

Protocol-Responsible-Swimming PSV Masters



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Protocol Accommodation

References

Protocol-Verantwoord-Zwemmen-versie-1.1-12-05-2020 Eindhovense zwembaden.pdf

<https://water-vrij.nl/veelgestelde-vragen/>

https://www.knzb.nl/actueel/goede_voorbeelden_in_coronatiid/

Movie / photos pool about routing and measures (to come later)

Contacts Eindhoven swimming pools

- Corona responsible on the day itself can be reached at
 - 040-2381126 (Location Tongelreep)
 - 040-2381655 (Location Ir. Ottenbad)
- Request for pool water and other questions by email
 - ReserveringZwembaden@eindhoven.nl

Eindhoven swimming pool guidelines

- Changing into changing cubicles or common areas is restricted to a minimum. Make sure you are already wearing your swimwear underneath your clothes.
- No clothes must remain in changing rooms or communal changing rooms. You take all clothing to the poolside.
- Showers are closed throughout the property.
- Toilet visits should be kept to a minimum.
- Follow the walking routes in the property to find your way to the pool.
 - We work as much as possible with one-way traffic.
 - Our employees will be happy to help you with any questions.
- Children under 12 do not have to conform to the 1.5 mtr directive. However, it is necessary to keep a distance of 1.5 meters to the instructor / trainer.
- Parents are not allowed to enter the swimming hall. Parents are only allowed to help children in need to change their clothes. Parents are requested to wait outside our accommodation.
- Competitions are prohibited.

For tenants

- Make sure you are aware of the applicable rules established by the pool accommodation and that they are complied with;
- Appoint at least one "corona responsible" and make sure that person is known to everyone and is aware of the applicable rules / frameworks. He / she also advises employees and volunteers in any adjustments to the (corona proof) sports or teaching activities;
- Provide trainers / instructors with instructions on how they can carry out sports or lessons in a responsible and safe manner;
- Communicate the applicable rules with your trainers, swimmers, parents through your own means of communication and check whether it is visibly present in the accommodation;
- Instruct trainers / instructors to point out undesirable behaviour to swimmers if the rules are broken;
- Provide personal hygiene and cleaning products for your employees and volunteers where necessary;
- Instruct staff and volunteers to assist swimmers in complying with the rules.

General guidelines for athletes and coaches

General

- All current RIVM guidelines, such as no shaking hands, washing hands and keeping a distance of 1.5 meters, are and will remain in full force.
- Children under 12 do not have to conform to the 1.5 mtr guideline. However, it is necessary to keep a distance of 1.5 meters to the instructor / trainer.
- Athletes or staff who are unable to consistently follow all guidelines are prohibited from entering the sports facility.
- If updates are made to these agreements, they will be communicated as soon as possible.

Preparation

- Stay at home if you have any of the following (also mild!) Symptoms: colds, runny nose, sneezing, sore throat, cough, shortness of breath or fever and contact the federal doctor.
- Stay at home if someone in your household has a fever (from 38 ° C) and / or shortness of breath until everyone has fully recovered.
- Go to the toilet at home before training.
- Fill your water bottles with water and / or sports drinks at home before training.
- Wash your hands for at least 20 seconds before training.
- Preferably change clothes at home and do not use the changing rooms in the accommodation.

Transport

- Individual travel to the sports accommodation is preferred. Avoid travelling by public transport. Do not share a means of transport with athletes unless these athletes also live together in their private situation!

In the accommodation

- Always follow the instructions of the personnel.
- Parents, guardians, spectators or non-essential staff members and non-essential pool staff are not allowed access to the property.
- Do not arrive at the accommodation before 15 minutes before the start of the workout.
- Always keep at least 1.5 meters distance from each other in the sports facility.
- If it is necessary (and possible) to make use of changing rooms, then at a considerable distance from each other. Undressing and dressing in the same place.
- Do not use showers and limit the use of other areas in the accommodation to the utmost.
- Restricting toilet use. Use the available disinfectants before and after using the toilet.
- Work in permanent teams as much as possible

During the training

- The athletes only use their own sports materials and are the only ones who touch these materials.
- No lactate measurements, skin fold measurements or other tests or measurements requiring physical contact are made.
- The content of the training follows the sport-specific training protocol.

