

DSV Guide

Create the conditions for re-entry into club-based sports

Part 1: General Notes

Date of Issue: 04. May 2020

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Preface

The coronavirus pandemic has brought organized and club-based exercise to a standstill in recent weeks. With the gradual lifting of the restrictions by the Federal Government and the prime ministers of the Länder the existing access for the federal squad athletes, the national swimming associations and the clubs, will soon face the challenge of organising the re-entry into training and sports activities.

In this context, the Deutsche Schwimm-Verband e.V. (DSV) in cooperation with national associations, experts from the various fields have developed this guide, which is intended to support the creation of the prerequisites for the re-entry into club-based sports. We would like to thank all parties for their cooperation and support!

In the opinion of the Federal Environment Agency of 12 March 2020 "Coronavirus SARS-CoV-2 and visit to swimming pools or open air swimming" clarifies that according to previous findings, no corona viruses survive in pool water, which has been cleaned and disinfected according to industry standards. Swimming pools have already been exposed to very high hygiene requirements before the pandemic. Taking this knowledge into account, discussions on the recommissioning of the swimming pools must be held.

This guide is a guide and should not be used longer than the legislator's restrictions in the individual Länder.

The motto must be: "Enable and do not prevent swimming". Due to the dynamic situation and the variety of factors to be taken into account, we will continue to work on further parts of the guide in the coming weeks and insert further meaningful additions in the course of developments in the coronavirus pandemic.

In this first part, the focus is therefore on preparation for resumption, spatial-indications, general rules of conduct and sport-specific rules of conduct. It should be noted that, according to the current state of knowledge, access to outdoor swimming pools is likely to be permitted first for club sports, but the information listed here is designed for both outdoor and indoorsports. With the concept listed here, we would like to present a perspective without calling into question the current state regulations. For even now, the health of citizens is paramount.

Please also note that this guide is intended for you as orientation only. We are aware that the conditions on the ground are very different and that regulations need to be adapted to this. The adaptations to the local conditions must be coordinated with the pool operators.

Your DSV Board of Directors

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Conditions for resumption

Communication with municipalities

- In order to ensure targeted communication with the municipalities, each association should designate a person as a "coronavirus officer". This representative serves as a contact person for the municipalities and pool operators as well as trainers. She/he is then granted the right of instruction in all matters relating to the organisational and spatial questions.
- It is recommended that the clubs actively approach the municipalities and pool operators and propose the re-entry into club-based sports activities with the help of this guide. For this purpose, the clubs must confirm in writing that the sports company is bindingly subject to the regulations listed here and, if applicable, additional regulations of the pool operators. A possible cover letter can be found in **Appendix 4**.

Definition of training plans and times

- Training and exercise plans should be sent to the athletes at the start of the week, if possible, by **e-mail**. This reduces the instructions on site.
- Training groups' attendance shall be recorded in participant lists and **shall not be altered** during official restrictions. All sports operations must be recorded in the lists of participants. (For more information under Document Attendance)
- Training times, including the **entry and exit times**, must be determined precisely and monitored for compliance. Overlapping of groups, e.g. in entrance areas, should be avoided. (see "Entering and leaving the sports facility")

Special hygiene rules

- Seat and lying areas as well as **barefoot and sanitary areas** are to be cleaned and disinfected daily (by pool operators).
- The daily disinfection of the **sanitary and pool surface areas** is also recommended (by pool operators).
- Cleaning and disinfection of all **grip surfaces** (e.g. doorknobs) must be carried out at as short intervals as possible.
- **Clearly visible cleaning and disinfection plans so that the process is** transparent to both visitors and staff.

Finding the right cleaning agent	Finding the right disinfectant
The detergent must be alkaline or acidic.	<p>The disinfectant must be "<i>limited virucidal</i>" or effective against enveloped viruses.</p> <p>Caution: Do not perform spray disinfection with alcoholic disinfectants. Risk of explosion!</p>

- If possible, place a **disinfectant dispenser** clearly visible at all entrances, so that the arriving persons can neutralize possible germs on their hands before entering the facility (note: Pay attention to possible theft).
- For further information on the topic of hygiene rules, it is particularly important for bathroom operators to: "[Pandemic Plan Baths](#)" of the DGfDB.

Communicate hygiene rules

- It is recommended to communicate all hygiene and communication rules in writing to coaches, trainers, athletes, parents and pool staff before the resumption of sports operations. Each individual must contribute to ensuring the best possible level of awareness during the sport activity. An example of the communication of hygiene rules can be found in **Appendix 3**.

Communicate general distance rules

- It is recommended to coordinate the general distance rules listed here with the operator and to clearly and visibly hang them in the respective sports facility. Compliance with the distance rules must be checked by the coaches /trainers and, if necessary, the staff of the sports facility. Every athlete also agrees and observes to respect the distance rules in order to protect himself and his fellow human beings.

Activity	Minimum
Standing on land without executing exercises. For example, when queuing for admission to the sports facility.	1.5 meters
In the changing rooms and when showering	2.0 meters
When performing sports exercises (on land), for example strength training or when posture upright in the water.	2.0 meters
In the water while swimming laps and during exercises such as Aqua-aerobics and water polo	2.0 or 3.0 meters (exceptions see sport-specific Rules of Conduct)

Notes:

- The generally applicable minimum distance of 1.5 m also applies in the area of sports facilities. However, as soon as activities with greater range of motion (e.g. warm-up gymnastics) are carried out, we recommend to increase this distance to at least 2 m.
- In contrast to the public leisure bathing operation (predominantly upright posture), the athletes are oriented downwards when swimming in lanes in a horizontal position and with their heads in the water. This almost excludes the risk of spraying. It should be borne in mind, however, that club-based training, unlike in the case of elite groups swim training, cannot form such homogeneous groups. Contact swimming and thus a body contact is to be avoided and therefore the distance of 3 m should be used when swim training.

