

# **SAFETY RULES ON THE PREMISES OF THE UNIVERSITY OF LODZ SPORTS FACILITY located at ul. Styraska 20/24 in Lodz DURING THE SARS- COV-2 VIRUS EPIDEMIC**

In order to ensure the safety of all users of the University of Lodz Sports Facility, hereinafter referred to as the Facility, we introduce the rules of safe conduct on the premises of the Facility, during the SARS-CoV-2 virus epidemic, announced by the Regulation of the Minister of Health of 20 March 2020 on the declaration of an epidemic in the territory of the Republic of Poland (Dz.U. - Journal of Laws No. 491 as amended), hereinafter referred to as "Rules".

## **§1**

### **General Facility Rules**

1. These rules apply to all persons staying on the premises of the Facility.
2. In order to avoid gathering of people, it is recommended to limit the time spent in the Facility to the necessary minimum and to maintain the required distance of at least 1.5 m when interacting with employees and other users of the Facility.
3. All persons staying on the premises of the Facility are absolutely obligated to:
  - a. cover their nose and mouth with the exception of: swimming, training in the sports hall and training rooms, as well as in the teaching room and during hygienic procedures;
  - b. maintain a distance of not less than 1.5 m between people (the rule does not apply to people living together);
  - c. disinfect hands immediately after entering the Facility, before entering the cloakroom as well as before entering the training or teaching rooms, and after using the toilet, shower and after leaving the cloakroom.
4. It is recommended that people using the services in the Facility:
  - a. limit the number of personal belongings brought into the Facility;
  - b. limit the presence of accompanying persons who do not use the infrastructure (e.g., parents or guardians waiting for children);
  - c. use of sports equipment only for personal use, e.g., mats, training boards; balls, blocks, rubbers, blankets).
  - d. store towels and other personal items in personal foil bags, especially during swimming/training;
  - e. use their own hair dryers.
5. The organisers are advised to plan activities and sports events in a way that allows to keep breaks between individual groups in order to avoid the formation of clusters of people and to enable the disinfection of equipment and airing the room.
6. Non-cash settlements, e.g., card payments are the recommended form of payment at the Facility.
7. We recommend that you contact the University of Lodz Sports Facility Administration by phone: P: +48 42 66 551 75 and by e-mail: [czmsport@uni.lodz.pl](mailto:czmsport@uni.lodz.pl)

## **§2**

### **Ensuring safe spaces and the safety of people**

1. In order to ensure safe spaces on the premises of the Facility, the following are excluded from use:

- a. hand dryers;
  - b. rooms that do not meet the safety requirements,
  - c. portable air conditioners and air conditioning systems.
2. On the door of each room there is information about the number of people who can stay in it at the same time – in accordance with the guidelines of the Chief Sanitary Inspectorate (GIS).
  3. Every third place is made available to the public in the stands of the swimming pool and the sports hall.
  4. In the case of organised groups – the organiser of sports activities/a person renting the space is obliged to inform the participants of the classes/events about the rules in force in the Facility and the obligation to comply with them before they start and to have a current list of participants.
  5. Everyone undertakes to comply with the following principles and good practices, and in particular to:
    - a. prohibition of entry to the Facility of people with symptoms of infection, in particular of the upper respiratory tract or others that may indicate infection with the SARS-CoV-2 virus.
    - b. keeping social distance between people standing in a queue in the Facility, e.g., at the cloakroom, in the changing room, under the showers, in toilets and to an employee of the Facility
    - c. only one person staying in the lift (except for families)
    - d. moving around in order to be active (go to classes, then to leave and use designated sanitary facilities and changing rooms)
    - e. throwing used disposable masks/gloves into separate rubbish bins.
  6. The Facility regularly cleans or disinfects surfaces and frequently touched objects, in particular, such as switches, elevator control panels, handles, door handles, sports equipment, cloakroom numbers, locker keys, etc.
  7. Before signing the contract, a person renting some space in the building is obliged to present their own safety rules (in accordance with the guidelines for the operation of this type of facility during the Covid-19 epidemic or other applicable regulations at the University of Lodz), which they are obliged to follow.

### §3

#### **Rules for using the swimming pool**

1. Swimming pool of the University of Lodz Sports facility is open from Monday to Friday: from 6.00 a.m. to 10.00 p.m., on Saturdays and Sundays from 7.30 a.m. to 9.30 p.m., excluding public holidays, days when sports or recreational events are organised, as well as days on which there is a breakdown or a maintenance and repair break.
2. The basic unit of time for making the Swimming pool available is 45 minutes.
3. One track can be used by a maximum of 4 people at the same time.
4. Lifeguards staying at the pool in a given unit of time are responsible for the appropriate distribution of people swimming in the pool basin.
5. Children up to 13 years of age may use the Swimming pool, solely under the supervision of a parent or legal guardian, such a person is included in the total number of users.
6. Entities that use the swimming pool on the basis of the signed contract will be able to use the Swimming pool provided that they comply with the restrictions related to the guidelines for the operation of swimming pools during the SARS-CoV-2 epidemic in Poland.
7. All persons using the swimming are required to:
  - a. comply with hygiene rules on the premises of the Facility,
  - b. wash their whole body obligatorily and carefully under the shower before entering the swimming pool,
  - c. respect the passage through the paddling pool for foot rinsing.

- d. leave the mouth and nose protection in the locker in the changing room along with the clothes, and to re-put on the above-mentioned covers in the changing room.
- e. disinfect hands immediately after entering and after using the toilet, shower, changing room.
8. Persons who grossly violate the safety rules may be reprimanded by the Facility staff and in the case of failure to comply with their requests they will be asked to leave.
9. Users who, after the end of their activity, make payments at the swimming pool cash desk are obliged to leave the Facility immediately after the payment is made.
10. The administrator of the Facility does not provide Users with small sports equipment (boards, balls, flippers, etc.).
11. Everyone is prohibited from bringing any items or anything related to hydration, nutrition or supplementation into the pool basin.

### **§3a**

#### **Rules for using the sports hall, training and teaching rooms**

1. The sports hall as well as training and teaching rooms in the Facility are open from Monday to Friday: from 6.00 a.m. to 10.00 p.m., on Saturdays and Sundays from 7.30 a.m. to 9.30 p.m. excluding public holidays, days when sports or recreational events are organised, as well as days on which there is a potential failure or maintenance and repair break.
2. During the classes, a safe distance should be kept between the participants and the teacher.
3. The person conducting a class/instructor/lecturer/guardian or organiser of the sports event is responsible for the appropriate distribution of people in a given room.
4. Due to the necessity to limit the number of people present at the same time in the hall/room people who do not participate in the classes are not allowed to stay there and the participants are obliged to leave the Facility immediately after the end of the classes.
5. In the case of sports activities organised by sports clubs or other entities conducting sports activities, as well as natural persons – the entity organising such activities is responsible for compliance with the rules and informing participants about them.
6. Failure to comply with the rules regarding safety may be the basis for refusing to make the Sports Facility available again.

### **§4**

1. Rules for the use of the sports hall as well as other training and teaching rooms constitute an integral part of the Rules, provided that the provisions contained therein do not contradict the provisions contained in this document.
2. The building administrator or a person authorized by them is a person who is responsible for compliance with and enforcement of the restrictions, orders and prohibitions resulting from the Rules.

### **§5**

1. The Facility administrator is responsible for compliance with and enforcement of the provisions of the Rules.
2. The Rules may be changed at any time in connection with the need to adapt them to the applicable restrictions.
3. The Rules apply from 1 September 2020 until further notice.

Chancellor of the University of Lodz  
Kamilla Szcześniak