

Contact

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Subject: Corona protocol DSZ WAVE

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Dear members,

Since the corona measures put in place by the Dutch government are being more strict again, we are going back to our old corona schedule, it is time to update our protocols once again for the practices

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 Summary

The most important changes to the practices are that the practice will go back to a maximum of 12 people at Sportfondsenpool and 12 people at Kerkpolderpool. However, this means we exceed the capacity of the changing rooms and places. There is still too little space in the changingrooms, especially at Kerkpolder, so be aware that there is a change you need to wait to be able to get a spot in a changingroom. Another important change is that you now have to wear a face mask. Please read the protocol below for the whole explanation. To give everybody the ability to go to the practices, we have once again split the practices in two.

2 Swimming schedule

As said in section 1, the practices will be split in two. The first half of the practice will be for swimmers who normally swim in lane 1 or 2. The second half of the practice is for swimmers who normally swim in lane 3 or 4 (or 5).

	Beginners (Lanes 1 & 2)	Advanced (Lanes 3 & 4)	
Monday	21:45-22:15	22:15-22:45	Sportfondsen
Tuesday	22:15-22:45	22:45-23:15	Kerkpolder
Wednesday	18:00-18:30	18:30-19:00	Kerkpolder
Thursday	21:45-22:15	22:15-22:45	Sportfondsen
Friday	21:00-21:30	21:30-22:00	Sportfondsen

3 Water Polo schedule

As said in section 1, the practices will be split in two. Look at the table below to see at which time you can train

	Week of 19/10	Week of 26/10	Week of 02/11
WAVE D1	Friday 22:30-23:30	Monday 22:00-22:45	Monday 22:45-23:30
WAVE H1	Monday 22:45-23:30	Friday 22:30-23:30	Monday 22:00-22:45
WAVE H2	Monday 22:00-22:45	Monday 22:45-23:30	Friday 22:30-23:30
WAVE H3	Wednesday 22:15-23:00	Wednesday 22:15-23:00	Wednesday 22:15-23:00
Beginners	or 23:00-23:30	or 23:00-23:30	or 23:00-23:30

In case the measures are extended by the government, we will keep repeating the same schedule. If this is the case we will communicate the new schedule with all water polo players.

4 Capacity of practices

Since physical contact during sports is not allowed anymore, the capacity of the number of people has to be lowered. At any time a distance of 1.5 meter is mandatory.

The direct effect that this has on our capacity, is that we have to lower it to 12 people at Kerkpolder due to the dressing room capacity and 12 at Sportfondsen as well. This does come with additional logistic challenges in the pool, which will be elaborated on later.

5 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, even in the water.
- If you match any of the requirements stated in Section 10, you must stay home.
- You always have to sign up for practices online.
- Use of any of the showers is not allowed.
- You must follow instructions by the trainer and the board of DSZ WAVE at all time. In addition, there will be **Corona Coordinators** in yellow vests
- It is mandatory to wear face masks in the pool, unless you are entering or in the water.

6 Before coming to practice

Before coming to a practice, you must follow the following steps:

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 you have a face mask with you.
3. Make sure that you have an easily recognisable or personalised water bottle. Pieces of tape or hair ties around the bottle are sufficient.

4. Make sure that you have signed up for the practice and correct time slot via the website. Sign-up will open every practice day at 13:00.
5. Fill your their water bottle at home.
6. Go to the toilet at home just before leaving for the pool.
7. Put on your swim suits at home. You are allowed to wear other clothing over your swim suits.

7 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 12 for a map of the routing through Kerkpolder and Sportfondsen. When you enter the pool you will be asked the questions from the checklist of RIVM. ??

7.1 Kerkpolder Pool

1. Be no later than 5 minutes before the start of the practice. Late members will not be admitted into the pool. (We will start entering the pool 10 minutes before the practice starts.)
2. Go through the gate by the side of the pool and wait in the playground.
3. Put on your face mask.
4. Once the trainer or board member opens the door from the bar to the playground, you may come in, with your face mask on.
5. Use the provided hand sanitiser to disinfect your hands.
6. Take off your shoes in the bar.
7. Enter the pool through the door in the bar and go to one of the marked spots by the side of the pool (demarcated spots).
8. At these spots, you may take off the rest of your non-swimming clothing and store it in your bag.
9. Wait at your spot until you are given the signal to proceed.
10. Store your bag at the allocated spots. There you can take of your face mask and put it in your bag.
11. Finally, line up along the pool according to the instructions given by the trainer.

7.2 Sportfondsen pool

1. Be no later than 5 minutes before the start of the practice. Late members will not be admitted into the pool. (We will start entering the pool 10 minutes before the practice starts.)
2. Wait outside by the bikes.
3. Put on your face mask
4. Once the trainer welcomes you to enter, you may come in with your face mask on.
5. Enter through the main entrance.
6. Use the provided hand sanitiser to disinfect your hands.

7. Enter the pool through the dressing room and take off your shoes, walk towards the pool and take place at the side of the pool (demarcated spots).
8. At these spots, you may take off the rest of your non-swimming clothing and store it in your bag.
9. Wait at your spot until you are given the signal to proceed.
10. Store your bag at the allocated spots next to the pool. There you can take of your face mask and put it in your bag.
11. Finally, line up along the pool according to the instructions given by the trainer.