With the recommendation that this distance can also be reduced to 2 m if **the athletes are equal in performance**.

- Special consideration must be given to the start and turns at the end walls of the pool. Here, even with a number of 4 people per swimming lane, attention must be paid to the time gap between all push offs from walls.
- For the sport of water polo, the distance of 3 m is recommended, as the players move with their torso above the water surface clearly in all directions and also perform movements sideways under water.

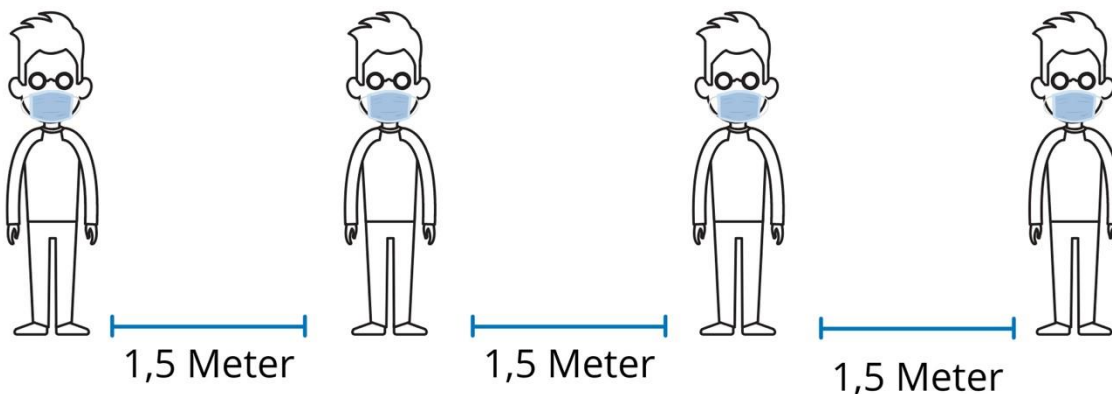
Report suspicion of illness

- In the event of **symptoms** of illness (also outside the sports establishment), immediate information must be provided to the responsible coach / trainer and a doctor must be contacted.
- The message must contain at least the following content:
 - Personal data of the reporting institution (name, address, telephone, etc.)
 - Information about the notifying person
 - Information on the data subject
 - Type of illness or suspicion
 - When illness began
 - Registration date to the Health Board
- In addition, the [DOSB questionnaire SARS-CoV-2 risk](#) must be completed and reported.
- The immediate and professional notification to the local health office must be carried out by the concerned person himself / herself.

Spatial advice

Entrance / Reception Area

- Please place clearly **visible distance markings** (min. 1.5 meters) in the entrance area, so that the athletes do not get too close when entering the sports facility. For this purpose, for example, adhesive tape on the floor or taping can be used.



- In order to minimize use of the **entrance doors**, non-automatic doors should remain open. For example, a simple wooden wedge can be used for this purpose. Smoke protection doors and fire section doors without sensor devices and detectors are excluded from this.
- **Turnstiles and non-automatic revolving doors**, which are often used to control the traffic in the reception area, must be left open or folded back in order to reduce possible contamination areas.
- It is recommended to clearly signpost the route and to clearly separate meeting areas.
- In order to minimize the traffic, entrance doors are to be used to enter the sports facility, and **emergency exit doors** may be used for leaving. This possibility must be clarified with the operator of the sports facility.
- In order to minimize the **formation of small groups in the entrance area**, seat benches, etc. should be removed or at least blocked if possible.
- **Masks must be worn by all participants** in the entrance / and reception area up to the changing room.

Note: If the swim club-association is also the pool operator, these points should be observed. Otherwise, it is necessary to ask the pool operator for these points in concrete terms.

Changing /shower area

- Athletes should, if possible, move into **individual** changing cabins. If this is not possible due to the spatial conditions, the distance of at least 2.0 meters between the persons in the collective changing rooms must be observed. Alternatively, or as a supplement, temporary divisions can be installed with plastic barriers.
- It is a good advice to divide the training group into **smaller groups of a maximum of five people** and one group to move one after the other.
- The number of **lockers** to be used should be limited, for example, only one in four lockers. In the case of Z-locker systems, the 2m distance is to be assumed. All lockers that are not in use should be closed if possible. (Depending on the size of the locker, the division may vary and there may be a need to adapt)



- The **shower before the start** of training must also be carried out in very small groups, depending on the local conditions. **Outdoor showers or single cabins, however**

shower units equipped with separation, are to be used. Access to shower facilities must be regulated in one-way traffic.

- A **minimum distance of 2.0 metres** must be maintained. A **maximum number of persons of 3 per 20sqm** applies.
- The showering after the training should be carried out **at home**.
- The use of any kind of **hair dryer** present in the training facility is prohibited.

Training Area

Swimming pool

- The maximum number of persons **depends on the size of the pool**. (see provisions under point: Swimming (pool and open water swimming)).
- It is recommended **to tighten lane lines** to make it easier for participants to keep the distances in the pool.
- Block starts into the water must only be made with a distance of 2 m to both sides. As a rule, the **entry and exit ladders on the longitudinal sides** must be used. Entry near the start end of pool, exits near the turn end of the pool.
- **Swimmers making contact and encounters** in the water within a swimming lane must be not be allowed (see "Sport-specific rules of conduct").
- Special **routes** should be signposted on site. In particular, it is important to observe the distance rules at the edge of the pool.
- **Announcements** by coach/trainers with the athletes are in the water must be carried out in small groups of up to a maximum of **five people**. If possible, a microphone/megaphone should be used.
- After the end of the lane, the pool should be exited to the side, **"overhead relay start takeovers" for competitive swimmers** are not allowed (see sport-specific rules of conduct).
- When using the **ladders** on diving equipment, hygiene cloths should be used if possible.
- If available, the use of **linen covers** for 2-lane swimming should be made possible, so that the athletes do not touch the lines.

