

Protocol Responsible Swimming Zwemvereniging New Wave Almere

This Responsible Swimming Protocol of zwemvereniging New Wave Almere (hereinafter; the Protocol), version 2.0 of 12 July 2020, has been drawn up on the basis of the Responsible Swimming Protocol.

Rules during and outside the training

Age swimmer	Before training	During the training	After training
Up to and including 12 years	Don't have to keep distance	Don't have to keep distance	Don't have to keep distance
13 years tot 18 years	Keep no distance between themselves Keep distance from adults	Don't have to keep distance	Keep no distance between themselves Keep distance from adults
18 years and older	Keep distance from adults	Don't have to keep distance	Keep distance from adults

For swimmers

- There is no distance limitation in the water during training. Swimmers can overtake each other, contact is allowed and training materials can be used freely. This applies to all ages.
- Immediately after training (in the pool and beyond), the 1.5 meter standard must be observed again by swimmers aged 18 years and older and in relation to adults.
- Immediately after training (in the pool and beyond) the 1.5 meter standard should be observed again by 13 to 18 year olds to adults. 13 to 18 year olds do not have to keep distance between themselves.
- For swimmers up to 12 years of age, there is no distance limit between themselves and in relation to adults.
- Put on your swimwear at home. You can take off your 'overclothes' in the pool. After swimming you can change in the designated areas.
- The training materials are used again during the training.

For the trainer

- The trainer teaches as much as possible at a distance of 1.5 meters from the swimmers 13 years and older.
- For swimmers up to 12 years of age, no distance limitation applies.
The trainer keeps a distance of 1.5 meters to parents/guardians and supervisors.

Visit and use of the pool

- The route of arrival and departure in the pool is clearly visible. In the pool, 1.5 meter zones and routes are indicated. The trainers, swimmers, parents/guardians and volunteers adhere to the indicated routes and the 1.5m rule and follow the instructions of the pool staff.
- For changing after training the swimmers can use the changing cabins and/or the changing rooms, provided the routing and the 1.5 meter distance rule allow this. The swimmers follow the instructions of the trainers and the pool staff.
- Swimmers are asked to go to the toilet in advance at home. Toilet visits in the pool should be kept to a minimum. Wash your hands with soap after using the toilet.
- The showers are not used.
- The trainers present during the training ensure that the swimmers comply with the rules regarding safety and hygiene.

Rules regarding safety and hygiene for everyone

- Stay home if you have any of the following (also mild!) symptoms in the past 24 hours: colds, coughing, tightness or fever.
- Stay at home if someone in your household has a fever (from 38 ° C) and/or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside.
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still get sick up to 14 days after the last contact with this person, you must stay at home until 14 days after the last contact with this person was still contagious (follow the advice of the GGD).
- Stay home if you have had the new coronavirus (diagnosed with a test) and it has been diagnosed within the past 7 days.
- Stay at home if you are in home isolation because you have had direct contact with someone diagnosed with the new coronavirus.
- Go home immediately if during swimming there are complaints such as a cold, cough, tightness or fever.
- Keep 1.5 meters away from any other person outside your household (exception for children and young people up to the age of 18 between themselves and for children up to 12 years to adults).
- Cough and sneeze in your elbow and use tissue paper¹.
- Wash your hands with soap and water for at least 20 seconds before and after the pool visit.
- Wash hands with soap and water if your hands may be contaminated: after touching objects that are likely to be touched by many people (doorknobs, remote control, etc.); after a toilet visit; after coughing, sneezing in the hands; after blowing the nose.
- Avoid touching your face.
- Don't shake hands.
- Singing and screaming is not allowed.

¹ Within a swimming pool, the use of tissue paper is not always possible. In this case, wash hands and arms immediately after coughing or sneezing with soap and water.

Rules voor swimmers

- Everyone aged 18 years and older keeps 1.5 meters away from persons aged 18 years and older. Children up to the age of 12 do not have to keep a distance between themselves and adults. Members of 1 household do not have to keep a distance. Young people up to the age of 18 do not have to keep a distance of 1.5 meters between themselves. Deviations from this are possible during specific activities in the water with an instructor.
- Always follow the instructions of the authorized persons.
- Wash your hands with soap and water for at least 20 seconds before and after the pool visit.
- Keep the contact with doors, fences, benches, etc. to the minimum necessary.
- Stay home if you have any of the following (also mild!) symptoms in the past 24 hours: colds, coughing, tightness or fever.
- Stay at home if someone in your household has a fever (from 38 ° C) and/or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside.
- Stay at home if someone in your household has tested positive for the new coronavirus (COVID-19). Because you can still get sick up to 14 days after the last contact with this person, you must stay at home until 14 days after the last contact with this person was still contagious (follow the advice of the GGD).
- Stay home if you have had the new coronavirus (diagnosed with a test) and it has been diagnosed within the past 7 days.
- Stay at home if you are in home isolation because you have had direct contact with someone diagnosed with the new coronavirus.
- Go home immediately if during swimming there are complaints such as a cold, cough, tightness or fever.
- Singing and screaming is not allowed.

Finally

- Within New Wave Almere the following contact persons have been appointed as Coronamanager:
 - o Vanessa Tielens, chairman of the board, tel. 06 - 20399641
 - o Jhorna Colijn, secretary and trainer, tel. 06-24150943

E-mail: covid19@newwavealmere.nl

- The Coronamanagers are aware of the applicable rules determined by the pool manager and ensure communication about this to trainers, swimmers, parents and volunteers.
- The Coronamanagers are available for questions from trainers, swimmers, parents/guardians and volunteers and advise on the application of the rules regarding safety and hygiene stated in the Protocol.
- All swimmers, trainers, parents/guardians and volunteers will be informed by email about the Protocol. The Protocol is also published on the New Wave Almere website.
- Everyone who is in the pool must adhere to the rules of safety and hygiene as described in the Protocol . The instructions of the Coronamanagers, the trainers and the pool staff must be followed at all times.
- If a swimmer does not follow the rules regarding the security and hygiene and neglects to follow directions about the protocol, then he/she is denied access to the pool.