After training

- Do not use showers and limit the use of other areas in the accommodation to the utmost.
- If it is necessary to use changing rooms, then at a large distance from each other.
- Undressing and dressing in the same place.
- Leave the accommodation through the designated exit immediately after exercise.

Activities in the pool facility

Group activities / associations: Start possible from May 18

- Participants are given the opportunity to reserve a place in advance;
- Only activities that fit within the restrictions imposed are permitted. So only activities where the 1.5 meter distance can be guaranteed at all times;
- The maintenance of the 1.5 meter distance does not apply to children up to and including the age of 12;
- Participants are requested to wear swimwear under normal clothing;
- Participants undress at the designated place and then immediately go to the place where the group activity takes place in the manner indicated;
- Participants keep 1.5 meters away from each other and the employees.

Lap Swimming: Starting from May 18 possible

- The attendant / instructor / trainer must remain at a distance of 1.5 meters from the swimmers from the shore as much as possible;
- Consider 1-way traffic per lane (one lane, other lane back);
- Swimmers must keep a distance and overtaking is not allowed.
- Max 6 swimmer per lane 50 mtr / 3 per lane 25 mtr pool.

Protocol PSV Masters

Contact persons PSV Masters

- Harold Matla 06-24531775

Initial situation

Trainingsuren

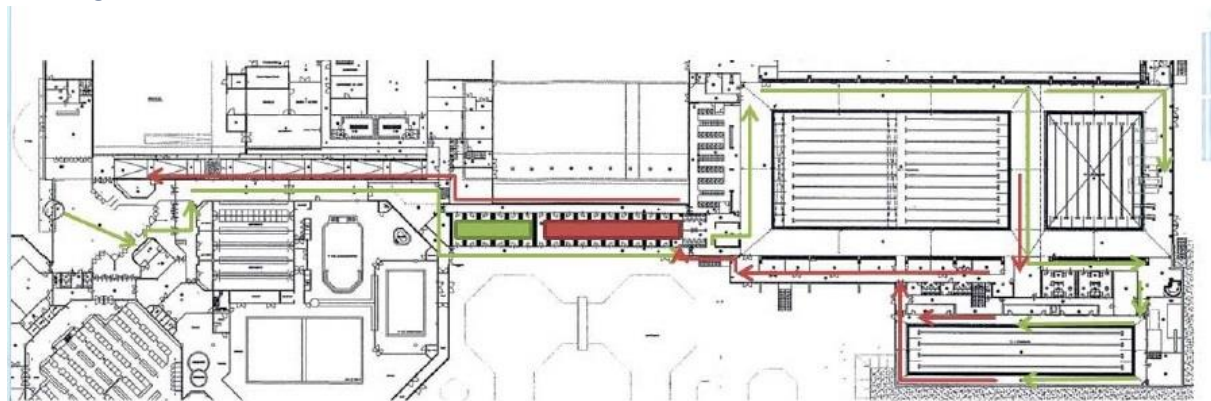
Day	Part of day	Start	End	Duration	Pool	lengte	# lanes	MAX # p/bn	# m/sw	MAX # p
Monday	Afternoon	18:00	19:00	01:00	tb	50	4	6	8,33	24
Tuesday	Morning	06:00	07:00	01:00	wb	50	4	6	8,33	24
Tuesday	Afternoon	18:00	19:00	01:00	tb	50	4	6	8,33	24
Tuesday	Evening	20:00	21:00	01:00	sb	25	4	3	8,33	12
Wednesday	Afternoon	17:30	18:30	01:00	tb	50	4	6	8,33	24
Thursday	Morning	06:00	07:00	01:00	wb	50	4	6	8,33	24
Thursday	Afternoon	17:30	19:00	01:30	tb	50	4	6	8,33	24
Thursday	Evening	20:00	21:00	01:00	tb	50	4	6	8,33	24
Friday	Morning	06:00	07:00	01:00	wb	50	4	6	8,33	24
Friday	Afternoon	18:00	19:00	01:00	tb	50	4	6	8,33	24
Friday	Evening	20:00	21:00	01:00	sb	25	4	3	8,33	12
Saturday	Morning	07:00	08:30	01:30	tb	50	4	6	8,33	24
Sunday	Morning	09:00	10:00	01:00	wb	50	10	6	8,33	60
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- Note: if we are in the diving pool together with diving, the use of the bubble is not allowed.

