

# Corona Protocol M.S.Z.V. Tiburón - September 2020

## General regulations

The following general regulations apply to all coaches and members of M.S.Z.V. Tiburón when they attend practice at the Geusseltbad:

- Stay home if you experienced one of the following symptoms (or mild variations of these symptoms) in the past 24 hours: cold symptoms, coughing, shortness of breath or fever;
- Stay home if someone from your household experienced fever (from 38°C) and/or shortness of breath in the past 24 hours. If everyone is symptom-free for 24 hours, you are allowed to go outside and work out again;
- Stay home if someone from your household has been tested positive for COVID-19 or if you have been in direct contact with someone diagnosed with COVID-19. You can still get sick 14 days after being in contact with a COVID-19 positive person, which is why you have to stay in isolation for 14 days after the last contact with this person when this person was still contagious (follow the advice of the GGD);
- Stay home if you had COVID-19 and have been tested positively for this with a test in the past 7 days. Follow the advice of the GGD;
- Stay home if you are still in home isolation, because you have been in direct contact with someone with COVID-19;
- Stay home for at least 10 days if you travelled back from an orange- or red-coded area;
- Always keep 1,5 meter distance from each other, except during swimming;
- Cough and sneeze in your elbow, use paper towels and throw these away immediately;
- Avoid touching your face and don't shake hands

## Sign-up system for practice

- You can sign up for practice via this link: <https://mszvtiburón.nl/covid-19-measures-practice/>  
*Practices are bookable from 48-2h before practice*  
Lane 1-4: Group A (red)  
Lane 5-8: Group B (blue)
- Without prior registration and a place in the timetable it is not allowed to come to practice. It is also not allowed to swap your spot with someone else. Spare swimmers will be contacted in case someone cancels their practice.

## House Rules Geusseltbad

- Members must adhere to the corona house rules drawn up by the Geusseltbad. These are divided into 4 subcategories: regulations that apply at home, upon arrival at the pool, during practice and after practice. In addition, members must at all times follow the instructions of the authorised persons.

### *At home*

- Shower at home before going to the pool;
- Use the bathroom at home before visiting the pool;
- Wash your hands at home with water and soap for at least 20 seconds before visiting the pool;
- Put on your swimwear at home, underneath your normal clothes;
- Fill your water bottle before leaving your house;
- Do not come to the pool with others. If you meet another member on your way, keep 1.5 meters distance.

### *Arrival at the pool*

- Arrive 5 minutes before practice at the Geusseltbad. Do not arrive too early, to prevent group formation. Do not arrive late, as you will then not be allowed to enter the pool;
- Wait your turn in the indicated section and follow the mandatory walking route (see appendix A);
- Disinfect your hands upon entering the Geusseltbad and the competition pool;
- Take off your 'outerwear' in the competition pool and leave your clothes, shoes and swimming bag on the bench assigned to you (supervision is present)

### *Practice*

- In the water, you do not have to follow the distance-restrictions;
- Outside the water, the 1.5m distance should be maintained;
- Only use your own water bottle, towel and swimming equipment. Do not share these with others;
- If you want to use the toilet when swimming, you should notify the supervisor (in our case, this is one of the trainers);
- Limit the contact with doors, handles, fences and benches, et cetera to the minimum of what is necessary and wash your hands with soap and water after touching them. Also wash your hands after a toilet visit and after coughing, sneezing in your hands, and/or blowing your nose;

- Go home immediately when during swimming symptoms arise, like a cold, cough, shortness of breath and/or a fever;
- Finish your swimming activity after the trainer's final signal (10 minutes before the end of practice). Exit the water and pack your belongings.

#### *After practice*

- Disinfect your hands when leaving the competition pool and the Geusseltbad;
- Get dressed after swimming in the assigned dressing room (1.5 meter-markings have been applied) and exit the pool within 10 minutes via the designated route;
- Wash your hands with water and soap, for at least 20 seconds, after your visit to the pool;
- A short shower after practice is allowed, but preferably shower at home after swimming

### **Supervision and Enforcement**

#### *Corona responsible person*

To safeguard the corona measures, there will always be a “corona responsible person” present in the pool area. Initially, this will be one of the board members. They are recognisable by their red shirts with “Board ‘20-’21” on the back. They will answer questions and check with the trainers whether the rules of conduct are being observed. If this is not the case, they will address the members about this. At the beginning of the training there will be clear communication to the members to whom they can turn for questions. This person will also explain the (behavioural) rules to the members before the training and point out the importance of washing hands and avoiding contact with others.

