

# Stay at home or skate?

## DECISION TREE IJCE



This decision tree has been developed based on the guidelines of the RIVM and is a guideline for all members of IJCE. An up-to-date overview of all rules applicable at the ice sports center can be found here: [www.ijce.nl/corona](http://www.ijce.nl/corona)

Current information on all COVID-19 measures w.r.t. skating: [www.ijce.nl/corona](http://www.ijce.nl/corona)

**18 years and older**  
1.5m distance from each other and from the trainer

**0-12 years**  
No 1.5m distance from each other or the trainer

**13 to 18 years**  
1.5 distance from the trainer. No 1.5m from each other

**START**  
Are any of the following complaints present?  
 • Symptoms of a cold (such as runny nose, cold, sneezing, sore throat)  
 • cough  
 • increase or fever  
 • stuffiness  
 • sudden loss of smell / taste (without nasal congestion)

**Stay at home and get tested**

Have a member of the family currently corona, fever (38.0 or higher) or stuffiness?

Are you having a fever (38,0 or higher) or stuffiness?

Stay at home and if you get symptoms get tested

Are you classified as close contact from someone with corona? Or do you come from abroad from one red / orange area? Or do you have one notification via the Coronamelder app?

Family members also stay home until test result is known

Family members can skate

Stay at home for 10 days in quarantine

You can skate

Do you develop symptoms during these 10 days?

Stay at home and get tested

You can skate again

**TEST RESULTS**  
 - positive -  
 Yes, you or a family member is infected with corona. Follow the instructions of the GGD.  
 - negative -  
 No, you are not infected with corona. You may go back to school and / or sports, even if not all complaints have disappeared.

**HOW LONG SHOULD YOU STAY AT HOME?**  
 How long this will take and what the rules are differs per situation. Check the website of National government on "In home quarantine due to corona (stay at home)"

Do you have any questions or doubts after going through the decision tree? Contact the government. You can call the national coronavirus information number of the Dutch government: 0800 - 1351 (gratis, 08:00 - 20:00 u)