

Subject: Corona protocol for water polo matches at DSZ WAVE

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Dear water polo player,

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The water polo season is finally starting again! We are extremely excited, but of course it is important that we follow the Corona measures in order to guarantee a fun and safe competition for everyone.

If you are present at matches, we expect you, as an athlete, coach, official of volunteer, to know the contents of this protocol and to be aware of the general guidelines of the RIVM. Naturally one is not present during matches when one has symptoms or should be in quarantine.

This protocol is an addition to the protocol, which are previously published and in operation:

- Algemene Corona protocollen
- Protocol Verantwoord zwemmen
- KNZB wedstrijd protocol
- DSZ WAVE pool practice protocol

Corona Coordinators:

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## 1 General

- Athletes and officials come to the pool already wearing their **swimwear or official's uniform**. There is no opportunity to change before the match.
- During matches, a corona coordinator will be present as a contact person for the visiting team and he/she will enforce the protocol.
- The corona coordinator on duty will be wearing a yellow vest indicating their function.
- Go to the matches **without spectators**. Due to the current measures by the RIVM, no spectators are allowed.
- The coach/team captain is responsible for ensuring that the team follows the protocol.
- The 1,5 meter distance rule must be observed during breaks or time-outs outside of the water, warm-up, preliminary meetings and other activities in which the actual match is not being played.

## 2 In case of symptoms or a positive test result

According to the protocols of KNZB, the following rules are set regarding symptoms or positive test results.

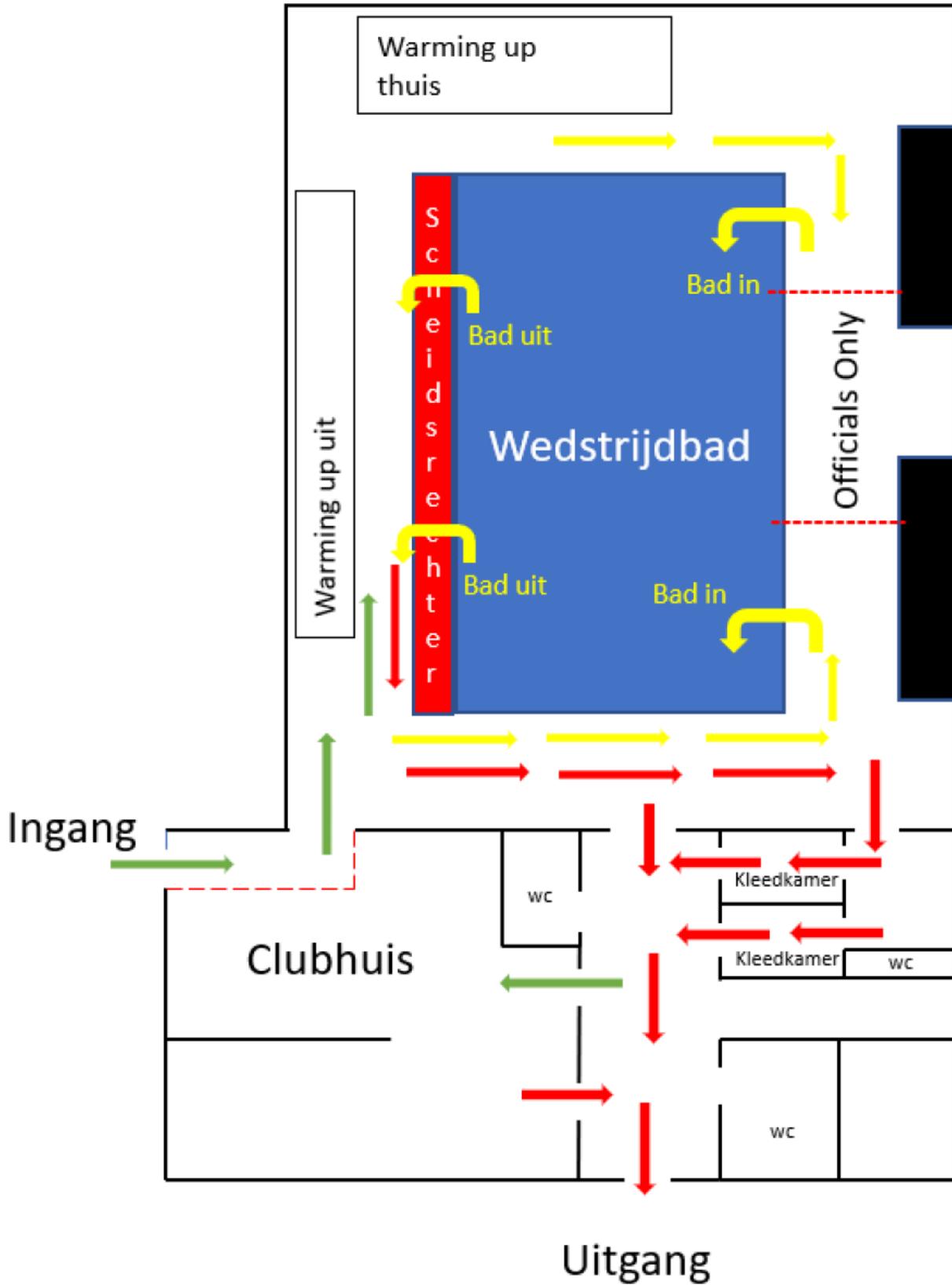
If an athlete has symptoms similar to Corona:

- The athlete in question stays at home, makes an appointment for testing and informs the corona coordinator of the association immediately.