Framework

- At least 1 trainer is on the side per training session, at least 2 on Sunday
- No additional person is required for Corona supervision, the pool staff does this.
- The Tongelreep provides instructions regarding routing, disinfection and the posting of rules and guidelines.

Routing



Entrance

- Athletes enter through the main entrance.
- The use of disinfectant upon entry is mandatory for every visitor.
- The athletes follow the mandatory walking route to the changing rooms and the pool. (the walking routes are one-way and clearly indicated)

Changing rooms (swimming stadium)

- Use changing rooms ZC 1 to 6 for changing clothes upon entry (maximum of 3 changing places per room, wait at an appropriate distance)
- Use dressing room 7 to 16 for dressing on departure (maximum of 3 changing places per room, wait at an appropriate distance)

For swimmers

Own responsibility

- Dealing with people, and thus participating in a swim training, means that you take a risk of infection.
 - We all ensure that this risk is as small as possible.
 - We can only do this by adhering to the guidelines of the RIVM and authorities with regard to the distance and space that it offers.
 - That does not alter the fact that there is always a risk, however much we try to minimize it.
- Part of our members, or family of our members, is in a risk group, or one works with risk groups.
- Everyone would like to train, but decide whether or not to participate in the swimming training with common sense.
 - We hereby point to your own responsibility towards yourself, your family members and your job.
 - If you have any doubts: consult or wait until we have started.
If it turns out that everything is going well, you can make a new assessment.
- There are no guidelines for treating or classifying risk groups differently.
- If you decide to participate:
 - Make sure you are well prepared
 - Stick to the guidelines
 - Take care of yourself and others
 - Enjoy swimming !!

Preparation

- Maintain the distances prescribed by RIVM.
Currently 1.5 meters for people over 12 years old.
- Go to the toilet at home before the pool visit.
- Come alone or come with people from your household.
- Come by personal transport: such as on foot, by bicycle or car.
- Only come at pre-arranged times (registration via app).
- Do not arrive earlier than 10 minutes before the agreed start time.
- Within the accommodation, the masters can independently follow the routing and ensure that they are on time for the training. This prevents grouping and queues in the routing.
- Always follow the instructions of the authorized persons.
- Put on your swimwear at home.
 - At a designated location in the pooling facility, as a swimmer you only have to take off the "overgarments" and take them with you in a sports bag to a designated place, including shoes.
 - After swimming, you can change in the designated areas
- The spaces are limited, so it is recommended to wear clothes that allow you to change quickly.
- Wash your hands before and after the pool visit with water and soap, for at least 20 seconds in the designated areas
- Limit the contact with doors, fences, benches, etc. to what is necessary
- Limit use of unnecessary areas in the accommodation.
- Shower at home before and after swimming.
- Immediately after swimming, leave the accommodation via the routing to the designated exit.

During accommodation and training

- There is now less space than usual for social contact and interaction
 - In all cases, respect the meter and a half.
So no hands, hugs, kisses or other physical contact
 - Do not stand still other than in places where you have to wait.
 - Only then is there room for social talk
 - Remains concentrated during swimming training
 - Listen to the trainer
 - Also listen to swimmers when directions are called
- Although we will sort as well as possible by level, it will never be completely perfect
 - Adjust to the lowest level in the 2 lanes in which you swim.
 - Especially at longer distances you cannot swim faster than the slowest swimmer
 - If a level is not correct, you can only move on the instructions of a trainer
A trainer will also include this in the evaluation.
- If you feel that your estimated level is incorrect, please inform the trainer or info@psvmasters.nl

Stay Cool Stay Safe !!

