



Scottish  
Swimming

# Club Training

## Back to the Water

## COVID-19 Guidance

### Phase 3

Published 21<sup>st</sup> August 2020

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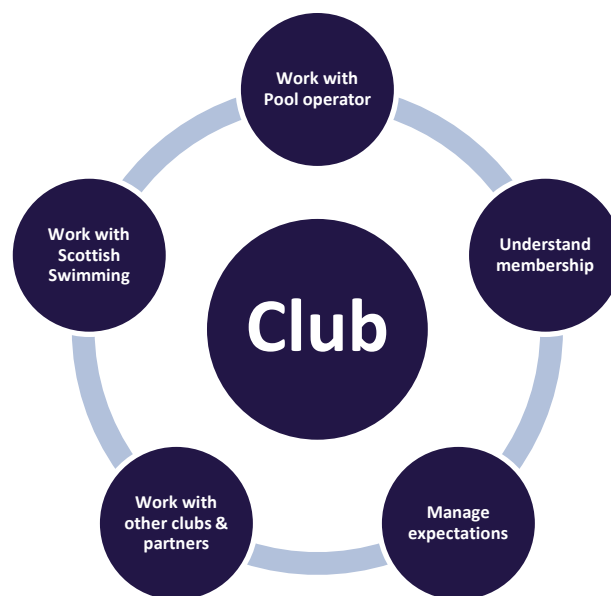
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## 1.0 Introduction

The following guidance has been developed in co-operation with the Home Countries and industry partners. The document aims to support clubs in returning to the pool following the period of closure due to COVID-19. It provides guidance on reducing the risk of COVID-19 transmission within the swimming pool environment and considerations for effectively managing the club return. Scottish Swimming are working closely with **sportscotland** to ensure the advice provided is appropriate for the current phase of the Government route map. Guidance for Club Committees and club planning is contained within the [Scottish Swimming Club Management Back to the Water COVID-19 Guidance](#)

The points highlighted below are the priority areas clubs should consider and need to develop when planning the return to the pool. The pool operators and Scottish Swimming are working together to ensure clubs are supported as far as possible. Clubs will need to understand their membership and support their membership through managing expectations and clear communication. It may be necessary for clubs to work with other local clubs along with the pool operator to ensure opportunities are maximised.



The following guidance is designed to support clubs when considering the factors that are likely to influence training sessions while physical distancing measures remain in place.

- Working with Scottish Swimming, Clubs should discuss with the pool operator any changes that may affect the pool programme and club access. When determining bather load and lane capacity, clubs should consider the advice on assessing risk in the pool as set out in the Scottish Swimming Pool Operators Back to the Water COVID-19 Guidance. It is advised that clubs should do this in collaboration with the pool operator.
- Coaches should deliver from poolside and should adhere to Scottish Government guidance on physical distancing. Clubs should work with the facility management to evaluate the number of team staff on poolside to give effect to physical distancing.
- Working with the pool operator, clubs should consider the practicalities of getting athletes to and from the poolside, particularly as the majority of facilities might also be in use by the public. Clubs should review available pool space to allow for correct physical distancing, including entry and exit points.
- Athletes and team staff should adhere to Scottish Government guidance on physical distancing when walking or waiting on poolside.

- Where possible athletes should bring their own, readily identifiable, equipment and clubs should allow sufficient time between squads for cleaning, and to reduce the chance of clustering groups. Equipment should be cleaned in-between use. Athletes will be responsible for cleaning their own equipment. Submerging equipment in adequately disinfected swimming pool water will reduce the risk of transmission of enveloped viruses.
- Supervision/spectating is likely to be limited, if at all, so keep those attending to a minimum. The club should liaise with the pool operator in this regard.
- Each club must have a dedicated officer or team responsible for COVID-19, making sure that from the club's perspective they are up to date with Scottish Swimming and Scottish Government recommendations. This person/team will also have a key responsibility to liaise with the pool operator and be aware of the rules and guidance set by the facility (for all facilities used by the club). More information can be found in the **COVID-19 Role Description** on the [Scottish Swimming website](#).