If an athlete is tested positive for the corona virus:

- The athlete self quarantines for the period of time recommended by the GGD. (This is usually 10 days).
  - The athlete in question informs the Corona coordinator of the association immediately.
  - The GGD will do an investigation into the contact the athlete had and will determine any additional measures.
  - The athlete will contact his general practitioner in case his symptoms get worse.
- If the athlete is the only one tested positive, this case will be defined as an isolated incident and the GGD will accept the training selection as "other non intimate contacts".
  - The training selection can continue with practices and matches. However, this will happen with an increased alertness.
  - One or more infected athletes, who form one household, are considered as one case.
- If two or more athletes within a training selection are tested positive for Corona, then that means that the virus has spread within the training selection:
  - The entire training selection has to self quarantine and have to follow the advises of the GGD.
  - The Corona Coordinator will inform the KNZB about the situation.
- If the quarantine period has passed and the athlete(s) has/have been symptom-free for 48 hours, then they may return to practices and matches. The Corona Coordinator will inform the KNZB that the restricting measures have been lifted.

### 3 Walking routes



## 4 At Home

- Change into your swimwear at home!
- Go to the restroom at home in order to limit the use of the restrooms at the pool.

## 5 Before the match

- The teams may enter the pool 10 minutes before the starting time.
- The pool will be entered at the side of the building through the entrance of the bar. This entrance is all the way at the side of the building through the second gate.
- The visiting team enters the bar as a group, not individually.
- The visiting team registers themselves through <https://dsz-wave.nl/en/a/registratie-bezoek-dsz-wave/>.
- Disinfect your hands with the hand sanitizer provided at the door.
- Remove your shoes in the bar and walk to the pool deck.
- Walk into the pool to one of the marked spots on the benches against the window (walk to the assigned team space).
- At these spots, you may take off the rest of your non-swimming clothing and store it in your bag.
- When directed by the Corona coordinator, line up by the side of the pool. The visiting team lines up by the bar side of the pool and the home team lines up by the water slide side of the pool.

## 6 During the match

- During the match, the substitute players, coach, and supporting staff must observe the 1.5 meter rule at all times.
- During the match, no forceful use of one's voice is allowed. This means that the coach may not yell instructions to players.
- Two buckets with pool water will be placed next to both player's benches to clean.
- During the match, the coach remains seated when his team is defending. If the team is in offense, the coach may stand up within the 6 meter area as long as the referee has left the 6 meter area.
- During time-outs, both teams remain in their own 5 meter area, in order to guarantee a safe distance from the referee.
- The changing of substitute player happens with regard to the 1.5 meter rule.
- The deliberate breaking of the corona guidelines will be considered as misconduct (such as causing physical injury) and will be dealt with accordingly (red card).
- When switching sides, all players (this includes substitute players) must swim to the other side of the pool, while the coaching staff walks towards the other side with regard to the 1.5 meter rule.

## 7 After the match

- After the match, the athletes and coaching staff must remain in the water/seated.
- The referee must first walk safely towards the official zone.
- When directed by the corona coordinator, the teams may leave the pool and get their stuff immediately.
- The visiting team leaves the pool immediately and goes to the changing room
- The use of the showers is not allowed.
- The 'home' team will wait in the designated home area for the away team to finish changing.
- The athletes, coaches, and supporting staff must not shake hands.
- There is a maximum of 6 people in each dressing room.
- After changing, one needs to leave the pool as soon as possible.
- The coaching staff and officials can leave the pool through the yellow doors.

## 8 Officials

- Officials must not shake hands.
- Officials enter the pool through the side entrance of the bar.
- They may walk directly to the officials side of the pool.
- The jury table side of the pool is only accessible for officials
- After the match, officials can leave the pool directly through the yellow door to the hallway.
- The members of the jury table are protected by a splash screen, the distance between them does not have to be 1.5m.
- At the jury table, cleaning wipes will be available to clean the jury material (tablet, score board and the control system).
- After every jury change, the jury material needs to be cleaned with the wipes.
- For officials there will be water available. These glasses are not to be shared.

## 9 Spectators

- At the moment both the bleachers as well as the bar are closed for spectators.

On behalf of the 31<sup>st</sup> board of DSZ WAVE,



Lauren Jonk  
Water polo Commissioner of DSZ WAVE