Paddling pools and other pools

- Children are only allowed to use paddling pools if accompanied by another family member or a person living in the same household.
- Bubble systems and water attractions are not to be used.
- Maximum number of persons can be taken from the out-layer point (for pool and open water swimming).

Weight room / gymnastics room

- Strength and gymnastics rooms must be used in such a way that the exercises can be completed at a distance of **at least 2 meters** from each other. The number of athletes must be limited depending on the size of the weights room. **Maximum of three people** in the area of **20 sqm**.
- When using the weights **room**, a clean towel must be brought and used.
- The weights machines must be thoroughly **disinfected** each time they are used.
- Only personal **devices** can be used as small training devices (ie teraband etc.).

Dry Diving Practice Rooms

- The dry diving facilities shall be used in such a way that the exercises can be completed at a distance of **at least 2 metres** from each other. The number of athletes must be limited according to size. **Maximum of three people** in the area of **20 sqm**.
- Training machines / devices must be thoroughly disinfected each time they are used.

Rules

Training Preparation for Coaches & Club Training

- It is recommended that the coach create a weekly **schedule** for training.
- Training plans should be provided to the athletes by **e-mail** if possible in advance in order to minimize the announcements/declarations on site.
- The **composition** of training groups should be based on the sports-comparable performances, i.e. swimmers of an equal competitive competence (to prevent swimming over each other) and should not change.
- In addition, all participants will be informed in writing about all the documents listed here and must also confirm in writing in order to guarantee their compliance. Violation of any of the requirements immediately leads to exclusion from training operations in any form.

Entering and leaving the sports facility

- The formation of groups in front of and in the training facility is absolutely to be avoided. It is therefore necessary to organize a **time-delayed arrival and departure** of the participants with the necessary distance rules (min. 1.5 meters).
- If doors cannot remain permanently open, **doorknobs** and other **contact surfaces** must not be touched with hands or if so, then washed and/or disinfected the hands thoroughly (at least 20 seconds with water and soap).
- The **swimming pool** must be left immediately after the workout and crowds must be avoided.
- All participants must be absolutely **symptom-free** when entering the training facility, which is noted by the responsible coach-trainer.

Attendance Documentation

- The presence of all participants at training must always be documented, so that in the event of infection, the contact persons can be traced. A corresponding template can be found in **Appendix 1**. The list must be kept for four weeks and then destroyed.
- Athletes/supervisors who do not want to fill in and sign the list should be excluded from training.
- In order to minimize the risk of infection, each participant must have a **personal pen** to fill out the form. Alternatively, the form can also be filled out digitally.

Execution of the training practice

- Coaches and Trainers must make sure that the distance between the participants in the swimming pool is at least 3 meters for horizontal **movements**. (see Communicate general distance rules).
- **Physical contact must not be permitted** (also at the at pool edge of the longitudinal edge of the pool).

- Before training, and when changing in the training facility (swimming pool, weights room, gymnastics room) hands must be **washed thoroughly** (at least 20 seconds with water and soap).
- The personal **carrying of disinfectants** is strongly recommended, especially for the use of sanitary use.
- Only your **own drinking bottles** may be used.
- Observe sports-specific rules of conduct.
- Trainers wear a **face marks** during the training session.

Evaluation of the training

- The evaluation of the training sessions should only be carried out via videoconferencing. In this context, you will find information in **Appendix 2**

Notes on dealing with accompanying persons

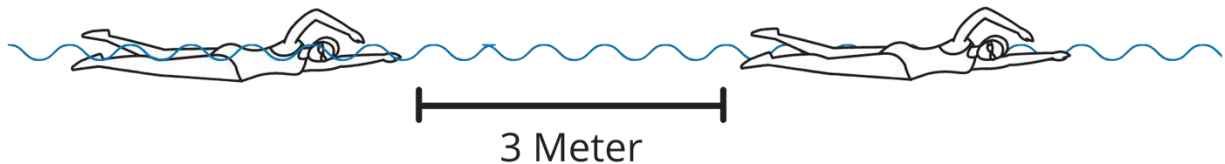
- The **number of supervisors (for example parent on deck requirement for competitive clubs)** depends on the number of athletes who are in the training session. One observer for eight athletes should be admitted to the facility, from 16 athletes at least two supervisors are allowed to access. For swimming training we recommend a ratio of no more than 1:6.
- Swim training should take place to the **exclusion of spectators, guests or other persons** who are not directly involved in the training.

Sport-specific rules of conduct

For all sports, the general spatial and organizational notes as well as the sport-specific notes listed here, supplemented by the recommendations issued by the Robert Koch Institute when entering the training facilities on the use of the water surfaces apply.

Swimming (pool and open water swimming)

- Swimming has the advantage that the exhalation (except backstroke swimming) is carried out in the water. The breathing cloud is bound with the chlorine water, which greatly reduces the possibility of spreading.
- With swimming lanes, a distance of **3 meters** between the athletes must be observed. **However, the distance can be reduced to at least 2 meters if it is a homogeneous competitive training group.** (See Communicate general distance rules).

