



Training Regulations

Regulations & rules for the Winter 2021 Season

- Entering the sports facility is only permitted to those persons who are of a professional national team (Definition of federal sports Paragraph 3 Z 6 BSFG 2017) and take part in professional sports competitions.
- When entering and leaving the sports facility the wearing of a face mask is required
- Hygiene regulations apply at all times, disinfection, handwashing and distance rules will be enforced as per the regulations of the state.
- If it is not possible to comply with the distance regulations, then an appropriate face covering must be used.
- If possible the training groups should be small (max 6 persons)
- For the teams a schedule for the use of the training facility is drawn up, and this schedule **MUST** be adhered to without exception. And is drawn up by the sports center manager.
- The respective sports trainer / team manager must point out at all times to the athletes to comply with social distancing and hygiene regulations at all times and in accordance with the regulations.
- The group trainer / managers are obliged to keep records of the health states of each athlete and supervisors of the team.



- The applicable COVID-19 regulations apply at all times when outside of scheduled training times.
- Before every training schedule, a health check is to be carried out and recorded.
- The group trainer has to keep personal records of the names and numbers, as well as the exact length of stay (from – to) of the athletes and trainers at the sports facility. This document **MUST** be handed into the Biathlon Centre Office Osttirol GmbH at the end of each training session and without been asked to do so.
- **Routes of the shooting range**



At least 2m distance between athletes and trainers.

- **Conduct on the track**



Compliance with the distance routes.



- Fitness room remains closed



20m² / person
max 8 persons

- After the training session all training equipment must be disinfected and the windows left open for at least 10 minutes.
- Changing rooms remain closed!
- Wax cabins remain closed.
- There is a maximum of 100 athletes per training session is authorised only.

The reasonability of compliance and implementation lies with the responsibility of the group trainer / manager.

Failure to comply or ignore the provision will have a ban applied on entering the sports facility!

LANGLAUF- u. BIATHLONZENTRUM
OSTTIROL G.m.b.H.
Kartitsch-Abzw. 25 Rodarm-Untertilliach
A-9942 Obertilliach
GF Scherer Matthias