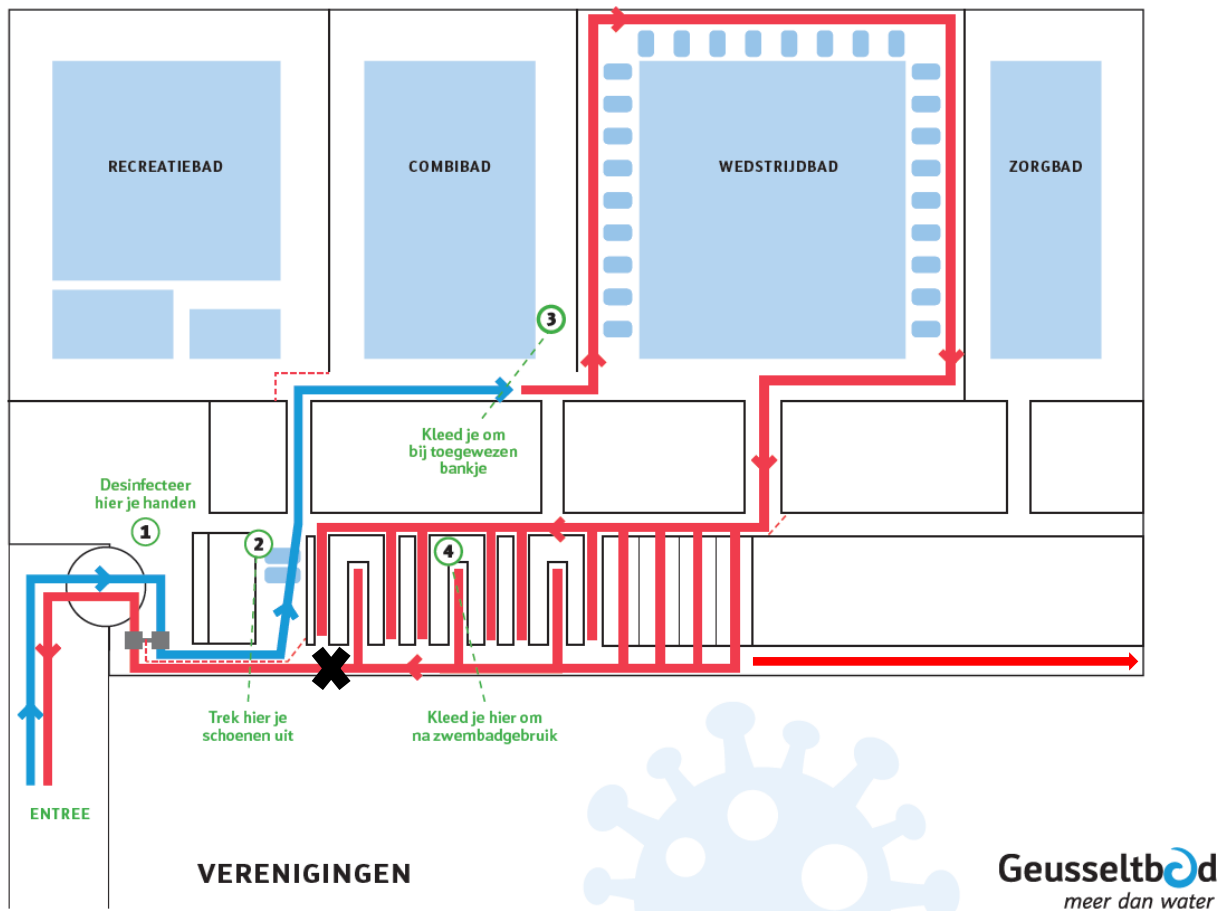
#### *Violation of rules of conduct*

If a member does not follow the rules of conduct, he/she will first receive a warning. If the member does not comply after the warning, he/she may not continue participating in the practice and must leave the pool. If this happens more often, the member may be denied participation in future practices.

#### *Calamities*

In case of emergency, first aid can be provided. The protocol of the Red Cross will be adhered to in doing so. The Geusseltbad has sufficient protective equipment available, so that assistance can be provided also if it is not possible to maintain the 1.5 meter distance. In line with the protocol, mouth-to-mouth ventilation should not be performed. However, cardiac massage may be used.

## Appendix A – Walking Route for Associations in the Geusseltbad



Blue = entry route; Red = exit route\*.

1. Disinfect your hands upon entering the pool
2. Take off your shoes in the beauty room
3. Change at your designated bench
4. Change here after using the pool (in our case: the group changing room with 1.5 meter-markings)

\*The exit route changed: leave building at the back

# Tiburón