A range of document templates and samples will be available from Scottish Swimming to support the implementation of this guidance. More detailed guidance, including specific guidance for restarting and managing clubs, can be found in subsequent sections of this document.

## 1.1 Guiding principles

The information contained within this document and that of the [Scottish Swimming Club Management Back to the Water COVID-19 Guidance](#) is based on the following overarching guiding principles:

- **Safety first** – the safety of anyone involved in our sports and activities is paramount and will be put first in all considerations. Clubs should emphasise to members that during this period of time everyone has a personal responsibility to keep themselves safe.
- **Consistent** – our guidance is across multiple activities and many stakeholders, we will seek to make it consistent and aligned to avoid creating conflict or confusion.
- **Robust** – we will ensure that our guidance is developed by experts in the sport/activity/field and then reviewed internally and by a medical practitioner to ensure it is as robust as possible.
- **Evolving** – we will provide initial guidance but understand that not all factors are currently known and that circumstances will change, to that end we will develop and improve guidance as appropriate and based on practical experience when activity recommences in the water.

## 1.2 Be prepared for change

It is becoming clear that the aquatic landscape that we knew pre COVID-19 may be vastly different on our return. Once there is a green light to open all centres it's not likely that all pools will simply open their doors on that date.

- Many pools may open with reduced pool hours – early mornings for example could be limited.
- Whilst a leisure centre may open there may be a phased return to certain activities.
- Local authorities / pool operators may open pools within certain geographical areas piecemeal rather than en masse.
- Some pools may not reopen at all.

In short there could be fewer opportunities, and we cannot expect clubs to simply step back into where they left off. This is not definitive yet, but it is something clubs must consider. Clubs will have an important role to play in regards to managing expectations of their athletes, coaches, parents and volunteers when the club returns to training.

## Section 1 Scottish Government & sportscotland Guidance

### 2.0 Scottish Government and sportscotland Guidance

Sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility or activity.

To manage a safe return to sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

All clubs providing physical activity must abide by Scottish Swimming guidance and have a named 'COVID-19 Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any physical activity is undertaken.

**Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.**

#### 2.1 Before participating

1. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Participants should be aware of and adapt to changes in guidance at short notice. Information on the Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).
2. People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend any sports facility/activity.

**IMPORTANT: Do not leave your home to undertake exercise or physical activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19.**

## 2.2 Summary of key dates for return to sport and physical activity

From the 24 August 2020 additional sport and leisure activities will be permitted if appropriate guidance and risk assessments are implemented.

- Adult outdoor contact sports training and competition in an organised setting can resume ideally with a maximum of 30 people taking part in any one session, determined by facility operators.
- In line with Scottish Swimming guidance clubs should consider introducing a period of contact training to familiarise participants with guidelines before undertaking competition

From the 31 August 2020 indoor sport and leisure facilities are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented:

- this includes the provision of indoor non-contact and contact sport training and competition activities for children up to and including 11 years of age and;
- indoor non-contact sport training and competition for those 12 years of age and over where physical distancing can be maintained

Outdoor sporting events or activities involving more than 30 people should not take place at this time unless following Scottish Swimming guidance which has been approved by **sportscotland**.

An indicative date of 14 September 2020 has been identified by Scottish Government for further changes to sport and leisure activity including;

- Limited spectator access to sports stadia
- Resumption of indoor contact sports and competition for those 12 years of age and older

## 2.3 Organised Sporting Activity for Children and Adults

Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below and where appropriate SGB guidance has been approved by **sportscotland**.

All sport facility operators providing organised competitions must abide by relevant Scottish Swimming guidance and have a named 'COVID-19 Officer' who will be responsible for completing documented risk assessments and ensuring all appropriate mitigations are put in place.

### Definitions - for the purposes of this guidance;

- contact sport or activity is defined as “a sport or activity in which the participants necessarily come into bodily contact with one another”.
- non-contact sport or activity is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during the course of an activity.
- Non-contact sports where participants would normally encroach within 2m should put in place measures to limit this risk. For instance, training only or competition with altered rules to maintain physical distancing.

- Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

### 2.3.1 Children and Young People

- Outdoor contact and non-contact sport and competition can be undertaken by children and young people.
- From the 31 August 2020 this will be extended to include all forms of indoor sports training, activity and competition for children up to and including the age of 11 years.

### 2.3.2 Adults

- Outdoor non-contact sporting activity and competition may be undertaken.
- From the 24 August 2020 outdoor contact sport training, activity and competition in an organised setting may resume with a maximum of 30 people taking part in any one session. This may, in exceptional circumstances, be increased to include for example officials, coaches and support staff (medical etc) if agreed with **sportscotland**.
- From the 31 August 2020 adult indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.
- No adult indoor contact sport should be undertaken at this time.

### 2.3.3 All clubs providing sport specific activities must abide by relevant Scottish Swimming guidance and have an appointed 'COVID-19 Officer' who will complete documented risk assessments and ensure appropriate mitigations are put in place before any sporting activity is undertaken.

### 2.3.4 Physical Distancing

- Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- For those over 12 years of age taking part in an organised outdoor activity, a 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
- For those over 12 years of age taking part in indoor sporting or leisure activity normal physical distancing rules should be followed. Risk assessments should, where possible, consider mitigating actions to reduce the likelihood of participants encroaching within 2m of each other. For instance, clubs may consider, where appropriate, different formats of competition, zoned participation areas or staggered starts.
- No formal presentation ceremonies should take place during or after an activity or competition and the focus should be on reducing numbers in attendance at any one time.
- Coaches and others supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the responsible 'COVID-19 Officer' should consider appropriate mitigating actions as part of the risk assessment.



- Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
- Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.

### **2.3.5 Participant numbers and duration of organised activity:**

- A 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending Scottish Government household number guidelines for the duration of the activity, if appropriate guidance is agreed with **sportscotland** as highlighted herein. Normal household guidelines will however apply before and after the activity takes place for those aged 12 years and over.
- Where there is likely to be close contact between participants in an organised sporting activity, mitigation should be put in place to minimise risk and keep participants safe.
- Clubs should therefore consider limiting the numbers taking part and the required duration of the activity.
- The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
- In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'COVID-19 Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to:
  - Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity

### **2.4 Adult involvement and ratios:**

- All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate Scottish Swimming safeguarding and, where available, COVID-19 training.
- Sports organisations should always ensure appropriate ratios of coach/adult to child as per Scottish Swimming guidance and follow all related Wellbeing and Protection advice. Health, safety and wellbeing policies should always be risk assessed and implemented.

### **2.5 Guidance for coaches**

#### **Coaching and Instructing**

Guidance for coaches is available at [Getting your coaches ready for sport](#).

- From the 3<sup>rd</sup> August 2020 restrictions were lifted on the number of households (or extended households) that can be coached per day.
- From the 24<sup>th</sup> August 2020 coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time, determined by facility operators.
- During outdoor group training sessions appropriate risk assessed physical distancing and hygiene measures should be put in place to protect participants.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#).

2.5.1 It is the responsibility of each venue operator, club and coach to ensure documented risk assessments, based on local circumstances, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected at all times.

2.5.2 Children under 12 do not need to maintain physical distance between themselves.

2.5.3 Organised outdoor sport specific activity can be undertaken by children and young people from the 13 July, with a phased implementation, subject to Scottish Swimming agreeing guidance with **sportscotland** covering the following areas;

- Health, safety & hygiene measures for children’s activity which should be in line with guidance provided within this document
- Participant numbers and duration of organised activity should adhere to current Scottish government guidance and also best practice for your sport in relation to age and ability
- Adult involvement and ratios
- Physical distancing

**At all times coaches should:**

- Adhere to the Scottish Government’s physical distancing guidelines of staying at least 2m away from others and ensure participants they are coaching do so too. No contact training should be undertaken unless in organised children’s activity as stipulated in the [Return to Sport & Physical Activity Guidance](#).
- Plan appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
- Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- Consult Scottish Swimming guidance for the relevant sport or activity being delivered. Where relevant, also check with your venue provider, such as a local authority/leisure trust or club to ensure you follow their specific guidance and processes.
- Be aware of their responsibilities and that of their participants before, during and after each session.
- Check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- Find out about their direct and surrounding delivery environment in advance of the session and contact the facility operator, where relevant, to confirm any changes in processes and procedure

- Ensure appropriate policies are in place in line with respective Scottish Swimming regarding safeguarding best practice.

