



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

- Wear mask (13+)
- 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*)
- Enter water asap



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

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EXIT VIA
RESTAURANT ROUTE
STERRENBAD

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

