

COVID-19 Policy of the 31st Board

The COVID-19 pandemic affects all aspects of DSZ WAVE's activities in the year 2020 and the foreseeable future. This document aims to summarize all of DSZ WAVE's actions surrounding the measures concerning prevention of the spread of COVID-19. There are referrals to protocol documents, ideas for coronaproof activities from the previous board's experience as well as plans of action under new developments. Some actions have been adopted from the previous board from the time the COVID-19 pandemic started.

This document covers in order:

1. How DSZ WAVE handles a confirmed case of COVID-19 amongst its members
2. How DSZ WAVE keeps the practices in the pools coronaproof
3. What DSZ WAVE intends to do to keep providing practices under lockdown
4. What DSZ WAVE intends to do to replace cancelled competitions
5. How DSZ WAVE keeps its drinks in both the Badtrand and Kerkpolder bar coronaproof
6. The board's policy on committees and activities during COVID-19

1 Corona cases

In the case one of DSZ WAVE's members contracts COVID-19, the person in question is urged to contact the board. The following procedure will then be set into action:

1. The person will be asked to sketch a timeline of the symptoms and test.
2. The member's attendance to DSZ WAVE activities will be checked.

If the person attended one or more activities and/or practices with DSZ WAVE within the period he/she was possibly contagious, the following steps will be taken:

3. The board will contact the GGD for advice.
4. All attendees to said activities will be informed about the GGD's advice to them as well as the advice to the association, unless we are advised not to inform them.
5. All DSZ WAVE members will be informed about the case, unless we are advised not to inform them.

If the person did not attend any activities or practices at DSZ WAVE within the period he/she was possibly contagious, no further steps are taken that affect other members of DSZ WAVE. The person in question will be advised to follow RIVM and GGD guidelines and will be excluded from DSZ WAVE activities until they are deemed safe to do so.

When is it deemed safe for a person to join DSZ WAVE activities again after the tested positive?

Based on current RIVM guidelines, a member that has tested positive for COVID-19, may take part in DSZ WAVE activities again after the following requirements have been met:

- The member hasn't shown any symptoms of COVID-19 for 24 hours straight
- It's been at least 7 days since the member tested positive for COVID-19.

Example

For example, someone tested positive and was contagious during a DSZ WAVE activity they attended. If the GGD's advice would then be for all attendees to stay in quarantine for a certain amount of time, the board will exclude these attendees from all DSZ WAVE activities until the quarantine advice is over.

2 The pools

The main sports accommodations for DSZ WAVE are the Kerkpolder and Sportfondsen pools. A protocol has been designed for both of these pools in order to make the practices at these accommodations coronaproof and compliant to governmental advices regarding COVID-19.

The protocol for the pools is subject to change, under changing government guidelines and rules. The most recent version of this document can be found on the website under "Downloads" by clicking on the hyperlink "Coronaprotocol pools DSZ WAVE":

<https://dsz-wave.nl/en/downloads/>

Changes to the protocol will be made by the board with approval of the pools, when updated government guidelines allow for relaxation or demand stricter or additional rules.

Members will be made aware of changes to the protocol in a timely manner via WhatsApp, e-mail or both.

3 Practices

The trainers of the different sport branches will have to provide practices compliant to governmental regulations.

Are the pools to be closed again, like at the start of the pandemic, the trainers and enthusiastic DSZ WAVE members will be asked to provide alternative practices.

Examples for initiatives to keep DSZ WAVE members in shape during the initial lockdown include the "DSZ WAVE Dryland" workout schedule, muscle exercises and the "Bring Sally Up" challenge via Zoom as well as Strava segment challenges for the runners and cyclists.

4 Student championships

NSZK I and NSWK I were cancelled as a result of COVID-19 measures. It is still uncertain if other competitions will continue. In case competitions are cancelled, the commissioner and coaches will look at alternatives within DSZ WAVE. For example, the WSZK that was organized to replace NSZK I.

Though the competitions themselves may (eventually) continue in some coronaproof fashion, the parties surrounding them are most definitely cancelled on the short term.

5 Badtrand & Kerkpolder bar

For now the Badtrand and Kerkpolder bar will remain closed indefinitely.

When they open again, protocols will be written/adjusted to the situation and uploaded to the website. As with the pools, the protocols are subject to change.

The most recent version of the Badtrand protocol can be found on the website under "*Downloads*" by clicking on the hyperlink "*Coronaprotocol Badtrand WAVE-members*":

<https://dsz-wave.nl/en/downloads/>

A similar protocol is being designed by d'ELFT to allow for the reopening of the Kerkpolder bar, when the time is right. It will be accessible in a similar manner to the other protocols.

Changes to the Badtrand protocol will be made by the board with approval of Cultuurlab, when updated government guidelines allow for relaxation or demand stricter or additional rules. Similarly, the Kerkpolder bar protocol will only change in coordination with d'ELFT.

Members will be made aware of changes to the protocols in a timely manner via WhatsApp, e-mail or both.

6 Committees & Activities

Committees will need to take COVID-19 guidelines into consideration during the activities they organize. Committees will be urged to think of creative ways to engage with DSZ WAVE members. As options indoors are limited, activities will most likely take place in small groups, online or outdoors.

Examples of past coronaproof activities are:

- Netflix party nights
- LuCie's bingo night
- LuCie's DSZ WAVE pubquiz
- SpinaCie's ThuisbezorgDDD
- SpinaCie's 24SpinaCie

Furthermore, for activities that require down-payments, the responsible committee will be urged to, where possible, only book things when they can be cancelled up to 2 weeks before taking place. This guideline is set because of the rapidly changing COVID-19 measurements.