

Eindhovense Reddingsbrigade

Update Corona protocol and change lesson times:

We have received a new protocol from the Tongelreep and ir. Ottenbad with changed regulation with regard to Corona. The changes in these regulations are making it possible to return to the old schedule on Monday evening, for all other evenings the lesson times remain unchanged.

The biggest change in the protocol is that the distance restriction no longer applies in the water during the activity. However, all restrictions still apply outside the water as stated in the first protocol.

Schedule Tongelreep Monday evening:

- 18.00 – 19.00: Group 1 en 2
- 19.00 – 19.45: Group 1 en 2
- 19.00 – 19.45: Group 3 en 4
- 19.00 – 19.45: Preparation A, swim- ABC (25 meter pool)
- 19:00 – 20:00: lessons lifesaving(dive pool)
- 19.45 – 20.30: lifeguard en lifesaver
- 19:45 – 20.30: Lessons for adults (25 meter pool)
- 19.45 – 20.30: Lessons for adults (instruction pool)
- 19.45 – 20.30: SERC training

General rules

- Keep 1.5 meters distance (except in the water during the activity)
- Stay at home if you have any of the following: cold, sneezing, sore throat, mild cough, fever (from 38 C °)
- Stay at home if someone in your house has a fever (up to 38 C °) and / or shortness of breath or has been found positive with a Corona test
- Make sure you put your swimwear on at home and bring clean underwear to the pool.
- Shower at home beforehand. (It is compulsory for swimming).
- Take the safety of the other swimmers into account.
- Avoid contact with other swimmers.
- After the activity, get dressed quickly and go home immediately. Advice is not to shower in the pool
- Only arrive at the start time of your group mentioned above and be on time, but no more than 5 minutes before, but certainly not too late!
- Only children that can't change their clothes alone are allowed to take the parents into the dressing room.

If you have any questions please contact us via e-mail to info@eindhovensereddingsbrigade.nl

