



WZK high-level Protocol



STAY HOME IN CASE OF ANY SYMPTOMS

Before departure to pool

- Register online at least 24 hours in advance for assigned slot
- Put on swimsuit
- Use toilet
- Fill water bottle
- Bring kickboard/pullbuoy with name



Transport

- On foot or bicycle please (< 1,5m -> at bike rack*)
- Arrive 5 minutes before training
- No parents inside pool



Arrival at pool

- Use hand sanitizer
- Check in with steward
- Follow directions
- Take off shoes in dressing room 1 and get in line*
- Follow directions, place bag in furthest available spot in pool and put everything in bag

To your lane

- Walk towards your assigned lane and position with pullbuoy and kickboard (note: 1,5m at pool deck and in pool*)



During training

- No use of bathrooms
- Do not hang on the side of the pool during set (leave pool if needed)



After training

- Follow directions to changing rooms
- No use of showers (closed)
- Change and leave pool as soon as possible (via restaurant area)

* 1,5m distance with all persons 18 and older



Vacations



STAY HOME IN CASE OF ANY SYMPTOMS

Stayed in the Netherlands during the vacations?



Welcome at the trainings

Went abroad & 12 years and up?



Country with code yellow?



Welcome at the trainings



**Country with code orange or red?
Or outside of Europe?
([click here for overview](#))**



NOT welcome at the trainings

10 days quarantine (also after a test!)

* 1,5m afstand met alle personen 13 en ouder



Groups Competitive Swimming and registration

- Overview of practice times:
<https://www.wzk-zwemmen.nl/trainingstijden>
- Registration up until 24 hours before a training for assigned slots via website: <https://www.wzk-zwemmen.nl/wzk-wedstrijdzwemmen>
- Mandatory cancellation
- Maximum number of swimmers per training
- Corona steward informs swimmer about allocated lane

Please note: Participation ONLY after advanced registration online
(There is a maximum number of swimmers allowed per training)



WINDOW SIDE COMPETITION POOL

RECREATION POOL

BENCHES FOR BAG

BENCHES FOR BAG

BENCHES FOR BAG

EXIT VIA
RESTAURANT ROUTE
STERRENBAD

ENTRANCE VIA WZK DOOR
CONNECTION TO ROUTE STERRENBAD VIA
DRESSING ROOM 1