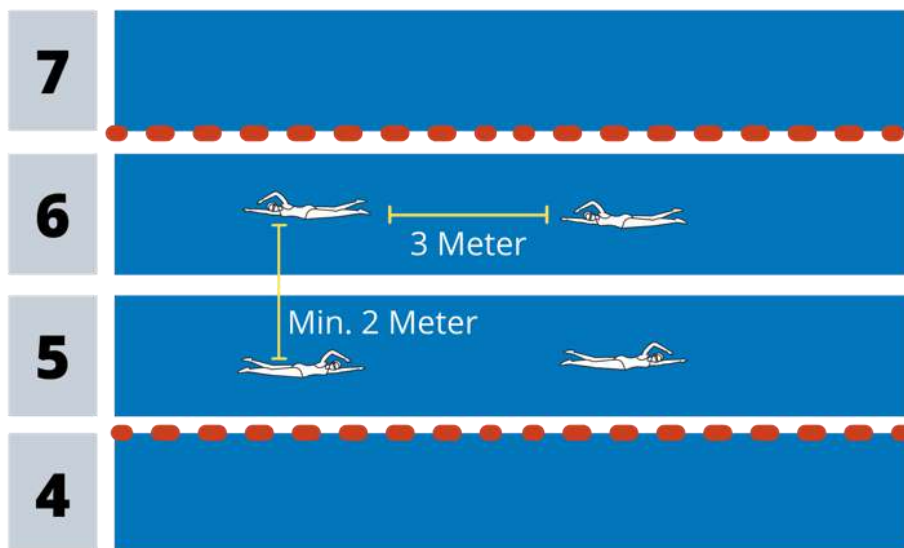


- Only **personal training equipment** (paddles, swimming boards, pull buoys, swimming fins, etc.) may be used to prevent multiple use across training groups. The personal utensils may not be stored in the sports facility. Storage during the training is carried out in compliance with the distance rules on the pools spatial rules.
- Every athlete takes a **towel to the edge** of the pool to minimize contact with any objects at the edge of the pool. Storage at the edge of the pool is carried out on disinfected chairs or benches. After the workout, it is immediately dried up before entering the changing rooms.
- **Relay training** is prohibited.
- Only the entry ladders / stairs are to be used for the entry and **exit**.
- **Starts** are only to be carried out if the distance of 2 meters is observed.

Organisation: Swimming in the "circular circle" in a 25m/50m pool (8 lanes) with lane lines

Note: This shape can be applied to both a 25m pool and a 50m pool, which has been divided into two 25m areas by a boom. The training structure is only recommended for groups with comparable performance and comparable training content, in order to avoid swimming on top of each other.

- First **step, every second lane line** is removed from the pool. As a result, **four "Double lanes" with a width of approx. 5 m** each. Alternatively, float separators (early swimmer lesson float barriers) can be installed, which ensure that the athletes can switch between two lanes without contact. Training without lane lines seems possible with respect for the distance rules, but for reasons of organization and overview it does not make sense.
- Afterwards, the training can be carried out with **a maximum of eight people (25m-basin) or sixteen (50m-basin) persons per double lane** in compliance with the distance rule of 3 meters (in front or behind). **Exception:** The distance between two athletes can be reduced to up to 2 meters if the training group has a comparable level of performance. According to this, 12 people (25m-basin) or 24 people (50m-basins) are allowed to train on a double lane system.
- Overtaking or approaching another swimmer at a distance of less than 3 (or 2) metres is prohibited. The coach / trainer monitors compliance.
- It should be noted that on a "double lane" system with 5 meters width, swimming in the **roundabout system**, a distance of at min. 2 meters between the athletes must be observed. This results in the following distance rule:



- Fig. 1 shows how the **entry for the lanes 5-8** takes place. First the athletes climb into the water in lanes 5 and 6, then lanes 7 and 8. When exiting it is reversed (first lanes 7 and 8, then 5 and 6)
- Fig. 2 shows analogously the **route for lanes 1-3**. Here it is important that first lanes 3 and 4 enter the pool. At exit, first lanes 1 and 2 leave, then lanes 3 and 4 leave the pool.