- Know your own responsibility!
- Stick to the rules.
- Be flexible.
- Stay calm.
- Help each other where necessary, in particular through tips and explanations.

Situation per pool

See also the map with routing

- Make sure you arrive at the training in time.
- Follow the routing and wait for the pool observing the 1.5 distance
 - WB = competition pool: near showers
 - SB = diving pool: near diving boards
 - TB = training pool: near bubble pool
- We cannot access the pool until the moment of starting.
 - Enter pool when instructed to do so
 - If necessary, lay lines if the trainer indicates this (WB / SB)
- Place your belongings at an appropriate distance in the place indicated
 - WB = competition pool: near showers, against the KNZB space
 - SB = diving pool: in the usual place against the wall
 - TB = training pool: on both sides of the long sides
- Then continue to your lane
 - WB = competition pool: odd on KNZB side, even on opposite side
 - SB diving pool: odd on starting block side, even on opposite side
 - TB = training pool: odd on lawn side, even on opposite side
- We start on the signal of the trainer
 - With a dive if your predecessor is at 10m
 - Or with a jump if your predecessor is at 7½m
- Resting place (depending on training and fellow pool users)
 - WB = competition pool: in the middle of the lane / side or line on the shower side
 - SB = diving pool: in the middle of the lane / side or line on the WB side
 - TB = training pool: in the middle of the lane / side or line on the lawn side
- After that, it depends on the form of training.
- We must have left the swimming water no later than 5 minutes before time
 - In case of removing lines, that is a little earlier
- When leaving the pool, take your equipment and bag with you and observe the distance rules.
- Then follow the routing and change clothes on the way out

Registration & Deregistration

- The swimmers must register weekly via an app (Socie) for the training sessions of the coming week. This is possible until Friday.
- There are 3 codes
 - Present: Preference for training
 - Maybe: Alternative option if the preference does not fit
 - Cancel: Use only to cancel previous 2 options
- In the weekend, a layout is made for the entire week, as well as a lane layout based on the level at which the swimmers start.
 - The allocation will be sent to members no later than Sunday, along with the training schedule, so that it is clear in advance when and where you swim, and what is on the program.
- The allocation is binding
 - There is no exchange between swimmers: neither training, nor lane.
- In the event that you are unable to participate, you must always unsubscribe via info@psvmasters.nl
- We work with a reserve list.
 - Someone can be placed until the day before.
 - This person will be notified by email no later than the night before.

Materials

- Swimmers bring their own training materials as indicated during the relevant training. Do not bring extra materials.
- Everyone uses their own water bottles, which are filled at home.
- All materials taken along, as well as water bottles, must be provided with your name with a waterproof marker.
- The bags with clothing are placed next to the pool at an appropriate distance from each other.
- Materials and water bottles are not stacked together, but are kept at a distance from each other.
- Included sports attributes are not mutually exchanged.
- PSV Masters is not responsible for the sports attributes brought by participants.

What to do with symptoms?

- Stay at 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 home until 14 days after the last contact where this person was still contagious (follow the advice of the GGD);
- Stay at home if you have had the new coronavirus (diagnosed with a laboratory test) and this has been diagnosed within the past 7 days;
- Remain at home if you are in isolation because you have had direct contact with someone who diagnosed the new coronavirus;
- Go home immediately if during the sports activity complaints arise such as: colds, cough, shortness of breath or fever;
- A trainer / pool staff can decide, based on the symptoms mentioned, that it is not possible to participate in a training. Take your own responsibility seriously.

