

INFORMATION TO ALL MEMBERS 2020-10-28

To everybody in Osby Simsällskap

Due to the new restrictions yesterday from FHM (folkhälsomyndigheten) there are some changes that we have to do. All of our actions are based on the information we have received from various instances including Osby kommun. Today Osby kommun decided to close the swimming pool to the public. Because of this we can now use all 6 lanes in order to better keep the distance between the swimmers.

The restrictions is for now until 17/11.

All restrictions can be changed so we ask you to keep yourself updated by reading mail and also checking our social media updates.

Today the restrictions are as follows

- No competitions
- Training for swimmers born 2005 and later will continue as usual
- Training for swimmers born 2004 and earlier will be paused for now.
- Gym training will be paused for now.
- No parents are allowed in the pool area unless there are special needs. Contact the board for discussion if needed.
- Mini-plasket is paused for now.
- Plasket is paused for now.

We also ask you to

- If possible, change at home.
- Shower and clean yourself properly before training.
- Be on time before your training session so that you are ready before the previous group is done with their training.
- Only use your own water bottle
- Keep distance in both the locker room and the pool area
- Leave as soon as your training session is over
- If possible, shower at home

FHM recommendations are

- Stay at home even if you feel unwell.
- Stay at home for as long as you feel unwell. If your condition gets worse and you are unable to care for yourself at home, please call 1177 for healthcare advice. Do not return to work or school for at least two days after you have recovered.
- Wash your hands often with soap and hot water, for at least 20 seconds.
- Keep your distance from others both indoors and outdoors.
- If you need to use public transport, you should choose a method that enables you to book a seat, such as the train. If possible, avoid public transport where you cannot book a seat, such as trams, the metro and city buses.

We will fight this together to stop the spreading and we hope that this will contribute to that.

If infected please follow to guidelines by FHM.

If you have any questions, don't hesitate to contact your leader/trainer, our office or any of us in the board.

For more information about Covid-19;

<https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/skydda-dig-och-andra/information-pa-olika-sprak/engelska/>

Take care!

The board of Osby Simsällskap

