

Contact

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Subject: Corona protocol DSZ WAVE

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Dear (prospective) members,

Since the corona restrictions put in place by the Dutch government are easing even further, and we are heading towards the start of our normal schedule, it is time to update our protocols for the normal and open 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 in the summer schedule are that the practice will last 1 hour again, and that the capacity of people in the pool is raised. However, this means we exceed the capacity of the changing rooms and places. Therefore, you may be asked to leave the pool a few minutes earlier than other swimmers, or go into the pool a couple minutes later than the other swimmers. Please read the protocol below for the whole explanation.

2 Swimming schedule

The normal practices will start August 24th they will be both in Kerkpolder pool and Sportfondsen pool. Swimming practices are open for all levels.

- Monday 21:45-22:45 Sportfondsen pool
- Tuesday 22:15-23:15 Kerkpolder pool
- Wednesday 18:00-19:00 Kerkpolder pool
- Thursday 21:45-22:45 Sportfondsen pool
- Friday 21:00-22:00 Sportfondsen pool

3 Water Polo schedule

The normal practices will start August 24th they will be in Kerkpolder pool.

- Monday 22:00-23:30 WAVE H1, WAVE H2 and WAVE D1
- Wednesday 22:15-23:30 WAVE H1, WAVE H3 and beginners
- Friday 22:30-23:30 All Teams

4 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.

The direct effect that this has on our capacity, is that we can raise it to 30 people at Kerkpolder due to the dressing room capacity and 30 at sportfondsen as well, due to smaller entering space. 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, except when in the water.
- If you match any of the requirements stated in Section 11 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 must follow instructions by the board of DSZ WAVE and the trainers at all time.

6 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. When you are a member, 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.
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.

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 13 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. ??

Kerkpolder Pool

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 (demarcated spots).
7. At these spots, you may take off the rest of your non-swimming clothing and store it in your 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.

Sportfondsen pool

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. Wait outside by the bikes.
3. Once the trainer welcomes you to enter, you may come in.
4. Enter through the main entrance.
5. Use the provided hand sanitiser to disinfect your hands.
6. 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).
7. At these spots, you may take off the rest of your non-swimming clothing and store it in your bag.
8. Wait at your spot until you are given the signal to proceed.
9. Store your bag at the allocated spots next to the pool.
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 9), in order to keep the practice equally long for everyone.

8 During practice

The practices will return to normal 25 metre lanes again, with a maximum of 6-8 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.

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, 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 13) and go home. No hanging around is allowed.

10 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.

11 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).

12 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 Candidate Board of DSZ WAVE,



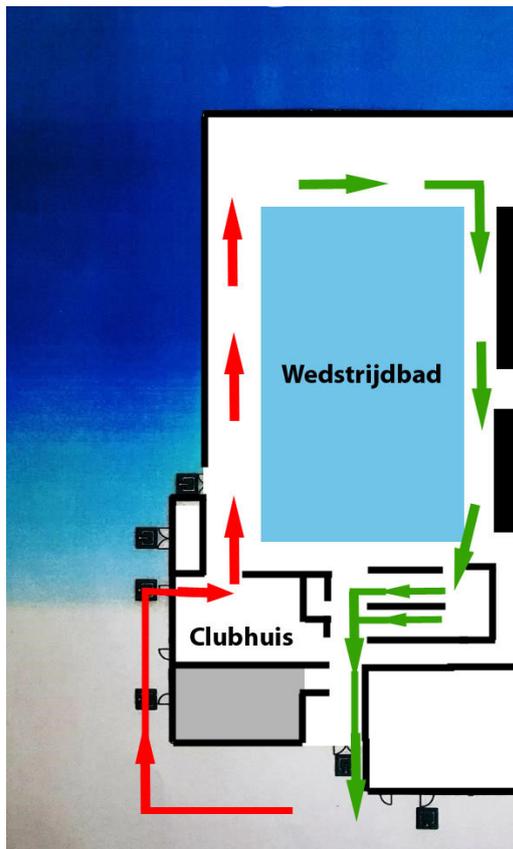
Tristan ten Napel
Candidate Chairman of DSZ WAVE

References

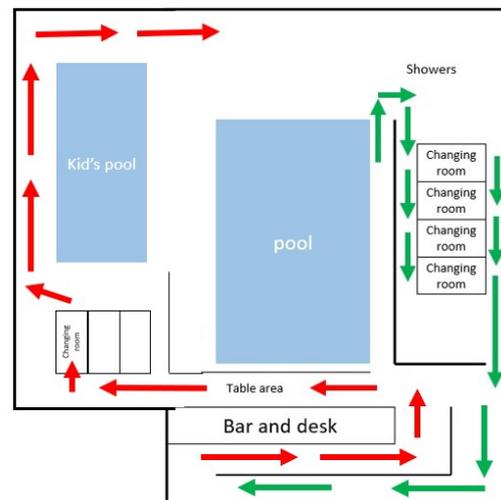
Rijksinstituut voor Volksgezondheid en Milieu (2020). Risicogroepen en COVID-19. *rivm.nl*. Accessed via: [rivm.nl/coronavirus-covid-19/risicogroepen](https://www.rivm.nl/coronavirus-covid-19/risicogroepen).

13 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

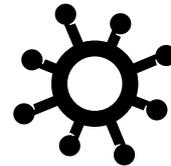


Reuk- en/of smaak-
verlies

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*