Clause

- Swimmers follow the instructions of the trainers, training attendants and pool staff.
- If instructions are not followed, a trainer decides whether you can continue the training.
- If you do not follow the instructions of the trainer(s) and guidance (for the safety of the other athletes and trainers) you are requested to leave the training.

Exceptions

- Louis has a number of exceptions with his visual and hearing impairment
 - Louis is allowed to travel with a companion and walk through the accommodation
 - Louis may have his own changing room (MiVa)
 - Louis also has to take all his things with him (with help of attendant)
 - The attendant may have physical contact, among other things to guide him and to communicate via handwriting
 - The attendant will walk with Louis and have contact with Louis on both sides of the lane, using a stick and / or handwriting.
- When Louis swims along
 - there will be an adjustment in the layout
 - other swimmers will have to keep an eye on the meter and a half with Louis.

Evaluation protocol

- We are in a new situation with new rules, so improvements are always possible.
 - We would like to hear about these areas for improvement.
- However, during the pool training, there will be no discussion about the procedures and agreements.
 - If something is not clear or an unrecognized situation occurs, the trainer decides, possibly in consultation with pool staff.
 - Only the trainer can make adjustments if necessary.
 - We expect flexibility from everyone.
- Points for improvement can be passed on after a training via info@psvmasters.nl
- The trainers will also note evaluation points and discuss them in a weekly meeting.
- We also maintain contact with and evaluate other departments and improvements.

spelregels om weer veilig samen te sporten

informatie voor sporters



blijf thuis als je verkouden of griepig bent



kom in je sportkleding, kleedkamers en douches zijn gesloten



laat tijdig weten dat je deelneemt aan de sportactiviteit



volg altijd de aanwijzingen op van de organisatie



kom enkel naar de locatie wanneer er voor jou een sportactiviteit gepland staat



ben je tussen de 13 en 18 jaar? Houd dan te allen tijde 1,5 meter afstand, ook tijdens het sporten



reis bij voorkeur alleen én op eigen gelegenheid



gebruik zoveel mogelijk je eigen materialen. Reinig gedeelde materialen direct na gebruik



max. 10 minuten voor aanvang aanwezig. Verlaat direct na de sportactiviteit de locatie



neem je eigen bidon gevuld mee

sport bewust, houd je aan de spelregels, zo hebben we samen sportplezier

Meer informatie nocnsf.nl/sportprotocol

#wewinnenveelmetsport



For trainers and coaches

Guidelines

- Most of what applies to swimmers also applies to the coaching staff.
- Put on your frame clothes at home, bring separate pool footwear
- Make sure you know all protocols
 - act accordingly
 - supervise this
 - give advice / instructions to swimmers if necessary
- Follow the instructions of the pool staff, and consult if necessary
- Make sure to be present at least 10 minutes before the training, and leave the pool last (after the swimmers)
- Make sure that the lines are placed in / out of the pool
 - In the WB and SB we will often lay a line every other lane.
We won't remove lines if every lane is lined.
 - There may be a roster for this
 - Afterwards, the ratchets and the handles of the ropes must be disinfected
 - If other pool materials are used, they will probably also need to be disinfected,
- The material cart is not used.
 - Only the use of own material is permitted.
 - The program will use as little material as possible.
- Check swimmers' presence with the predetermined schedule
 - Right people in the right lane
 - Give feedback about absences as well
 - Swimmers who are not on the schedule do not swim, even if there is room.
 - Latecomers can still swim,
especially in the first week it is unclear how much time the measures will take.
- Avoid physical contact when there is no urgent emergency
 - First aid room is available
 - In case of calamities the emergency number 1125 applies, the team leader is 1126
- The main task is to facilitate training, safety and supervision of the distance rules
- Intervene if necessary and adjust if necessary.
- Swimmers who do not want to follow the rules should leave the training.
 - Flexibility is expected from every swimmer, especially with regard to strict compliance with the program, instructions and distance rules.
- Be open to feedback and ideas, but do not deviate from the instructions given to swimmers on the spot for no reason.
- Feedback evaluation points to the trainers / manager / corona responsible.