## 2.6 Test and Protect

- 2.6.1 [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
- 2.6.1 The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.
- 2.6.2 Maintaining member/participant records
- 2.6.3 In order to support Test and Protect sports facility operators are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
- 2.6.4 It is important that sport facility operators and clubs cooperate, as it will be crucial to national efforts to suppress the virus.
- 2.6.5 Sports facility operators will store information for 21 days and share it with public health officers when requested.
- 2.6.6 A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).

## 2.7 Health, Safety & Hygiene

### Face coverings

- 2.7.1 Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).
- 2.7.2 Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
- 2.7.3 Face coverings do not need to be worn in a sports facility hospitality environment i.e. café, restaurant or bar.
- 2.7.4 If you are not wearing face coverings and need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
- 2.7.5 Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

## 2.8 Physical distancing and participation numbers

- 2.8.1 Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- 2.8.2 For those 12 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed unless otherwise advised by your relevant Sports Governing Body, Club or facility operator, as certain activities have exemptions.
- 2.8.3 Normal physical distancing and household number guidelines will however be applicable before and after the sporting activity or when taking breaks.
- 2.8.4 Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to specific club or facility guidelines.
- 2.8.5 Where access through an indoor space is provided it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.
- 2.8.6 Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#)
- 2.8.7 No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.
- 2.8.8 Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of Scottish Swimming's COVID-19 guidance.

## 2.9 Equipment & Facilities

- Where possible take your own equipment with you.
- Only take the minimum amount of equipment that you need to participate.
- Clean and wipe down your equipment, including water bottles before and after use.
- Do not share food or drink with others.

## 2.10 Useful links

Guidelines will be updated as we progress through the phases of the Scottish Government Covid-19 routemap. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#) .

Up to date guidance on extended households and physical distancing is available at [Scottish Government Guidance: Staying safe and protecting others](#) .

Travel guidance outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe and Protecting Others: Travel](#)

Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#) .

Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#) .

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[UK Government / HPE: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

## Section 2 Return to Training: Considerations

### 3.0 Returning to Training: Considerations – All Disciplines

#### 3.1 Introduction

All clubs are responsible for their own decisions with regards to return to training as they must consider their individual circumstances, environments, athletes, coaches, team staff and all their members. If your club delivers a Learn to Swim Programme, please refer to the section on swimming lessons within the [Scottish Swimming Aquatic Participation Swimming Lessons Back to the Water COVID-19 Guidance](#).

#### 3.2 COVID-19 awareness and risk assessment

All activities should be planned and a suitable risk assessment undertaken that takes into account considerations related to COVID-19 including Scottish Government guidance. It is particularly important that the “risk assessment – physical distancing” section of the [Scottish Swimming Pool Operators Back to the Water COVID-19 Guidance](#) is taken into account as this covers our guidance on how close participants can come to each other during training sessions. Clubs should adopt these principles and apply them to their own unique circumstances in order to plan safe and effective sessions.

Clubs should follow the best practice guidelines below:

- Appointing a COVID-19 Lead officer or team within the club who have the overall responsibility to oversee the safe return to the water for athletes in partnership with the operator.
- The Club Chair/President must ensure a high level of support for the COVID-19 lead/team within the club. Ideally the Club chair would be part of the team and maintain open communication and confidential access to the Wellbeing & Protection Officer when required.
- An additional individual should also be appointed COVID-19 Liaison Officer for each training squad (or session as appropriate). A COVID-19 Liaison Officer should be available at every training session and responsible for the monitoring of physical distancing and wellbeing, reporting back to the COVID-19 lead/team after each training session identifying good practice together with any adverse findings. This person should **not** be the session coach and ideally have no other role at the training session.
- When a multi-squad training session takes place, it is only necessary for one COVID-19 Liaison Officer to be present.
- The COVID-19 lead/team should appoint Liaison Officers as required and maintain a good level of contact with them ensuring prompt dissemination of information and updates. Scottish Swimming will provide further support and resources for the COVID-19 team members.
- It is a requirement for the COVID-19 Lead and Liaison officers to be PVG checked for this role. Clubs should process PVGs for identified volunteers through the new online system as soon practically as possible. Further advice and guidance for processing online PVGs is available from the Wellbeing & Protection section of the Scottish Swimming Website. While waiting for PVGs to be processed, clubs should utilise volunteers who already have a PVG for another role through Scottish Swimming. To be clear volunteers should not carry out a role supervising children (regulated work) if they do not have a PVG in place.

