

ANCIENS SOUS-OFFICIERS DE RESERVE & MILITAIRES LUXEMBOURGEOIS

Association sans but lucratif, fondée en 1953 RCSL N° F 6046

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Luxemburg am: 15. 03.2021

SUBJECT: COVID Rules for the 43rd A.S.O.R.L. International March 2021
Date: 28,29,30 May 2021 Location: Community of Consdorf, Luxemburg

Dear participants

Negative COVID-19 Test, not older than 72 hours

Mandatory wearing of face masks

Social distancing of 2 meters

Disinfectant is readily available: in the entranceway, WC's, changing rooms, showers, etc.

Disinfectant should be used when entering the room. Each team has their own table in which to eat and to sit during breaks.



max.4 persons per table

The teams should only use their designated table which will be allocated to each team for eating and drinking. There is the possibility that tents will be pitched for lunch and this will depend upon the situation.

We take a daily temperature of every participant.

If you have a fever, participation is not possible.

A COVID test not older than 72 hours is an advantage for safety reasons.

The workshops for the military tests will be held outside in a 3 m by 3 m pavalion and not in the hall.

Maximum number of participants is 80.

The execution of group activities with more than 4 participants is forbidden.

Wearing a face mask is obligatory for all group activities at closed locations.

The room will be aired regularly every 2 hours with open windows and doors for 15 minutes.

At the location and during the march

While during the march, if one team meets another team, please observe the safety restrictions, social distancing of 2 meters, and while in contact, the wearing of a face mask.

Kitchen and bar

The kitchen and bar are only for the 4 persons working there. The entrance for all others is forbidden. Perhaps drinks can be served outside.

Changing room and showers

It is highly recommended that the changing room and showers not be used by more than 4 persons simultaenously in order to main the social distancing of 2 meters. The wearing of a face mask is not required for those showering as long as social distancing of 2 meters is maintained.

Please observe the rules and think of your comrades, neighbors and families. Together we can must combat the virus and display solidarity.

Information from the Ministry of health/sante.lu

The symptoms vary from a moderate to a serious infection of the respiratory system with fever (37,5), coughing, breathing difficulties and fatigue.

Loss of sense of smell and taste, digestion problems and shin rashes are further symptoms of the illness.

Older persons and persons with previous chronic ailments are susceptible and at a higher risk for complications.

The incubation time for COVID-19 infection, from the contimination to the first symptoms is a maximum of 14 days.

Even though the government has relaxed some restrictions, it does not mean that the risk of a virus contamination no longer exists. As long as there is no effective treatment or a vaccine, we must learn to live with the virus.

To reduce the spread amongst the general population and to protect those persons at high risk, safety measures, social distancing and the wearing of masks is important to be observed.

Deputy Chairman and Exercise Leader

HILTGEN Pascal