

ZV Torpedo PROTOCOL RESPONSIBLE SWIMMING IN CORONA TIME

Introduction:

The Protocol for Responsible Swimming of ZV Torpedo has been drawn up following the government decision that indoor swimming pools may be reopened on Monday 11 May 2020. Serve as a basis for this:

- the guidelines of the KNZB published in Protocol Responsible Swimming Version 1.1, 8 May 2020), including the general guidelines of the RIVM,
- Rules of safety sports, published by Optisport
- HzC de Robben's protocol: "Association Protocol Responsible Swimming in Corona Time" of 10 May 2020

After approval of this protocol by the Municipality of Hilversum, training courses can be restarted in the Lieberg, of course under the restrictions described in this protocol.

- Expected start date training will be on May 26.
- The agreements detailed in this protocol apply to: Swimmers, parents, trainers, other volunteers and board
- There is no distinction between members up to the age of 12 and members from 13 years of age: the 1.5 metre distance directives apply to everyone because in practice they cannot distinguish between the age categories. This ensures safety for everyone.
- The training setup and goals will be adjusted to comply with the rules described in this protocol.
- In principle, we will open up the training to up to 12 people (2 / track) per training, excluding trainers
- The Annexes to this Protocol are an inseparable part of this Protocol.
- The undersigned as Secretary of ZV Torpedo will act as Corona coordinator and ensure that all members and volunteers comply with the rules set out in this protocol.

Practical matters related to training:

- Swimmers must pre-register for training via an online tool.
- Registered swimmers (and parents of minor swimmers) automatically declare upon registration that they have been informed of this protocol and agree to the guidelines as described below.

General safety and hygiene rules:

- Do not come swimming if you have one of the following (also mild) symptoms: nasal cold, runny nose, sneezing, sore throat, coughing, tightness or fever;
- Stay at home if someone in your household has a fever (from 38°C) and/or anxiety symptoms until everyone has recovered;
- Keep 1.5 meters away from any other person outside your household;
- Cough and sneeze in your elbow (especially if you're in the water) and use paper handkerchiefs;

- Wash hands with soap or disinfectant if your hands may be infected: after touching objects that many people are sitting on: after the visit of the toilet, after coughing, sneezing in the hands: after wiping your nose;
- Avoid touching your face;
- Do not shake hands;

Special safety and hygiene rules for when you come swimming:

- Before you leave home for training, use your toilet at home and avoid unnecessary toilet use in the pool;
- Shower at home before you come to the pool;
- Put on your swimwear at home under your regular clothes;
- Bring a sports bag for your towel and to tuck in your regular clothes and shoes (without a sports bag you can't swim);
- Wash your hands with soap or disinfectants in advance of the pool visit, at least 20 seconds;
- Come alone to the swimming pool by private transport (on foot, bike or car) and if you are brought by, for example, one of your parents, they are not allowed to enter the pool (stands will remain closed): if children cannot change themselves, up to 1 parent or carer may go to the dressing room with the child but not into the pool and then have to leave until the children can be picked up;
- Do not arrive more than 10 minutes before the agreed and pre-reserved start time of the training;
- Keep yourself in the pool at the special routing and RIVM prescribed 1.5 meters distances among yourselves;
- sign up in advance at the front desk and/or our entrance supervisor(not notified and confirmed means no training!);
- You can change in group changing rooms: keep 1.5 meters away at all times;
- You put your normal clothes and shoes in the sports bag that takes you into the pool (clothes etc should not be left in the changing rooms)and place your sports bag on the trainer(s) and/or supervisor place 1.5 meters apart at the edge of the pool;
- Limit the touches with doors, fences, benches, etc. to the minimum necessary;
- You keep yourself both on the side (including in the walking routes, bath edge) and in the water at the 1.5 meters distance between them;
- You will follow the instructions of the supervisors and trainer(s) in the swimming pool;
- After your training, take your sports bag and change in the changing cabins as quickly as possible and then go straight home. Staying in the pool or building is not allowed;
- You shower at home afterwards because the showers in the pool are closed;
- If there are not sufficient voluntary supervisory holders and/or trainers from our members for a training moment, this training moment will be cancelled as we will not be able to abide by our own protocol;

- Do not adhere to the 1.5 meter distance rules wherever in the pool that follows 1 time warning by the supervisors and/or trainer(s) and at the 2nd time you have to leave the pool directly, change and return home. This applies to everyone even if you are under 13 years of age.

Training:

Training will be given according to the attached trainingmodel:

- Swimming will be done in the length of the bath (25 meters).
- Lines will be placed between lane 2 -3 and between lane 4-5: 3 sets of 2 courses are created. Oneway traffic on all lanes : track 1.3.5 off starting block, lane 2.4.6 to start block
- There's NO overtaking. Turning point is made in the middle of the job set..
- Swimmers stay within the track set: there is no swimming under the lines.
- Swimmers are classified by the trainers at level: 2 swimmers per track = 4 swimmers per course set..
- The training session will take up to 50 minutes to leave enough space for the next group of users of the Lieberg

Supervisors and trainers

- Per training 2 trainers will be present the pool and 1 trainer/volunteer at the entrance for registration and supervision
- We will provide the supervisors with disinfectants for cleaning the changing rooms, toilet and other matters.
- All our supervisors/trainers will be recognizable by the Torpedo shirts.
- The undersigned will be designated as corona supervisor. Per training the undersigned will assign a corona coordinator. Weekly we will pass these names on to the Corona supervisor of Optisport.
- We will give all our supervisors and trainers clear instructions in advance both in writing and verbally about this entire protocol and how to act.
- Our supervisors and trainers must be present in the pool at least 25 minutes before starting a training block.
- If there are too few supervisors and/or trainers, we cancel that training block
- We as an association have already signed up for the GGD Gooi and Vechtstreek on the COVID-19 test policy for youth trainers of sports associations for some time ago if they have at least 24 hours of complaints that can be caused by the coronavirus. The test result is expected within 24-48 hours of the test test decrease. Tergooi's test laboratory passes the results on to the trainer. If the test is positive, the GGD will also contact us to carry out source and contact research. This concerns the GGD of the municipality in which the trainer lives. Since we also know exactly which swimmers have been in contact with our reservation system and other supervisors can help with this for the GGD in the context of source and contact research.

Communication with our members:

- After approval from the Municipality, this protocol will be shared with all members and volunteers of ZV Torpedo
- After that, training will resume according to this protocol.

Hilversum 22nd of May 2020,

On behalf of the board

Pascal Veltman

Secretary ZV Torpedo