#### 3.3 Planning for training activity

All clubs are unique and as such there cannot be standard guidance to cover all eventualities. Clubs will therefore need to plan for their own specific circumstances to address the need to maintain physical distancing and adhere to Scottish Government guidelines.

Clubs should ensure they have planned effectively for all aspects of their sessions and should agree their plans with the pool operator to ensure alignment and to offer the safest and best experience for their athletes and team staff. Pool operators will need to update the specific Pool Safety Operating Procedures (PSOPs) and clubs should liaise with the operator to ensure any relevant changes are incorporated into the updated club procedures and documentation including risk assessments. Communication with the pool operator is vital to ensure an effective and safe return of club activities.

Club planning and risk assessments should take into consideration (but not be limited to) the following, always with a focus on maintaining physical distancing, minimising transmission risk and adhering to government guidance:

- Arrival and departure protocols
- Activity pre, during and post pool
- The standard of participants and the specific type of activity
- Transitions between activities (e.g. from training sets to breaks)
- The length of pool and width of lanes
- The set-up of poolside space
- Use and cleaning of equipment
- Use of facilities such as changing rooms and dryland areas
- Spectators
- Lifeguarding and safety arrangements

A number of the points above require information that the pool operator will have and will be updating so getting the most up to date information will be important to ensure any risk assessments are as accurate as possible. More information is contained within Support Section 5 of the Scottish Swimming Club Management Back to the Water COVID-19 Guidance document.

If the club has any doubt about any aspects of their planning, it is suggested that they start with smaller numbers of athletes and ensure that distancing can be maintained and guidance applied, only increasing the number of athletes when they are sure this is feasible.

Each club must assess the relevant numbers that can be catered for within its own sessions and this should comply with pool operator guidelines. This will depend on a number of factors including (but not limited to):

- Level and ability of participants involved
- Coaching workforce and supervision
- Proposed training content
- Pace/intensity/volume of training
- Requirement for equipment
- Available poolside space and need for rest
- Vulnerability of participants
- Length of pool and width of lanes

### **3.4 Athlete and team staff behaviour and safety**

When participants return to training it should be gradual, progressive, and for those in high risk groups we suggest they follow the relevant advice from the NHS as appropriate. It is very important that those in the moderate risk group continue to follow the latest general Scottish Government guidance around physical distancing.

Briefings on pool protocols and expectations should be given to all coaches and athletes via video link/recording or in writing before their first session. No briefing, no access. All involved (or their parent/guardian(s) for under 16-year-olds) should be asked to agree and confirm in writing that they have seen/read the briefing, understood the requirements, and commit to adhering to them. This may be by email or a checkbox on the health survey or as part of another document such as an updated code of conduct for example.

Athletes and team staff should be made aware that returning to training is not compulsory and they have the option to opt-in or opt-out. We advise that the club records and stores this decision. It is a challenging time for all individuals with increased anxiety and different circumstances for many. We suggest that clubs should recognise this and there should be no compulsion or risk of losing membership if they cannot or do not want to return straight away.

Participants should be grouped and then continue to train only with that group, meaning that if anyone displays symptoms, the transmission possibility is limited only to that group rather than other club members and it will be easier to trace contacts. This may be outside of the normal squad structure of the club or where agreed, in conjunction with another club/programme.

Athletes and team staff must be issued with symptom guidance and be briefed that they must not attend training if they have any COVID-19 symptoms or know they have been in contact with others that have symptoms. They should follow government guidance as should those shielding or in any vulnerable category. If you're unsure whether someone should return to training, refer to the **Training Venue Assessment** on the [Scottish Swimming website](#). Having a briefing video in addition to written information would be more effective for athletes.

