

Protocol for Exercising and Swimming Activities at SBR
Protokol Kegiatan Berolahraga dan Berenang di SBR

Mitigation of COVID-19 Spread

Mitigasi Penyebaran COVID-19

It is important to note that COVID-19 infection related to sports seems to spread from outside the field of play. Coaches and teachers are encouraged to remind students about mitigation strategies including distancing and mask-wearing. Students are encouraged to support the active cooperation of all school communities by adhering to social distancing and mask-wearing while inside and outside the school building.

Penting untuk diketahui bersama bahwa infeksi COVID-19 yang terkait dengan olahraga lebih banyak menyebar dari luar lapangan permainan. Pelatih dan guru didorong untuk mengingatkan siswa tentang strategi mitigasi termasuk menjaga jarak dan mengenakan masker. Siswa didorong untuk secara aktif mendukung kerja sama di lingkungan sekolah dengan mematuhi jaga jarak dan mengenakan masker saat berada di dalam maupun di dalam gedung sekolah.

Here are some important things that must be done before doing sport activity:

Berikut beberapa hal yang wajib dilakukan sebelum melakukan kegiatan olahraga:

1. Checking body temperature, students with temperatures above 37.3°C and having symptoms of Covid-19 infection cannot participate in sports and will be sent home.

Pengecekan suhu tubuh, siswa dengan suhu diatas 37.3°C dan memiliki gejala infeksi Covid-19 tidak dapat mengikuti olahraga dan akan dipulangkan.

2. Students with Covid-19 symptoms are required to do an Antigen/PCR test, if the results are negative, they can return back to school.

Bagi siswa dengan gejala Covid-19 wajib untuk melakukan tes Antigen/PCR , jika hasil negatif maka dapat kembali masuk sekolah.

3. Students who got a positive Antigen/PCR test results must self-isolate for at least 10 days and do the Antigen/PCR test again. If the test result is negative, the student can return to school.

Siswa yang melakukan tes Antigen/PCR dengan hasil positif harus isolasi mandiri minimal selama 10 hari dan melakukan tes Antigen/PCR kembali. Jika hasil test sudah negatif maka siswa dapat kembali ke sekolah.

During Exercise students should :

Selama melakukan kegiatan olahraga siswa wajib untuk :

1. Maintain Distance, make sure to maintain a safe distance during exercise or rest.

Menjaga Jarak, pastikan untuk menjaga jarak aman selama berolahraga atau beristirahat.

2. Keep wearing a mask while exercising (depending on the types of the sport activities). Masks may be removed when doing intensive and vigorous activity with permission and supervision from the teacher.

Tetap menggunakan masker selama berolahraga (tergantung pada jenis olahraga). Siswa diperkenankan untuk membuka masker ketika melakukan olahraga yang berat dan terus-menerus dengan pengawasan dan izin dari guru.

3. Change the mask after exercising.

Gantilah masker setelah berolahraga.

4. Bring your own personal necessities from home such as: hand sanitizer, water bottles, shoes, clothes, towels etc.

Bawalah keperluan pribadi sendiri dari rumah seperti: cairan pembersih tangan, botol minum, sepatu, pakaian, handuk dll.

Swimming

Renang

In order to swim safely during the COVID-19 pandemic, when swimming students must adhere to the following health protocols:

Agar dapat berenang dengan aman di masa pandemi COVID-19, ketika kegiatan renang para siswa harus menaati protokol kesehatan berikut ini:

1. Avoid swimming in crowded swimming pools, as much as possible apply physical distance with others.

Hindari berenang di kolam renang ketika ramai, sebisa mungkin terapkan physical distancing dengan orang lain.

2. Always wear a mask when not in the pool.

Selalu gunakan masker ketika tidak berada di dalam kolam.

3. Avoid sharing personal items with others, such as swimming goggles, towels, kickboards, toiletries, or nose coverings.

Hindari berbagi penggunaan barang pribadi dengan orang lain, seperti kacamata renang, handuk, kickboard, peralatan mandi, atau penutup hidung.

4. Spray disinfectant on the swimming equipment used after finishing swimming, then immediately take a shower and change into clean clothes.

Semprotkan disinfektan pada perlengkapan renang yang digunakan setelah selesai berenang, kemudian langsung mandi dan berganti pakaian dengan baju yang bersih.

In addition to students, schools as owners of pools are also required to adhere to several rules to minimise the transmission of COVID-19, both in the pool area and in the dressing room. Such rules include:

Selain siswa, sekolah sebagai pengelola kolam renang juga wajib menaati beberapa aturan untuk meminimalkan penularan COVID-19, baik di area kolam maupun di ruang ganti. Aturan tersebut meliputi:

1. Ensuring the cleanliness of the swimming pool is always maintained.

Memastikan kebersihan kolam renang selalu terjaga.

2. Ensure pool staff wear masks and always keep their distance.

Memastikan staf kolam renang memakai masker dan selalu menjaga jaga jarak.

3. Limiting the number of visitors to the pool so that crowds do not occur.

Membatasi jumlah pengunjung kolam renang agar tidak terjadi kerumunan.

4. Spraying disinfectants throughout the pool area regularly.

Melakukan penyemprotan disinfektan di seluruh area kolam renang secara rutin.

5. Providing hand washing facilities and hand sanitizers in several places in the swimming pool area.

Menyediakan sarana cuci tangan dan handsanitizer di beberapa tempat di area kolam renang.

Swimming is considered safe activity as long as the protocols are followed. While swimming pool water containing chlorine is not an intermediary for the spread of the Coronavirus, crowds in swimming pools increase the risk of transmission of COVID-19.

Berenang merupakan kegiatan yang aman sepanjang seluruh protokol dijalani. Selain itu, air kolam renang yang mengandung klorin tidak bisa menjadi perantara penyebaran virus Corona, melainkan keramaian di kolam renang yang meningkatkan risiko penularan COVID-19.