

Contact

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Subject: Corona protocol DSZ WAVE

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Dear members,

Since March 2020, the corona crisis has hit Dutch sports, and with it DSZ WAVE, incredibly hard. However, we have slowly restarted practices and activities since the end of May.

Since restrictions are easing even further, and we are heading into our summer schedule, it is time to update our protocols.

In the letter below, the new coronavirus protocol of DSZ WAVE is elaborated on, it will also be available for you via email, WhatsApp and on dsz-wave.nl/downloads. Please read this protocol carefully and we hope to see you again in the pool!

1 Summer schedule

Please note that DSZ WAVE is going into its summer schedule of one Wednesday practice in the Kerkpolder pool a week. There will be no other practices.

Therefore this protocol will only consider the Kerkpolder pool, and is in place until the other practices are restarted in August. Before that, the corona related measures will be evaluated and you will be notified of the effects of those on the practices next year.

2 Capacity of practices

Since physical contact during sports is allowed again, the capacity of the number of people can be raised. However, a distance of 1.5 metres must be kept when not doing sports: on the poolside, when entering and exiting the building or when changing. We realise that this may seem a little bit odd, but this is Dutch law at the moment.

The direct effect that this has on our capacity, is that we can raise it to 30 people. This does come with additional logistic challenges in the pool, which will be elaborated on later.

3 Basic rules

These basic rules still apply to all DSZ WAVE practices until further notice. Everyone must adhere to these or otherwise they will be refused admission to further practices.

- You must always keep at least 1.5 metres distance to any other person, except when in the water.
- If you match any of the requirements stated in Section 9 must stay home.
- You always have to sign up for practices online.
- Use of any of the showers, toilets or other sanitary facilities is not allowed in the pools.
- You are not allowed to practice more often than once a week. This will be checked by the board.
- You must follow instructions by the board of DSZ WAVE and the trainers at all time.

4 Before coming to practice

Before coming to a practice, you must follow the following steps in this order before:

1. Make sure that you have a bag big enough to hold all of your clothing (including shoes and coat) in the pool.
2. Make sure that you have an easily recognisable or personalised water bottle. Pieces of tape or hair ties around the bottle are sufficient.
3. Make sure that you have signed up for the practice and correct time slot via the website. Sign-up will open every Wednesday at **the normal time, in the morning???**
4. Fill your their water bottle at home.
5. Shower and go to the toilet at home just before leaving for the pool.
6. Put on your swim suits at home. You are allowed to wear other clothing over your swim suits.

5 Arriving at the pool

Once you arrive at the pool, you have to stick to the following steps. Trainers must arrive a little earlier in order to facilitate these steps, whilst keeping to the base rules. Please check Section 11 for a map of the routing through Kerpolder.

1. You may not arrive at the pool any earlier than 10 minutes before the practice starts, but also no later than the start of the practice. Late members will not be admitted into the pool.
2. Go through the gate by the side of the pool and wait in the playground.
3. Once the trainer opens the door from the bar to the playground, you may come in.
4. Enter the bar via the side door, and take off your shoes in the bar.
5. Use the provided hand sanitiser to disinfect your hands.
6. Enter the pool through the door in the bar and go to one of the marked spots by the side of the pool.

7. At these spots, you may take off the rest of their non-swimming clothing and store it in their bag.
8. Wait at your spot until you are given the signal to proceed.
9. Store your bag at the allocated spots.
10. Finally, line up along the pool according to the instructions given by the trainer.

Please note That there is not enough space in the pool to allow everyone to change at the same time. Therefore you will be let in in shifts. The first shift will also be asked to leave the water the first (see Section 7), in order to keep the practice equally long for everyone.

6 During practice

The practices will return to normal 25 metre lanes again, with a maximum of 6 people per lane. However:

- No use of the toilets in the pool is allowed, except when extremely necessary.
- No refilling of water bottles in the pool is allowed.
- A minimum distance of 1.5 metres between all people that are not in the water must at all times be observed.
- The use of materials (water polo balls, pull buoys, paddles, et cetera) is allowed again.
- Nobody may drink from anything other than their own personal water bottle.
- Any person in the water must wear swimming goggles due to the raised levels of chlorine in the pool. These levels are safe, but higher than most people are used to and people cannot wash out their eyes in the pool.
- Spectating is not allowed.
- There does not have to be a corona coordinator: just a trainer is sufficient.

7 After practice

After a practice has ended, you have to follow the following steps in this order. Again, keep a minimum distance of 1.5 metres.

