### Transitional rules for your sports and disciplines

In developing your individual sport-specific proposals, we would like to ask and encourage you to involve your in-house bodies, committees and commissions with responsibility for sport and the medical field.

- 1. Name of the association:
  German Aero Club, Federal Commission of Skydiving, German Parachute Association
- 2. What could be the sport-specific and transitional rules of your association for the sports and disciplines for which you are responsible, based on the DOSB guidelines?
- a) Play and sports operation (independent exercise of the sport without instructions)

#### A1) Observe distance rules

Contact restrictions can be adhered to on the ground in principle. If minimum distances are exceeded, protective equipment is worn at all times. During the climb, the distance rules cannot be presented, which is why strict protective measures apply there, which, for example, go far beyond the public transport regulations:

- Jumpers also keep the greatest possible distance from each other in the aircraft, wearing gloves before boarding the aircraft is mandatory. Jumpers wear face masks (mouth and nose protection) as well as a helmet with visor and or goggles at the latest from the start of the aircraft. The helmet/mask combination must be worn during the entire climb. Wearing long jump clothing (combi) and firm closed footwear is mandatory.
- The pilot flies with an oxygen mask that covers mouth and nose. The mask is connected either to the on-board oxygen system or to a separately carrying oxygen bottle. The proportion of ambient air that the pilot inhales with it is significantly reduced.
- Air movement or air exchange is ensured by permanent ventilation of the aircraft.
- The utilization of the withdrawal aircraft is limited to a maximum of 80% of the maximum number of jumpers permitted by the approved jumper kit. This increases the distance between the persons accordingly.
- No tandem jumps and no training is allowed in the first step.

### A2) Body contacts must be omitted

In Freefall, here is no risk of contagion due to the highspeed and protective clothing. On the ground, there is a mask and glove obligation for the discipline formation jumping as part of the jumping preparation (grips on arms and legs). In all other disciplines, body contact can be avoided without any problems.

### A3) Start with outdoor activities

Skydiving naturally takes place outdoors.

# A4) Observe hygiene rules

Jumping places have to provide a rich hygiene means (hand disinfection, washrooms, etc.). Regular disinfection of the particularly stressed infrastructure and the aircrafts is ensured. The area of the cockpit is disinfected every time the pilot changes, as well as every day after the jump has ended.

The passenger compartment of the drop-off aircraft is cleaned during each break, for example organizational or refuelling, etc. Cleaning must be carried out at the latest after 6 departure flights. Sanitary facilities are cleaned after each day.

Access regulations for the athletes for entry hygiene and continuous hand hygiene during jumping operation are issued by the hygiene manager (see point 6).

### A5) Club homes and changing rooms remain closed

Club homes, changing rooms, jumping-place bistros, cafés, pubs, etc. remain closed for the time being. Soziale activities such as campfires, barbecues, club activity, cosy get-togethers, etc. will be omitted. The club facilities and sports facilities are closed outside the jumping operation.

#### A6) Temporary suspension of carpooling

There are no carpools for training and competitions.

## A7) Failure to attend events and competitions

For the time being, there are no social events and no competitions.

### A8) Reduce training groups

For the time being, only smallgroups, the size of which is based on the maximum 80% utilization of the settling aircraft, will be jumped in the same composition. Through complete documentation (loadlists) all contacts are traceable. The presence of all participants on site is recorded via a daily list of participants with start and end times.

### A9) Protect members of at-risk groups in particular

Members of at-risk groups do not participate in the sport (see A10).

#### A10) Minimize risks in all areas

The entrance to the sports facility is only permitted for functional staff and participants in the jumping operation. Participation only for healed persons or with medical self-declaration (no cold symptoms and/or fever, no contact with SARS-COV2-positive patients within the last 14 days). No participation in the event of even mild symptoms or ambiguities and membership of a risk group.

- b) Training operation (under the guidance of a trainer/trainer)

  In the training operation, the distance regulations of the persons are adhered to, this applies to the briefing and debriefing on the ground (see A1).
- C) If necessary, competition operation In order to prevent large supra-regional crowds, competition operations remain suspended.
- 3. Do you have any additional information on how to carry out your sports?

  Measures to maintain safety in parachute sports are not affected by the protection measures.
- 4. Who did you use for advice?

The measures were presented in the top committees of the Association and the Commission in cooperation with medical experts of the working group "Medizin DFV e.V." elaborated.

### 5. Other:

The German Championship in Saarlouis in September 2020 is still on the competition calendar.

- 6. The organisation must designate a "hygiene officer" who is responsible for ensuring that:
  - the hygiene rules are known and are adhered to;
  - monitor other restrictions on the use of the sports facility, in particular access restrictions;
  - the sports facility will be closed in the event of a case and all contact persons concerned will be informed.