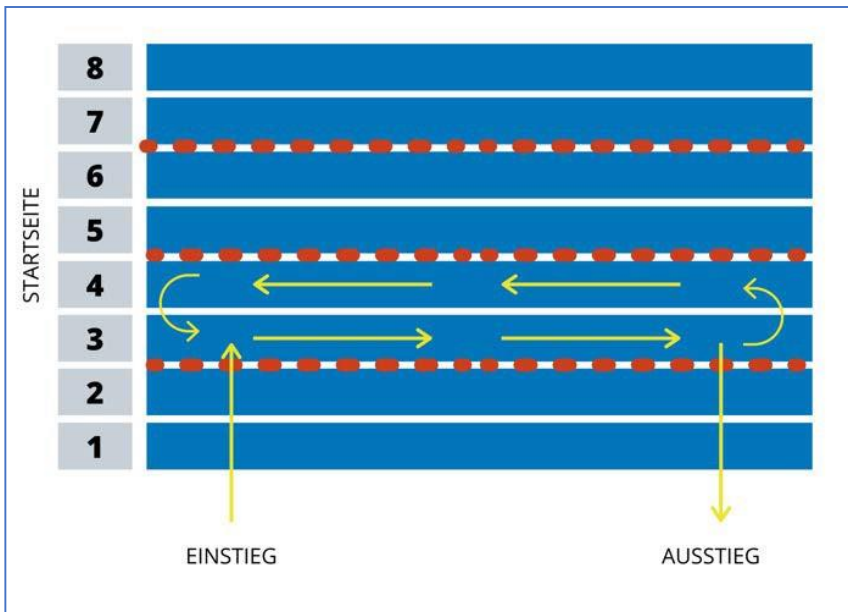


Figure 1: Entry and exit lanes 1-4

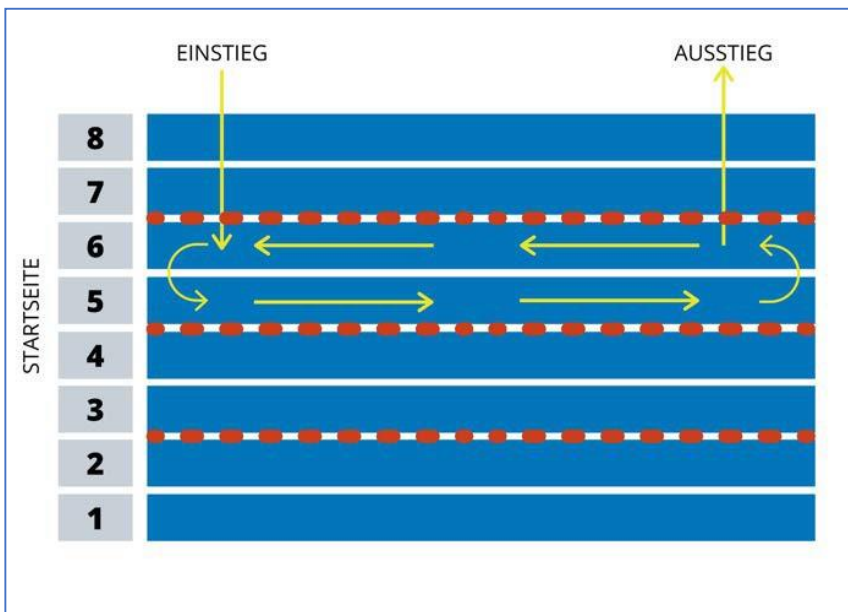
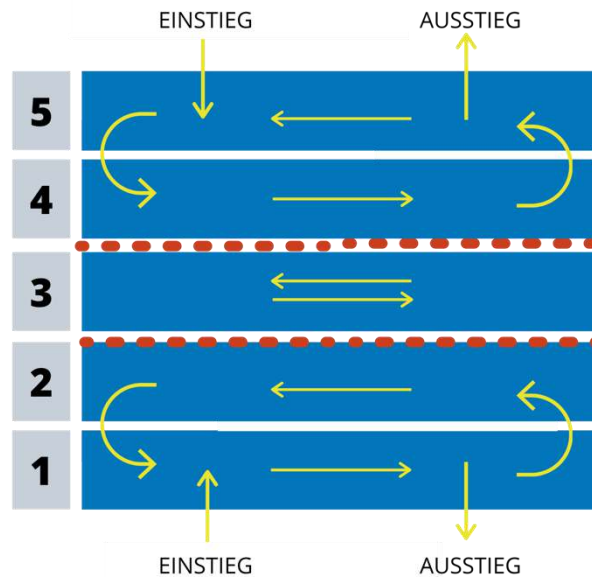


Figure 2: Entry and exit lanes 5-8

Organisation: Swimming in a pool with 5 lanes (25 m) with lane lines

- The same regulations apply as in the section on Swimming in the "circular circle" in a 25m/ 50m pool (8 lanes)
- The central lane is used by one person.
- The entrance to the middle lane 3, takes place before the groups enter on lanes 1/2 and 4/5. This lane is left in reverse order.



Organisation: Swimming in a pool without lane lines

- For non-organized swimming training in a pool without lane lines, the upper limits of the Pandemic Plan of the DGfDB (75% of the nominal load of the pool or pool area according to DIN 19643: "Preparation of swimming and bathing water") may apply:
 - Non-swimmer's pool / area of 16 x 10 m maximum 44 people
 - Swimming pool / area of 25 x 12.5 m maximum 52 people
 - Multi-purpose pool of 25 x 12.5 m maximum 65 people
- The pool layout can also lead to significantly lower numbers of participants. The locations must be checked for suitability beforehand.

Note: For the calculation of these values, the required number of square meters per person was used as a base based on DIN 19643. It is assumed here that bathing is a normal "vertical". The number of people swimming on lanes is therefore significantly lower due to the horizontal body position and the increased movement space (course operation, water polo).

