stands with seats, spectators are obliged to remain seated and respecting the interpersonal safety distance. If, on the other hand, the sports facility, venue or center does not have stands, all spectators are obliged to wear the mask at all times.
- During sports practices in **outdoor facilities**, the use of a mask will not be mandatory as long as the safety distance with other people who are not cohabitants (1.5 meters) can be guaranteed. The maximum capacity will be 60% in outdoor facilities. Sports practices in groups will be **reduced to a maximum of 6 people**.
- During sports practices in **indoor facilities**, the use of a mask is mandatory in any type of physical activity, except for high intensity exercises without physical contact where there is a safety distance of at least 3 meters from other users. At all times, compliance with the safety distance of at least 1.5 meters must be guaranteed, except in contact and combat sports.
- Physical-sports practices in **indoor facilities** may be carried out individually or in groups, as long as it does not exceed 50% of the capacity allowed in the facility or space where the activity takes place. In the case of **sports practices in groups in indoor facilities**, these will be distributed in subgroups within the space in which these practices take place. These subgroups will **have a maximum of 6 people**, all of them without physical contact, and a **distance of at least 3 linear meters** must be guaranteed between each subgroup.

- All the activities that can be moved outside will be carried out outside, guaranteeing, at all times, an interpersonal safety distance of at least 1.5 meters.

#### 1.3.3. Spectators at sports facilities

- Training, competitions or events that take place in sports facilities may be held with an audience, provided that the spectators remain seated, with a safety distance of at least 1.5 meters, and wear a mask.

#### 1.3.4. Measures for the use of restrooms and changing rooms

- The use of the restrooms and changing rooms will be allowed, respecting the maximum occupancy for their use, which will be **one person for spaces up to 4 m<sup>2</sup>**.
- The restrooms and changing rooms of over 4 m<sup>2</sup> with cabins or urinals will be used only at 50% of their maximum occupancy, and the interpersonal safety distance will be maintained during their use.
- As much as possible, it is recommended to not use hair and hand dryers.
- Showers may be used as long as they are individual or separated by a screen.

#### 1.3.5. **Capacity allowed** in the facilities

- The capacity of the facilities is limited at all times to the number of people that guarantees compliance with the safety distance of at least 1.5 meters, both with regard to access, and during the practice itself. **Capacity will be controlled, and access to indoor and outdoor sports facilities and centers will be restricted, which may not exceed 50% and 60%, respectively, of their maximum or allowed capacity, or that which, where appropriate, is established by the health authority.**

- Physical-sports practices in indoor facilities may be carried out individually or in groups, as long as it does not exceed 50% of the maximum allowed capacity of the facility or space where the activity takes place.
- The practice of the disciplines of contact and combat sports is limited to groups of 20 people, in the cases of pre-competition training, and to 25 people in competition, both in indoor and outdoor facilities.
- The **maximum limit of public attendance** in the case of trainings, competitions and events held in sports facilities **will be 300 people for closed places, and less than 600 people in outdoor activities.**

## **ANNEX I**

### **RECOMMENDATIONS GIVEN TO THE TEACHING STAFF**

#### **FOR CARRYING OUT PEDAGOGICAL ADAPTATIONS TO PREVENT THE TRANSMISSION OF COVID-19 DURING PHYSICAL AND SPORTS ACTIVITIES**

- Enter and exit the facility in an orderly and staggered manner, making sure that the students use the hand sanitizer and disinfectant mats.
- Frequently remind them of individual hygiene rules: hand washing, hygiene when coughing or sneezing (elbow), safety distance, avoid touching face with hands.
- Take advantage of breaks between one activity and the next to disinfect the materials. Disinfect them at the end of the session and before leaving them in their storage place.
- Try to select individual or collective activities with physical distance, as opposed to collective ones with contact.
- In contact activities, use stable work groups that are maintained during the session.
- Try to reduce the materials of the session and assign specific materials individually or for the “stable” group.
- Since we will have to do most of the activities with a mask, stop and take breaks and try to reduce the intensity of the exercise.
- Make sure that during the explanations, assemblies and moments of analysis of the practice, the safety distance is maintained.
- We will use sanitizer gel, both teachers and students, after the assemblies, which is when the students take notes in their notebooks.

- Recommend that students bring their own bottle of water, insisting that they should not share it. They cannot eat inside the facility either.
- Recommend that students take a shower after the session, change all their clothes and change their mask.