

# Corona Association Policy

## ZPV Piranha



## General Policy

### People responsible:

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**Practice groups:** To keep things organized, to avoid crowds and give everyone the same chance to practice, every member who has filled in the form “Inventory Training Groups” is assigned to one practice group. Members can indicate a preference for which group they want to train in, but the board reserves the right to deviate from this in the final format. It is only possible to practice with this group, practicing with other groups is not allowed and may result in suspension. The board can incidentally make an exception to this. Members that have chosen rescue in the preference form can also train with swimming or water polo once per week.

During the summer break, the different water polo groups will be combined into one water polo group and the different swimming groups will be combined into one swimming group.

**Person responsible for training schedule:** For each practice group, 1 person is responsible for organizing the practice moments for each week. This will be a member of the technical committee. Diving uses an alternative protocol<sup>1</sup>. The person responsible will communicate the final practice schedule to everyone who has filled in the sheets for the corresponding week and the trainers for the relevant practice moments. The records regarding turn-up for practice should be kept for at least 4 weeks.

**Size of the practices:** For the training there will be a maximum number of people who can be in the pool at the same time. This maximum amount is now 30.

**Corona coordinator:** In absence of a trainer, a corona coordinator will be present during the practices. This is not the same role as the people responsible have, but it may be fulfilled by one of the corona responsables. The corona coordinator ensures that all applicable rules are followed by the participants during the practice. The Corona coordinator has the right to expel participants from the pool if the applicable rules are violated. The Corona coordinator will report this to the board. This task is performed on a voluntary basis by a member of Piranha. In case a trainer is present, this trainer will assume the role of corona coordinator.

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<sup>1</sup> An alternative protocol applies to diving. See: Corona Protocol Diving v 2020-05-26



**Time between practices:** There is always 15 minutes between 2 different practices. During this time, the group that has just trained should disinfect the changing room, change clothes and leave the pool by the indicated route. After a training, 12 participants can use a changing room or one of the dressing rooms (1 person per dressing room). The others can change on the grass, keeping a distance of 1.5 meters.

**Walking routes:** Participants position themselves at the entrance at the bottom of the stairs in accordance with the 1.5 m rule. **5 minutes before the start of the training session**, the supervisor or corona coordinator gives a signal and participants can enter the accommodation one by one with the appropriate distance. The supervisor or corona coordinator checks whether the participants entering the pool correspond with the registration list for the training. If a participant is not on the list, the participant will not be allowed to enter the pool. There will be a clear routing from entering, changing, to the pool and then leaving the pool at the back of the property after swimming. [5]

**Cleaning:** Between the sessions, the supervisor or corona coordinator cleans the walking routes, steps, etc. with a disinfectant. **Before and after changing clothes, each participant cleans his / her booth, clothes hook, etc.** [5]



## General Corona measures

1. Keep 1.5 meters away from any other person outside your household while not in the pool
2. Cough and sneeze into your elbow and use tissue paper.
3. Avoid touching your face.
4. Do not shake hands.
5. Keep the contact with doors, fences, benches, etc. to the minimum necessary.
6. Before and after the pool visit, wash your hands with soap and water for at least 20 seconds.
7. Wash hands with soap and water if your hands are likely to be contaminated: after touching objects that have been touched by many people (doorknobs, pin machines, remote controls, etc.), after visiting the toilet, after coughing, sneezing in the hands, after blowing of the nose.
8. 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 in which this person was still contagious (follow the advice of the GGD).
9. Stay at home if you have had the coronavirus (diagnosed with a test) and this has been diagnosed within the past 7 days.
10. Stay home if you are in isolation because you have had direct contact with someone diagnosed with the new coronavirus.
11. Stay home if you have any of the following (also mild!) Symptoms in the past 24 hours: colds, coughing, tightness, or fever.
12. 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.
13. You are not allowed to yell or sing
14. Participants should be registered, such that they can be contacted in case of an outbreak. The records should be kept for at least 4 weeks