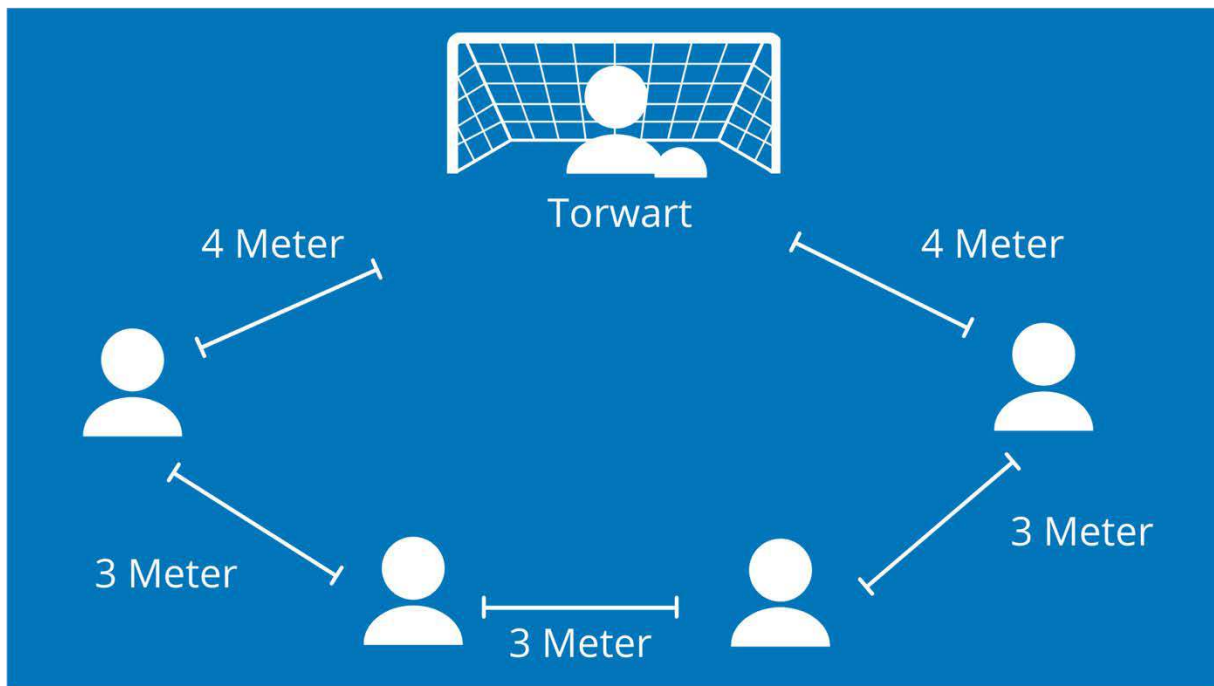
Diving

- The training in diving should be in small groups of maximum **8-12 athletes**.
- During training, a **minimum distance of 1.5 meters per diver** on land and 3 meters in the water must be observed.
- The coach/trainers must always observe a minimum distance of 1.5 meters from the athletes. When evaluating immediately after the dive, attention must be paid to the distance of 1.5 metres.
- Dives must be carried out in such a way that only one athlete is located on a water surface of 20 sqm.
- **Parallel jumps** are allowed. The athletes leave the pool one after the other by a distance or via separate exit ladders.
- **Movement-leading aids** operated by the coach / trainer are prohibited.
- The use of **leather towels** during water training is prohibited.
- Ladders to the diving platform should only be entered with a hand**guard** or disposable gloves.

Water polo

- The group size for water polo training depends on the available water surface (see upper limits swimming (pool and open water swimming)).
- In the field of water **polo**, the number of trainers can be expanded if necessary. These must work distributed - with a minimum distance of 2 meters - at the edge of the pool. Coaching from an the longitudinal side would be possible so long as it is in compliance with the distance rules.
- Organized **swimming training** can be carried out according to the sport-specific guidelines for swimming.
- **Close tackling exercises** must be strictly prohibited.

Technique training



- In the technical training (**maximum five people incl. goalkeeper**) a minimum distance of 3 meters per player and 4 meters to the goalkeeper must be observed.
- **Balls** used outside the water (i.e. in dry conditions) must be disinfected.

Synchronized swimming

- The training in synchronized swimming can only be designed as an individual and technical training in small groups of a maximum of **five athletes**.
- In the case of **technical training**, a minimum distance of 3 meters per swimmer must be observed.
- **Common acrobatics must** be strictly dispensed with, as the minimum distance of 3 meters cannot be observed when performing the exercises.
- Since experience shows that a large amount of the athletes are female, it is necessary for all **to provide more space in the changing facilities**.

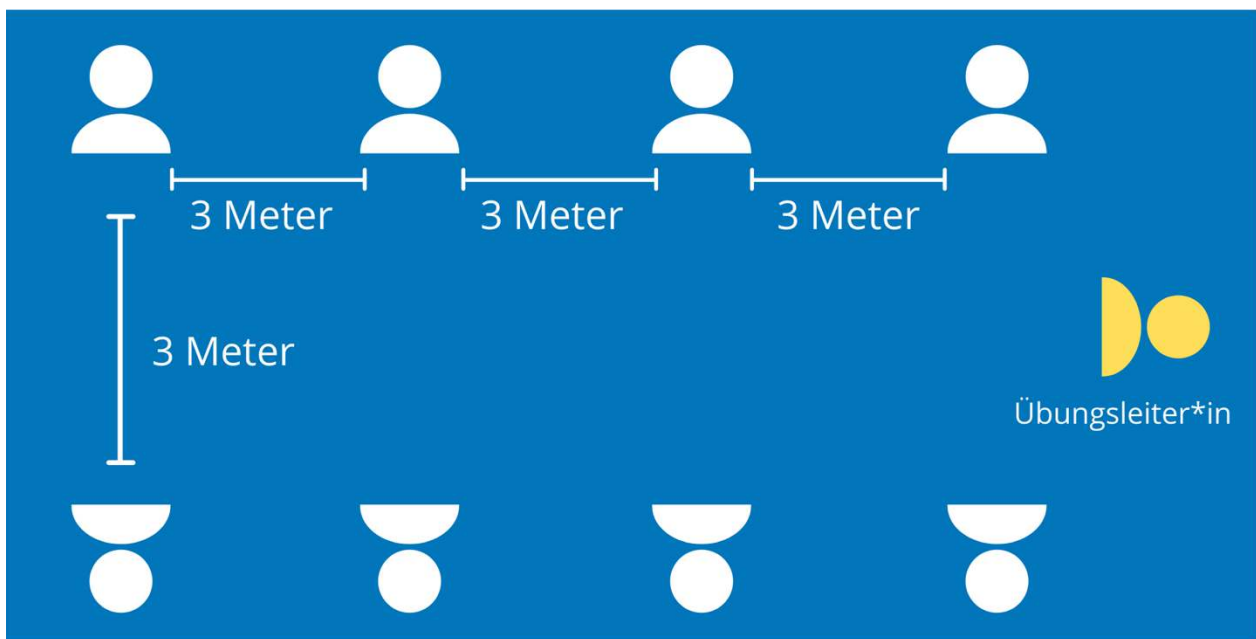
Wide-ranging, recreational and health sports