8 During practice

The practices will stay at 25 meters again in Sportfondsen, with a maximum of 6 people per lane. But in Kerkpolder we go back to the practices being over the width. However:

- No use of the toilets in the pool is allowed.
- No refilling of water bottles in the pool is allowed.
- A minimum distance of 1.5 metres between all people, must at all times be observed, even in the water.
- Nobody may drink from anything other than their own personal water bottle.
- We highly recommend any person in the water to 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 has to be a corona coordinator: just one trainer on the side is not sufficient.

9 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 and go to your bag.
2. Put on your face mask and proceed to the changing rooms immediately. Showering is not allowed and changing rooms are limited to 6 per room at Kerkpolder and 8 at Sportfondsen. Keep on your face mask while changing.
 - Note: there are not enough changing rooms for everyone. You may therefore be asked to leave the pool before practice finishes. Please adhere to this. The trainer will try and keep it as fair as possible for everyone.
3. Once you have changed into their own clothes, leave the building immediately through the main entrance (for the routing, please check Section 12) and go home. No hanging around is allowed.

10 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 who do not have a face mask with them.
- People with a nose cold, sneezing, throat ache, coughs, a body temperature above 38 °C, breathing issues or any other symptom of COVID-19.
- People who have housemates with body temperatures above 38 °C and/or breathing issues.
- People who are in quarantine for any other reason.
- 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).

11 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 31st Board of DSZ WAVE,

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

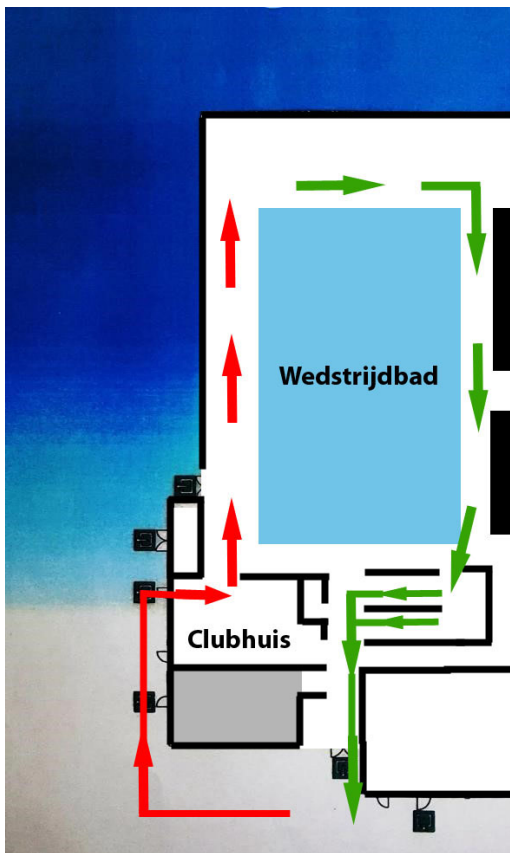
Tristan ten Napel
Chairman of DSZ WAVE

References

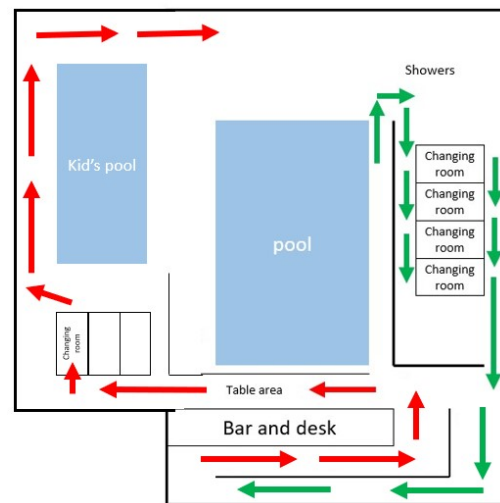
Rijksinstituut voor Volksgezondheid en Milieu (2020). Risicogroepen en COVID-19. *rivm.nl*. Accessed via: [rivm.nl/coronavirus-covid-19/risicogroepen](https://www.rivm.nl/coronavirus-covid-19/risicogroepen).

12 Routing

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



(a) Routing Kerkpolder



(b) Routing Sportfondsen



Check: Stel uw bezoeker de volgende vragen:

Had je een of meerdere van deze klachten in de afgelopen 24 uur ?



Hoesten



Verkoudheids-
klachten



Verhoging of
koorts



Benauwdheid

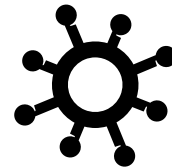


Reuk- en/of smaak-
verlies

Heb je op dit moment een
huisgenoot met koorts en/of
benauwdheidsklachten?

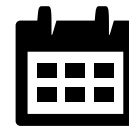


Heb je het nieuwe coronavirus
gehad en is dit de afgelopen
7 dagen vastgesteld (in een lab)



Heb je een huisgenoot /gezinslid
met het nieuwe coronavirus en
heb je in de afgelopen 14 dagen
contact met hem/haar gehad
terwijl hij/zij nog klachten had?

14 dagen



Ben je in quarantaine omdat je:
- direct contact had met iemand waarbij
het nieuwe coronavirus is vastgesteld?
- je korter dan 14 dagen geleden uit een
land/regio bent teruggekeerd met
code oranje of rood?



*Indien een van de vragen met ja beantwoord wordt,
maak dan geen afspraak of annuleer de afspraak*