# Training Guidelines<sup>2</sup>

**NOTE: It is important to follow these guidelines at all times. If you don't, you will be summoned by those in charge to leave the pool. Violation of these rules can lead to exclusion from practice.**

1. Go home directly when, during the training, problems arise such as runny nose, cough, shortness of breath or fever.
2. Practice **only on the times agreed upon**.
3. Always follow the rules of the pool.
4. Always follow the instructions of the Corona coordinator
5. When resting, try to keep your distance from others
6. It is forbidden to touch the lines, so do not hang on this while resting.
7. It is only possible to train by reservation. In the weekend prior to the week, an inventory will be made per training group who will train when via google forms.
8. Make sure that your own bottle is clearly recognizable by a colorful elastic, cord or something similar. This is to prevent water bottles from being exchanged.
9. Before and after changing clothes, each participant cleans his / her booth, clothing hook, etc.
10. Immediately after swimming, leave the accommodation as soon as possible via the routing to the designated exit.
11. If you want to breathe out or cough, do this with your face not facing the side of the pool.
12. During practice, there is no restriction for the distance to be kept from other participants.
13. Before and after practice, 1.5 meters of distance should be kept to other people.

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<sup>2</sup> An alternative protocol applies to diving. See: Corona Protocol Diving v 2020-05-26



## Guidelines for trainers

1. If you give instructions from a distance, the athlete may not hear all the instructions. Therefore, use non-verbal communication with your instructions.
2. As a trainer, never stand above the athlete, for example by standing on the starting block. Give your instructions from a safe distance.
3. If you want to give a group instruction, you can let all athletes stop swimming / the assignment at the same time by giving a whistle. All athletes stop and remain there in the pool. The coach gives instructions and everyone continues their assignment.
4. Make sure you are aware of the applicable rules of the pool establishment and that they are complied to.
5. In the event of a violation of the rules by one of the participants, the trainer or the Corona coordinator must address this and possibly expel the participant from the training. When sent away, a report must be made to the board.
6. Make sure that participants do not have to hang out in a group. Give training instructions, for example, with a sign or to each athlete individually.
7. Forced use of voice, such as yelling, is not allowed.
8. Check if all present participants have registered for practice beforehand.

## References

- [1] Protocol verantwoord zwemmen <https://water-vrij.nl/organisaties/>
- [2] Richtlijn Veilig Zwemmen in Coronatijd; Hygiëne en Desinfectie in Badinrichtingen  
<https://water-vrij.nl/wp-content/uploads/2020/05/Richtlijn-Veilig-Zwemmen-in-coronatijd-hygiene-en-desinfectie-in-badinrichtingen.pdf>
- [3] COVID\_19\_veilig\_zwemtraining\_geven  
[https://mcusercontent.com/c118ff914262caaf7f76491a8/files/c4539003-9a6a-405e-9ffc-886fae22ac4a/COVID\\_19\\_veilig\\_zwemtraining\\_geven.pdf?mc\\_cid=3b854d5476&mc\\_eid=125c781b14](https://mcusercontent.com/c118ff914262caaf7f76491a8/files/c4539003-9a6a-405e-9ffc-886fae22ac4a/COVID_19_veilig_zwemtraining_geven.pdf?mc_cid=3b854d5476&mc_eid=125c781b14)
- [4] Checklist Corona KNZB  
[https://mcusercontent.com/c118ff914262caaf7f76491a8/files/7d19c6cb-3a38-4643-bc91-364a594734db/Corona\\_checklist\\_voor\\_verenigingen.pdf?mc\\_cid=3b854d5476&mc\\_eid=125c781b14](https://mcusercontent.com/c118ff914262caaf7f76491a8/files/7d19c6cb-3a38-4643-bc91-364a594734db/Corona_checklist_voor_verenigingen.pdf?mc_cid=3b854d5476&mc_eid=125c781b14)
- [5] Protocol opstart Vereniging Buitenbad 2 juni 2020 - M. ter Bals