1. As soon as practice finishes, you must leave the water, pick up your bag and proceed to the changing rooms immediately. Showering is not allowed and changing rooms are limited to 6 per room.
 - Note: there are not enough changing rooms for everyone. You may therefore be asked to leave the pool up to 15 minutes before practice finishes. Please adhere to this. The trainer will try and keep it as fair as possible for everyone.
2. Once you have changed into their own clothes, leave the building immediately through the main entrance (for the routing, please check Section 11) and go home. No hanging around is allowed.

8 First aid

Since the end of June 2020, the protocols for first aid can return to normal. Therefore, first aid will be applied again according to the normal rules.

9 Refusing access to the pool

Access to the pool will be denied to the following people:

- People that have not changed into their swim suits at home.
- People that have not signed up for the practice beforehand.
- People with a nose cold, sneezing, throat ache, coughs or a body temperature above 38 °C.
- People who have housemates with body temperatures above 38 °C and/or breathing issues.
- Any of the following risk groups (RIVM, 2020):
 - People with respiratory issues so severe that they are under treatment of a pulmonologist.
 - People with chronic heart diseases so severe that they are under treatment of a cardiologist.
 - People with a bad case of diabetes and/or complications linked to diabetes.
 - People with a kidney disease that need dialysis or are waiting for a kidney transplantation.
 - People who have undergone an organ or stem cell transplantation.
 - People without a spleen, with a malfunctioning spleen or with another blood related disease.
 - People with a reduced resistance against infection because they are using medicines that reduce their resistance.
 - Cancer patients that have had some form of chemo therapy in the last 3 months.
 - People undergoing treatment for malfunctions in their immune system.
 - People with an hiv-infection that are still undergoing treatment or with a CD4 < 200/mm2.
 - People with severe liver diseases or malfunctions.
 - People with extreme obesity (BMI > 40).

10 Closing remarks

With this, we hope to have informed all of you enough in order to be able to practice safely. We are in this together, and together we can restart practices and keep them safe. Please show understanding for each other and this protocol.

We will start with this protocol now and evaluate it regularly and adjust it where needed. Once anything changes, you will be informed by email.

For any questions, comments, or praise, feel free to contact a board member.

Stay safe, and stay healthy.

On behalf of the Board of DSZ WAVE,



Auke Molenkamp
Chairman

References

Rijksinstituut voor Volksgezondheid en Milieu (2020). Risicogroepen en COVID-19. *rivm.nl*. Accessed via: [rivm.nl/coronavirus-covid-19/risicogroepen](https://www.rivm.nl/coronavirus-covid-19/risicogroepen).

11 Routing

When entering the pool, follow the red lines and the trainer's instructions. When leaving, do the same over the green lines.

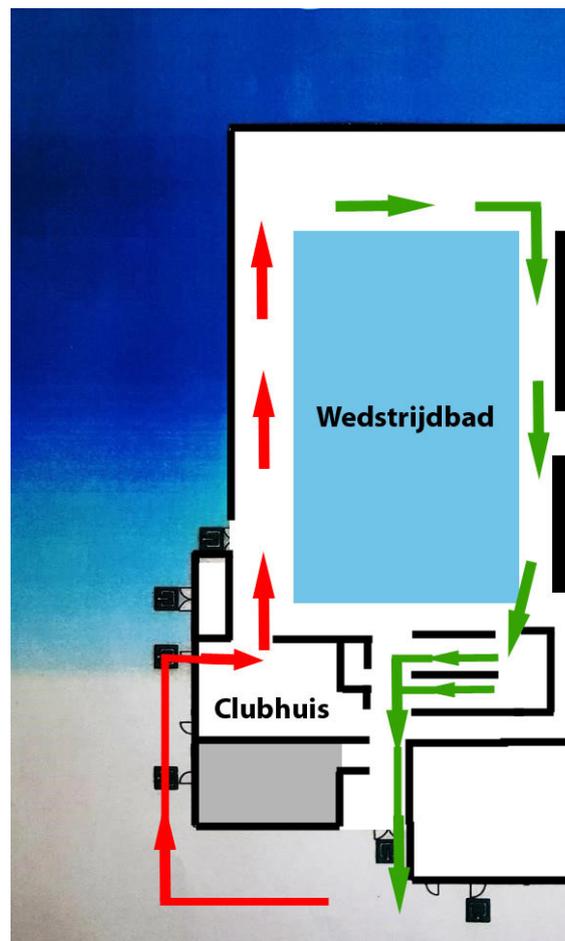


Figure 1: Routing Kerkpolder