

**Contact**

Doesjka Nederhof  
+31 (6) 34280794  
secretaris@dsz-wave.nl

Mekelweg 8  
2628 CD, Delft

dsz-wave.nl

Subject: Corona dry land protocol DSZ WAVE

Delft, March 26, 2021

Dear members,

A little while ago the Dutch government announced that all people aged 26 and under are allowed to sport outside again. Unfortunately the pools cannot open yet, but we as the board worked hard to find us a sport accommodation in Delft. We are happy to announce that we finally found one!

In the letter below, the coronavirus protocol for these practices is explained. This document will also be available for you via [dsz-wave.nl/downloads](https://dsz-wave.nl/downloads). Please read this protocol carefully and we hope to see you at practice!

## 1 Schedule

The practices will take place on Mondays and Tuesdays. Both days we will have one practice from 17:30 till 19:00. On Mondays we will have a second practice from 19:00 till 20:30.

On the schedule below you can find on what day and at what time your group practices. Each group has a maximum of 20 people. Water polo players that are not in Ladies 1, Gents 1 or Gents 2, please contact the water polo commissioner Lauren Jonk, to see with which group you can have practice. For the swimmers it is important to read the two paragraphs below.

The swimmers are split in groups based on which lane you would swim in in the Kerkpolder pool. For most people that is really straight forward. Some people switch between lane 2 and 3 or between lane 3 or 4 per week. If that is the case for you, just choose which group you want to practice with for the coming weeks. Preferably go for lane 3, since that group should be smaller. But the most important thing is that you stick with 1 group. You are not allowed to switch groups in between weeks.

In order to accommodate practice for as many people as possible, we will be rotating the lanes between Monday and Tuesday. Coming Monday March 29th we will start with week I. The week after that will be week II. The week after that week III, And then we will start at week I again. Please check if you are signing up for the right group on the website.

		Maandag		Dinsdag	
		Field A	Field B	Field A	Field B
Week I	17:30	Ladies 1	Lane 1/2	Lane 3	Lane 4/5
	19:00	Gents 1	Gents 2	-	-
Week II	17:30	Ladies 1	Lane 4/5	Lane 1/2	Lane 3
	19:00	Gents 1	Gents 2	-	-
Week III	17:30	Ladies 1	Lane 3	Lane 4/5	Lane 1/2
	19:00	Gents 1	Gents 2	-	-

## 2 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.

- The first part of a practice you keep 1.5m distance to any other person.
- If you match any of the requirements stated in Section 7, you must stay home.
- You always have to sign up for practices online through the website.
- You are not allowed to switch groups.
- There are no showers, dressing rooms or toilets available.
- You must follow instructions by the trainer and the board of DSZ WAVE at all time.
- Because of the rules from the government you are only allowed to come to practice if you are aged 26 or younger.
- It is not mandatory to wear a facemask.

## 3 Before coming to practice

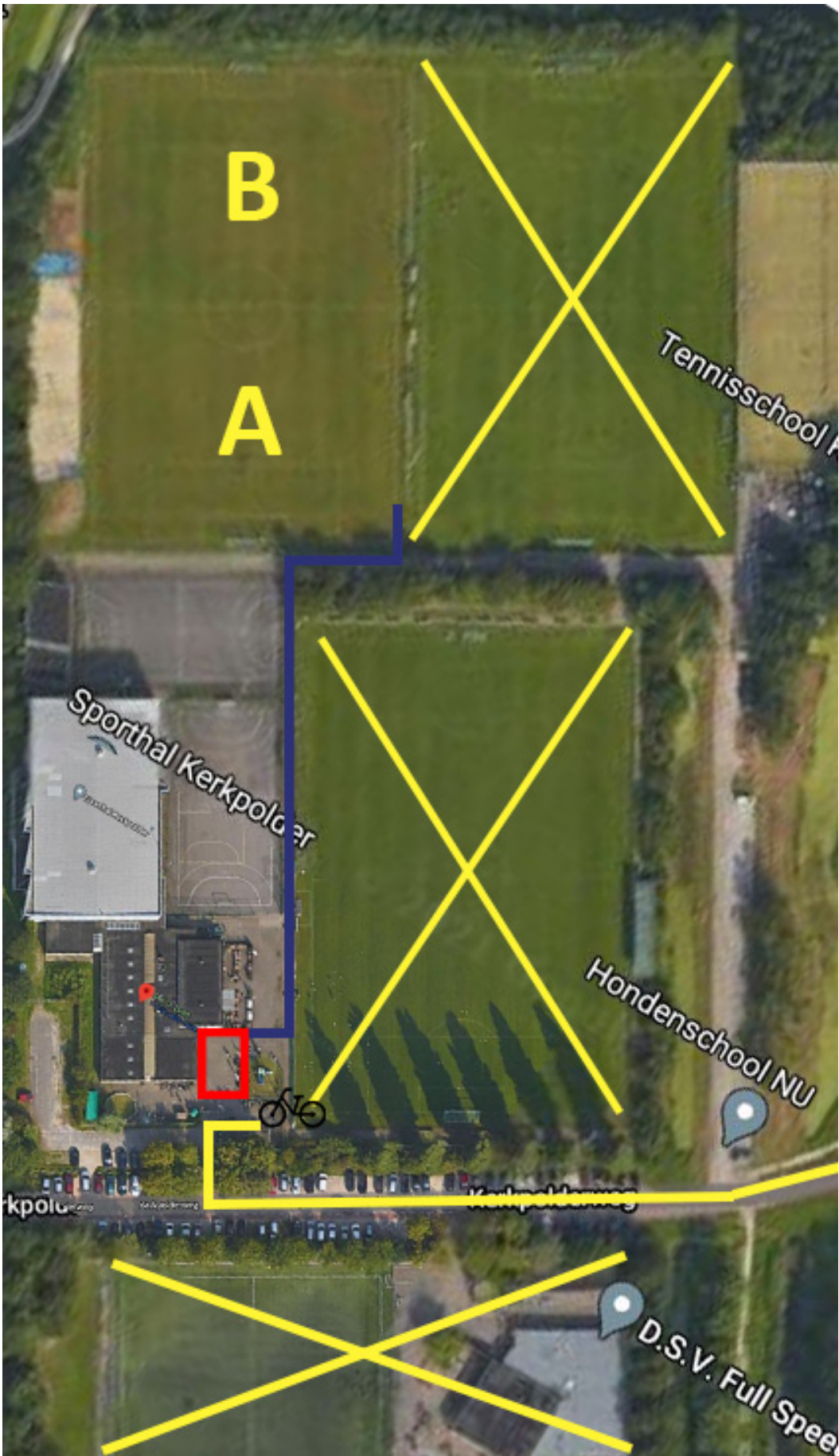
Before coming to a practice, you must follow the following steps:

1. Make sure that you are dressed before the start of the practice.
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 you have a towel with you.
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 water bottle at home.
6. Go to the toilet at home, there is no toilet at the location.

## 4 Arriving at the location

For the visual representation, see the map on the next page.

1. To navigate to this new location you can use Google maps and type in DVV Delft. You will probably approach the location from the Kerkpolderweg as shown with the yellow line on the map.
2. When you get there, the smaller gate towards the bike parking will be open. Place your bike in one of the bike racks.
3. Then proceed towards the building, but don't enter it. Wait in the space in front of the building, marked with the red rectangle on the map.
4. There you wait till the trainer or a board member comes to pick you up. He/she will take you to the field.



## 5 During practice

Each team has half a field.

To minimize the risks, there needs to be a minimum distance of 1.5 metres between all people during the first 45-60 minutes. Especially for the people that do not feel comfortable working out within 1.5m distance. We want to give everyone the possibility to join a workout without forcing them to be within 1.5 metre distance. Therefore you are also allowed to leave after the first part of the practice.

For the second 30-45 minutes of the practice, you will have the possibility to be within 1.5m distance of each other. We believe this helps the mental health of our members, it gives them an opportunity to workout like normal again. The last part will be therefore in the form of a game or small match.

## 6 After practice

As soon as practice has ended, follow the blue line as seen on the map on the previous page. Please leave the accommodation immediately after practice and do not stick around at the location.

## 7 Refusing access to the practice

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

- People aged 27 and above.
- People that have not changed into their sportswear at home.
- People that have not signed up for the practice beforehand.
- 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:
  - People with respiratory issues so severe that they are under treatment of a pulmonologist.
  - People with chronic heart diseases that are eligible for a flu shot.
  - 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).

## 8 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 have these 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 31<sup>st</sup> Board of DSZ WAVE,

A handwritten signature in black ink. The signature is stylized, starting with a large, sweeping 'D' that loops around the name 'Nederhof'. The name is written in a cursive, slightly slanted font.

Doesjka Nederhof  
Secretary of DSZ WAVE



## Check: Stel uw klant de volgende vragen:

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



Hoesten



Verkoudheids-  
klachten



Verhoging of  
koorts



Benauwdheid

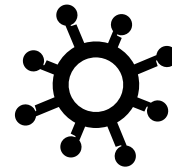


Reuk- en/of smaak-  
verlies

Heb je op dit moment een huisgenoot  
met milde klachten en koorts en/of  
benauwdheid?



Heb je het nieuwe coronavirus gehad  
en is dit de afgelopen 7 dagen  
vastgesteld (met een test)?



Heb je een huisgenoot /gezinslid met  
het nieuwe coronavirus en heb je in de  
afgelopen 10 dagen contact met hem/  
haar gehad terwijl hij/zij nog klachten had?

10 dagen



Ben je in quarantaine omdat je:

- nauw contact had met iemand bij wie het nieuwe coronavirus is vastgesteld?
- bent (terug)gekomen uit een COVID-19-risicogebied?\*
- bent gewaarschuwd door de Coronamelder-app?



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