Swimming course beginners

- Beginner swimming courses should be conducted in a **teaching pool** (16.66 x 7.5 m, approx. 124 square meters) with standing water.
- The group size must not exceed **eight people** (excluding trainers). The ratio of 1:6 is recognised by the DSV should not be exceeded in the case of number of participants.
- The **entrance and exit** takes place one after the other via the entry ladders / stairs at a minimum distance of 1.5 meters.
- At least 3 m distance between the participants **must be maintained on the side and 3 m distance between the rows**. The instructor needs a sufficient range of movement for instructions from the pool side.
- For children's swim-lessons, a maximum of one accompanying person is allowed per participating child. This accompanying person must live in the same household as the child.

Organisation Stationary exercise at the edge of the pool

(e.g. active exhalation into the water with one hand at the edge of the pool)



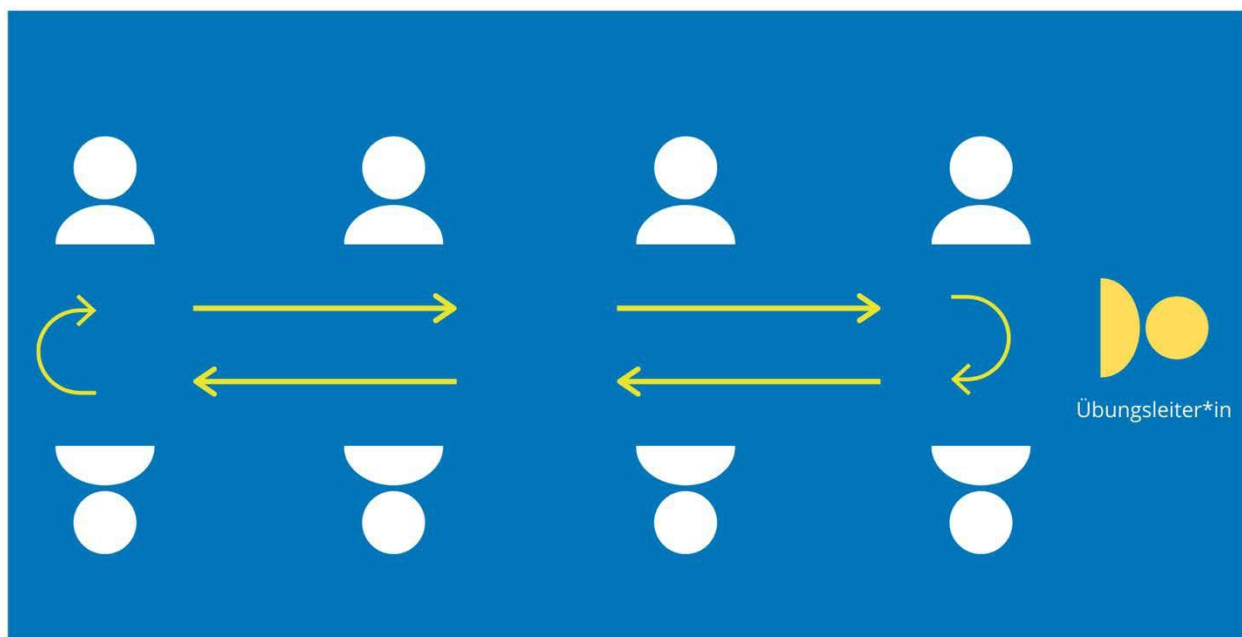
Organization Stationary exercise free in the water

(e.g. floating in the water or vertical diving exercises)

- The rows are allowed to converge slightly. However, the minimum distance of 2.5 metres between the rows and 1.5 metres between the participants must not be exceeded.
- **Note:** Depending on the pool size and geometry, the number of participants may vary. The ratio of 1:6 recognised by the DSV should not be exceeded.

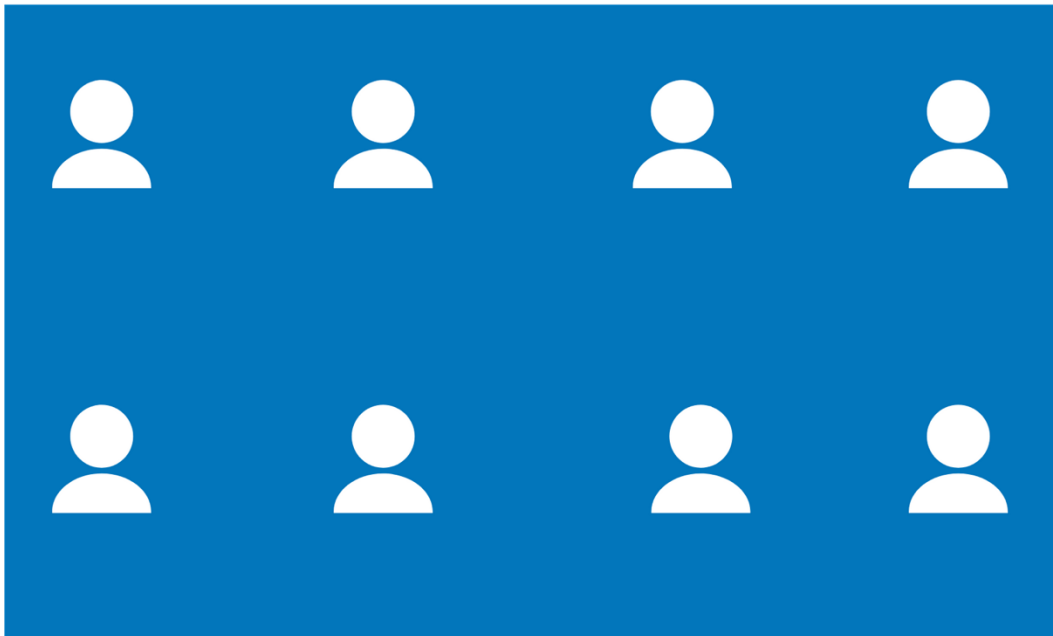


Organisation "Circular Traffic"