Necessary materials for the training

- Recognizable outfit for trainers + guidance
- Training program, classification per course, guidelines
- Possibly: own material for swimmers
- Possibly: own disinfectants (hand soap)
- Possibly: orange cones for markings

Training content

- Joint program / differentiation by level
- Gradual build-up of size and intensity over the summer months
- Prepare training per week / independently of the trainers / depending on the pool

Basics Swimming training

- The masters are allocated per training and per baan based on level
 - maximum 6 swimmers per 50m pool
 - maximum 3 swimmers per 25m pool
- In addition to the swimmers, 1 trainer will be present, at least 2 on Sunday.
 - Trainers have a controlling and facilitating task.
 - The emphasis will be on independently completing the pre-shared training program in groups (per 2 lanes).
- The use of material will be kept to a minimum.
 - If material is used, it is the swimmer's own and will be taken home
- Swimming form
 - Swimming is done in pairs of 2 lanes.
 - Swimming is done down one lane and back in the other.
 - For this you will sometimes have to pass under a line, this can be done by turning close to the line and pushing off underwater into the new lane.
 - In other cases there will be no line, but you will turn the same way.
 - Make sure that you are not too close to your predecessor when swimming and especially when turning. This applies both before and after turning. Adjust your push-off speed if necessary.
 - No overtaking during swimming
 - swimmers swim at an appropriate distance at more or less equal speed.
 - Legitimate possibilities to switch positions
 - During a rest period, a switch with someone in another lane can take place (only on the initiative of the trainer)
 - If the water is left after an exercise, a different order can be chosen.
 - If there are few swimmers and space is available, it is possible to cross over to the other lane sooner.
 - We start with the order of swimmers per lane that has been specified beforehand.
 - There are swimming exercises where it is conceivable to change this during the training, but the preference is not to.
 - Swimming is done through basic exercises.
 - We start with simple exercises,
 - and this can be extended based on experience.
- Transfer and instruction of swimming assignments
 - All swimmers read the training schedule before training
 - so that they do not have any questions on the spot.
 - The trainer will pass on the program and directions to the swimmers.
 - It will not always be possible to reach all swimmers at once.
 - The closest swimmer can communicate the commands and directions to other swimmers by calling.
 - A workout will be posted on every lane.
 - The closest swimmer can communicate the exercises and directions to other swimmers by calling.

Basic exercises

- Normally, within a lane swimming is started from the same point, after each other, and rest is at the same point.
 - This is only possible if you start from the side and observe the distance rules
- Now there will be other forms of training in which everyone starts at the same time from a different point, and stops and rests at a different point.
 - This can be done with a whistle (start and / or stop on whistle)
 - Or on a start time with a not too tight start time
 - Or with a stop at a fixed point and start on whistle
 - ...
- Globally there are 4 basic exercises
 1. You start one after the other, and climb out of the water after the distance
 2. You start from a fixed point distributed on the lane, and stop at a fixed point distributed on the lane.
(this does not always have to be the same point, eg for whistle training)

A combination is also possible

3. You start one after another from the side, and stop at a fixed point distributed on the lane. (e.g. start of basic exercise 1)
4. You start from a fixed point distributed on the lane, and climb out of the water after the distance. (e.g. end of training)

Basic exercises	End side	End fixed point	Execution
Start side	1	4	Start one after the other (with 2 lanes at the same time)
Start fixed point	3	2	Start at the same time (with 2 lanes at the same time)
Execution	Arrival and rest after each other	Arrival and rest at the same time	

- Consequences
 - Basic exercise 1 can be used in the SB and TB.
 - In the WB, basic exercise 2 is preferable, starting with basic exercise 1 in order to get into the starting position.
 - The advantage of 1 is that
 - the order per lane can change, for example when changing strokes.
 - the swimmers can also swim more independently
 - the training schedule can be consulted centrally

These variations will be further developed by the trainers in the near future.