Clubs should ask athletes/coaches that have had COVID-19 during lockdown to ensure they only resume training following **advice** given by their own medical practitioner. The COVID-19 Lead/Team has the right to refuse entry to training to any member they believe may have symptoms of COVID-19 or is returning to training too early after having COVID-19. Club members and the clubs workforce (including volunteers) should sign the declaration form, stating that they are symptom free, will only attend training if they remain symptom free and are returning to training fully aware of the risks associated with the COVID-19 virus. It is of critical importance that at all times the club maintains a record of those in attendance at training sessions.

Clubs should ensure that athletes are 'fit' for training, and have the pre-requisite level of fitness for the activities that are planned. To help with this, clubs can use the **Health Screen Survey and Declaration Form** on the [Scottish Swimming website](#). If in any doubt, then the volume and intensity should initially be low to enable participants to gradually build up fitness whilst minimising injury risk.

Clubs and coaches should regularly reiterate safety and physical distancing information, for example at the start of sessions and through swift intervention if anyone in the session is breaching guidelines.

### **3.5 Participant and workforce hygiene**

Thorough hand washing with soap or if not available, hand-sanitiser, should be undertaken by all athletes and team staff before and after training. Equipment that can't be cleaned in the pool water should be cleaned with anti-viral wipes. It is recommended that anti-wipes with a minimum alcohol content of 60% are used.

Where possible participants should change into their kit at home, arrive at the pool in a tracksuit or other suitable clothing, towel off after training and return home to shower, thus minimising the transmission risk in changing rooms and following the centre guidance where appropriate.

Athletes and Team staff should avoid using wash/toilet facilities if possible but if used, then they should wash hands thoroughly, use hand-sanitiser where possible and not touch their mouth or nose. It is advisable that athletes should also bring their own hand-sanitiser where possible. Clubs should work with the pool operator to establish protocol for footwear on poolside, especially if access points have been changed.

### **3.6 Dealing with illness during a session**

Protocols must be agreed with the pool operator to ensure that effective first-aid provision is available. Given the current situation, it is the responsibility of the club to minimise the risk of any injury/illness to reduce as much as possible the risk of requiring first aid. The club should ensure that emergency contact details are up-to-date and available on site in case of any injury or illness.



### 3.7 Coaching delivery

The number of coaches required will be dependent upon the number of athletes in the session and also the number of lifeguards present at the pool. Limit the number of team staff on poolside as far as practically possible, ensuring minimum but necessary staffing levels are calculated to balance training need, distancing protocols and reducing risk. This should be identified in the club's risk assessments prior to any session beginning.

Areas of coaching should be agreed within the risk assessment and adhered to throughout the session. Coaches should avoid close contact with any participants. As long as the area is clearly marked more than one coach can be on poolside. The COVID-19 Lead/Team should intermittently attend the training venues to maintain oversight. Clubs should have a contingency plan in place if a coach falls ill or is unable to cover the session.

Wellness and training load of athletes should be monitored closely to enable proactive management of athletes and their return to training. Coach guidance for the return of athletes has been developed and can be found on the [Scottish Swimming website](#) and within HIVE.

### 3.8 Wider considerations for clubs

The club should ensure that it has liaised with the pool operator so that all measures put in place are agreed and meet with the guidelines applied in the facility as well as local and Scottish Government requirements.

The club should also ensure that:

- It is fully aware of any amendment to Normal Operating Procedures / Emergency Action Plans (NOPs / EAPs) at the pools.
- It is aware of any changes to the Centre's protocols and that it informs participants, parents and workforce of these as necessary, for example:
  - Arrival/entry & exit
  - Parking
  - Cleaning
  - Changing rooms and toilet usage
  - Closure of areas such as balconies, meeting rooms and reception areas
  - Staffing, lifeguarding, health and safety & accident reporting

### 3.9 Equipment

Where possible, athletes should have their own equipment and only bring what is required for that particular session. It will be important for the coach to ensure this information is provided in advance.