Aquafitness (adults)

- Aquafitness courses should take place in a **teaching pool/main pool** (16.66 x 7.5 m or similar) with standing water.
- The group size has to be based on the water surface and should be approx. 16 m² per person (exclusive instructor).
- The **entrance and exit** takes place one after the other via the entry ladders / stairs at a minimum distance of 1.5 meters.
- Class **equipment** must be thoroughly disinfected after each use. Drying must be ensured during storage.



Trainer*in

Aquaball (NB: I am not exactly sure what this sport is, some variation of water-polo)

- Aquafitness courses should take place in a **teaching pool** (16.66 x 7.5 m, approx. 124 square metres) or in the non-swimmer area with a 25m pool (6 lanes)
- The group size depends on the available area.
- Swimming training is to be carried out with **a maximum of five people in an area of 20 sqm** or with one person per lane (floating in the middle).
- **In water tackling** must be strictly prohibited.
- During technical training (**maximum five people incl. goalkeeper**) a minimum distance of 3 m pro player and 4 m to the goalkeeper must be observed. (see sport-specific regulations for water polo).

Organisation for throwing and catching training



Equipment

Appendix 2 - Notes for the conduct of videoconferencing

There are a variety of providers for conducting video conferencing, such as Microsoft Teams, Google Hangouts, or Zoom. The DSV uses the video conference tool ZOOM for its communication and has produced guides and short video tutorials for use, which we would like to make available to you here.

1. Download the ZOOM client for meetings

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

2. Participate in a ZOOM video conference using a meeting ID

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

3. Participate in a ZOOM videoconference using a meeting link or a meeting URL

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

4. Getting started on the ZOOM user interface

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

5. The "Raise Hand" function and further reactions to ZOOM

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

6. The ZOOM user interface for registered users

[>> Click here to go to the VIDEO](#)

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7. Start an instant meeting with ZOOM

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

8. Schedule a ZOOM meeting and invite attendees

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

9.1. Lead a ZOOM video conference as an organizer

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

9.2. More tips for leading a ZOOM video conference

[>> Click here to go to the VIDEO](#)

[>> Download PDF](#)

10. Safety-relevant tips for handling zoom

[>> Download PDF](#)

DSV Guide to Dealing with ZOOM as a Complete PDF

[>> Download PDF](#)

Appendix 3 - Communication of hygiene and behavioural rules

Note: This document is an example to give you guidance. If you want to use it, please adapt it to your local circumstances beforehand.

Code of conduct and hygiene

I hereby undertake to observe the code of conduct and hygiene listed here for training in the club / facility and thus actively contribute to minimising the risk of infection with Covid-19 for me and my fellow human beings.

- It is forbidden to form small groups in front of and in the swimming pool. Arrivals and departures are therefore prohibited in groups.
 - The training takes place to the exclusion of spectators or guests. (exception 'Parent on deck' for children's clubs)
 - At the start of the training, a list of participants (name, first name and telephone number) is filled in and signed by each participant. In the event of infection, the contact chain can be traced. If the data is not completed by a swimmer, participation in the training is prohibited. For this purpose, a swimmer / athlete must bring their own pen.
 - The minimum distance of 2.5 meters during normal operations (entrance area, showers) or 3 meters when performing exercises (swimming, weights room, etc.) must be observed at all times. Sport-specific distance rules will be announced separately by your coach / trainer.
 - Showering after training is carried out at home if possible.
 - Evaluations are carried out after the training by videoconference.
 - In the entrance area, a mask protection must be worn.
 - Changing takes place in individual changing cabins.
 - The use of blow dryers is prohibited.
 - Only personal utensils (drinking bottle, swimming boards, etc.) may be used. Storage in the swimming pool is excluded.
 - For the use of the weight rooms, a separate, clean towel must be brought and the equipment must be thoroughly disinfected after each use.
 - The swimming pool must be left immediately after the workout.
 - All participants must be absolutely symptom-free when entering the training facility.
 - Physical contact is prohibited.
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- ☐

Name, First Name _____

Date, Signature _____

Appendix 4 - Sample cover letter

Sports Office of the City [Musterhausen]

[Contact Person]

[Address]

[Pattern club name]

[Contact Person]

[Address]

[Email / Phone]

[Date]

Resumption of training operations of [Club Name] in [Musterhausen]

Dear Mrs*Mr.[Contact],

on [date] the state government announced the resumption of sports operations in [Federal State] by the [Prime Minister].

The German Swimming Association (DSV) has developed a guide to the resumption of training in the Olympic sports swimming, synchronized swimming, water polo and water diving for club-based sports operations, taking into account the DOSB guidelines and its up-to-date experience in competitive sports, and published it under the following line: [Link]. Both the DSV's guide and the DOSB's 10 guidelines are attached to this letter.

The club [name] would be pleased if [Musterhausen] would support the rapid resumption of the training operation in compliance with the hygiene regulations as well as the above-mentioned guide of the DSV and could enable our athletes to resume the training as soon as possible.

The DSV supports the concern of our association within published guidelines.

If you have any questions, please do not hesitate to contact us.

Sporty greetings and stay healthy!

[Contact Person] _____