



Covid-19 Concept: Precautionary Measures

Zurich, 7.5.2020¹

With this set of precautionary measures, the Limmat-Nixen Zürich (LNZ) are preparing to resume training practices in indoor swimming pools of the City of Zurich (no trainings can be carried out yet in school swimming pools). The concept is based on the precautionary measures of Swiss Aquatics and those for indoor swimming pools of the City of Zurich. The primary goal is to protect the health of our artistic swimmers and coaches as well as the employees of the swimming pools.

General remarks

1. As soon as the Limmat-Nixen Zürich (LNZ) are permitted to resume trainings, this will successively take place for all categories, taking into account the prioritisation of athlete groups as stated in the precautionary measures of Swiss Aquatics, namely
 - a. Adult competitive athletes of national importance (SOA card holder national; gold before silver before bronze before elite)
 - b. Under-age competitive athletes of national importance (SOA card holder national; bronze before talent)
 - c. Competitive athletes of regional importance (SOA card holder regional)
 - d. Baby and children's swimming course participants
 - e. Club athletes of all ages and levels
2. Once trainings can be carried out again, all members must participate. Only swimmers with poor health (e.g., fever, colds) and those belonging to a Covid-19 risk group should/must stay away.
3. Coaches who face a particular high risk of becoming seriously ill are not required to work face-to-face with swimmers.
4. Once the special permit has been issued by the City of Zurich, this concept will be translated into English and Russian and communicated to all active members and coaches. Coaches² will carry it in paper form to every training session and show to swimming pool staff at their request.
5. The LNZ recognise that in the event of violations of the following protective measures, the special permit can be immediately withdrawn.

Travel

6. Legal guardians and adult swimmers are responsible for ensuring that travel to and from the pool is in compliance with the rules on hygiene and social distancing of the Ministry of Health.

Behaviour at the pool

7. Upon arrival at the pool, swimmers and coaches keep their distance from each other (2 metres). Hugs and greeting kisses are avoided.
8. Upon arrival at the pool, swimmers and coaches immediately and thoroughly wash their hands or use hand sanitizer.

¹ Translated from the original German language version.

² In the case of the show team, show team managers have the same responsibilities for implementing these precautionary measures as coaches.



9. Social distancing is maintained throughout the premises. Swimmers and coaches respect distance markings - e.g., in the dressing rooms and showers. They cut the length of stay before and after trainings as short as possible.
10. Waiting parents and other family members follow the rules on hygiene and social distancing (including groups of no more than 5 people). They are not permitted to enter the cloakroom or pool area.
11. Swimmers and coaches protect each other by always coughing and sneezing into a tissue or crook of their arms.
12. It is forbidden to share personal items and training material.

Trainings

13. Coaches are responsible for ensuring that the rules on hygiene and social distancing are observed. Training practices must be organised in such a way that there is no physical contact and that at any point in time the distance between swimmers is at least 2 metres.
14. A maximum of one athlete is permitted per 10m² of water. The size of training groups is limited to a maximum of 5 persons (including the coach). In larger facilities, two or more groups of up to 5 people (including coaches) may practice independently of one another, as long as the social distancing guidelines are observed.
15. The LNZ high-performance teams (elite, J1, J2) may train in larger groups while maintaining a distance of 2 metres between swimmers.
16. Corrections must be made verbally, observing the required distance and without physical contact between coaches and athletes.
17. Trainings will mainly focus on figures, technical elements and fitness.
18. Team routines (maximum 4 swimmers and a coach) and duet routines are swum as "wide pattern" or "1by1" while maintaining social distancing. Solo routines can be trained normally. Lifts, which require physical contact, are not permitted.
19. At the edge of the pool, training groups of maximum 5 persons remain in clearly defined areas, while observing the prescribed distance of 2 metres.
20. The music system may only be operated by the coach who is also responsible for regularly disinfecting the system. The music system must remain in the swimming facility.

In case of illness

21. Coaches are responsible for maintaining a list of participants that shows which swimmers were present during trainings.
22. Swimmers or coaches who experience Covid-19 symptoms must self-isolate and immediately contact a doctor or hospital.
23. Infected swimmers and coaches must immediately inform the secretariat of the Limmat-Nixen Zurich which immediately informs concerned coaches and team members who must follow medical instructions. The secretariat also informs the swimming pool.
24. As always, each swimmer is responsible for sufficient insurance. The club rejects all responsibility and liability.