



INWA NEWSLETTER

June 2020

Dear INWA members,

After an inky-black period in which the Corona virus completely paralyzed normal life, we are entering a period in which normal life seems to be resumed step by step. This offers us as INWA Nordic Walking organizations and INWA trainers plenty of opportunities to restart our fantastic outdoor sport. In a number of countries, the rules have now been softened and protocols have been developed in order to resume safely the come back of Nordic Walking training sessions, courses and walks.



In this newsletter we would like to introduce you to the protocols that were developed in Japan and in The Netherlands and which were approved by the responsible authorities.

INWA board would like to emphasize that these are protocols that have been developed for the possibilities that the governments of Japan and the Netherlands require for resumption. You must supplement and adapt it to the legislation in your own country.

In addition to a protocol for resuming Nordic Walking training sessions, The Netherlands has also drawn up a letter which can be sent to the city council. In The Netherlands every municipality where the training is given, must give its own permission for resumption.

In addition, an instruction for your participants has been drawn up summarizing the subjects that the participants must meet in order to be able to practice Nordic Walking safely in a group, under the guidance of a trainer.

Betty van Veelen – INWA Office