- Personal equipment should be cleaned with anti-viral wipes or solution before and after use, and should not be stored at the venue
- Athletes should bring their own hand-sanitiser and anti-viral wipes or solution for cleaning equipment and not to expect or rely on the facility or the club to provide supplies
- Sharing of equipment is not to be permitted and equipment should not be left at the facility
- Athletes should avoid handling other people's kit and take their own kit home to clean.
- Athletes should consider bringing spare goggles etc in case of malfunctions or breakages
- Facility or club owned equipment should not be issued or available for athletes to borrow/use
- Clubs should work with pool operators to understand what the process and the clubs' responsibilities are, (if any) for cleaning venue equipment such as hoists, starting blocks, whiteboards, handrails, etc. Appropriate risk assessment and training may need to be put in place

### 3.10 Practical suggestions for applying physical distancing and reducing transmission risk

- Briefings and corrections in sessions should be kept to a minimum to avoid athlete congestion. This will vary across disciplines depending on the level of interaction required. If there is a health and/or safety concern then the coach should not hesitate to undertake a briefing or make a correction.
- To enter the pool a one way system should be put in place, ensuring this adheres to the process the centre has in place.
- Ensure that athletes bring sufficient fluids for the session in their own clearly marked bottles and any necessary food in clearly marked containers so as not to require vending machines or water fountains.
- No physical contact between coaches and athletes should take place when making corrections, only oral communication, keeping the required distance.
- Create time gaps between sessions so that one group of participants can leave the pool and centre before the next group arrives. Be clear with athletes, parents and team staff that they must stick to scheduled timings to enable arrival and departure to take place effectively without overloading the capacity of the centre/pool.
- Clubs should work with operators to consider whether athletes undertake pre-pool and post-pool activation exercises at the venue or whether this can be done more effectively at home to avoid additional risk of transmission. It is advised that until further lockdown restrictions are lifted, clubs continue to use online/virtual sessions for land based training or outdoor training in small groups to minimise transmission risk.
- It is likely that many clubs will be working with smaller groups than usual. To that end, the club will need to determine how it caters effectively for its members, for example by offering shorter sessions that enable all of them to be involved or by phasing re-entry to the water.
- A familiarisation video of the environment, housed on the club's website would be beneficial if possible.
- Work with pool operator to understand pool programming and to identify whether sessions will be shared with public, other clubs/activities or will be single use sessions.

### 3.11 Wellbeing & protection

As we move towards getting back in the pool and re-start in person training, a number of changes to keep your members safe and comply with coronavirus management will be implemented.

While implementing changes to comply with coronavirus management all clubs and coaches must operate in a safe and effective manner in accordance with the Scottish Swimming Wellbeing & Protection policies, procedures and insurance information. The principles of safeguarding children and young people and our duty of care responsibilities remain unchanged:

***Duty of Care*** = Any person (16 years or over) who has care and control of a child...has a responsibility to do what is reasonable in all the circumstances to safeguard the child's health, development and welfare. **Section 5, Children (Scotland) Act 1995**

To that end the Club Wellbeing & Protection Officer must be aware of the training that is being undertaken and be involved in all risk assessments made, giving guidance as appropriate. This should include assessing

that the venue, activity and supervision is appropriate from a safeguarding point of view and in line with Duty of care responsibilities.

Coaches and volunteers should continue to follow best safeguarding practices when working with children and young people; by considering the needs and wellbeing of the child first and avoiding any situations that place the child or themselves at risk or in a compromising position e.g. unnecessary 1 to 1 situations. It is vital that coaches and volunteers report any child wellbeing or protection concerns immediately to the club's Wellbeing & Protection Officer.

Coaches and other volunteers should read and follow the guidance document from sportscotland and Children 1<sup>st</sup> relating to children returning to returning to sport which can be found HERE:  
<https://sportscotland.org.uk/media/5774/cyp-return-to-sport-after-COVID-19.pdf>

### **3.12 Wellbeing & protection Summary**

- Conduct a safeguarding risk assessment when delivering sport in a revised format
- Ensure athlete provisions are child centred and age appropriate where possible.
- Widely share Codes of Conduct for coaches, parents/carers and children and young people so that everyone understands the expectations of them
- Widely share social media and communication policies to ensure positive behaviours and practice while physical distancing measures are in place
- Make the Responding to Concerns Procedure widely available so that coaches, parents/carers and children and young people know who to contact with any concerns

To seek further advice and support contact:

Lindsey Booth, Scottish Swimming Safeguarding Officer

- [l.booth@scottishswimming.com](mailto:l.booth@scottishswimming.com)
- Tel: 07832 117491
- Point of contact for wellbeing, safeguarding and child/adult protection concerns, and queries
- More information: <https://www.scottishswimming.com/clubs/wellbeing-protection.aspx>

## Section 3 Swimming

### 4.0 Introduction

It is important that clubs read this section in conjunction with the section “Return to training considerations – all disciplines”.

### 4.1 Numbers in training sessions

The coach planning the session should take into account the information within the risk assessment – physical distancing section of the [Scottish Swimming Pool Operators Back to the Water COVID-19 Guidance](#).

#### 4.1.1 Number of athletes

We would advise during the current circumstances that there is a minimum of 6m<sup>2</sup> per athlete, this defines the maximum bather load. To help capacity it may be useful to reduce session length or regularity to enable more athletes to take part over a given period of time.

Thought should be given to managing coach workload ensuring tasks, delivery and planning is spread amongst the coaching team as appropriate. As mentioned previously coaches and clubs should be aware of any health and safety inductions that are required by the facility in order to return to coaching on deck.

#### 4.1.2 Proximity of athletes

It is acceptable for swimmers in a session to pass each other at less than physical distancing requirements as long as that is for a short time and only when swimmers are in motion. Clubs should take relevant additional steps to further minimise transmission risk, for example, athletes exhaling in the water when passing if that is practicable and safe.

It is imperative that athletes maintain physical distancing when static either in or out of the water. Rest intervals/turnaround times/type of training should therefore be considered carefully during session planning and construction.

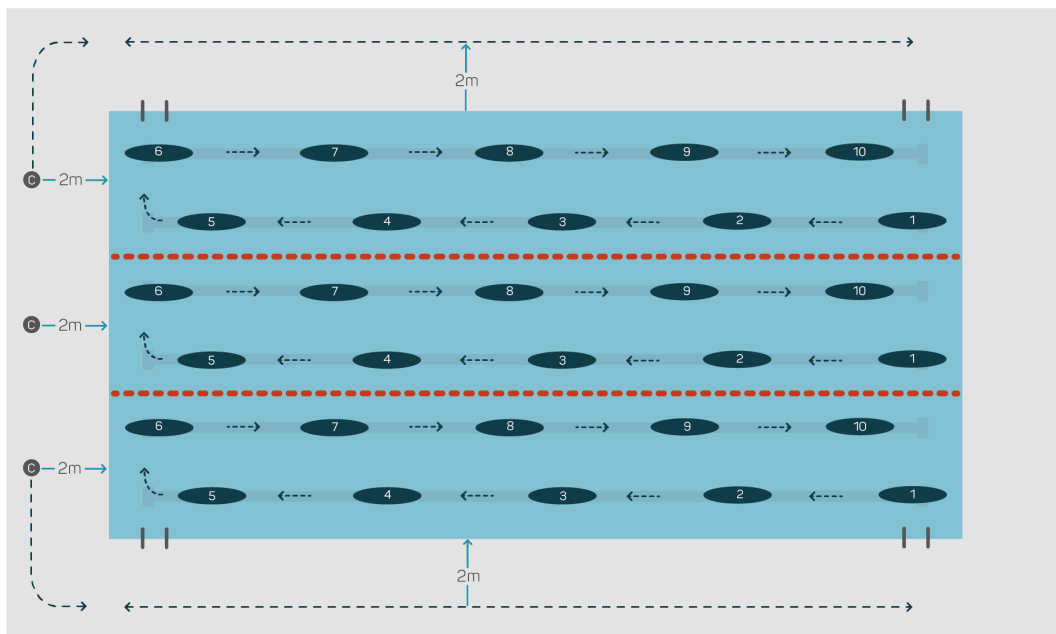
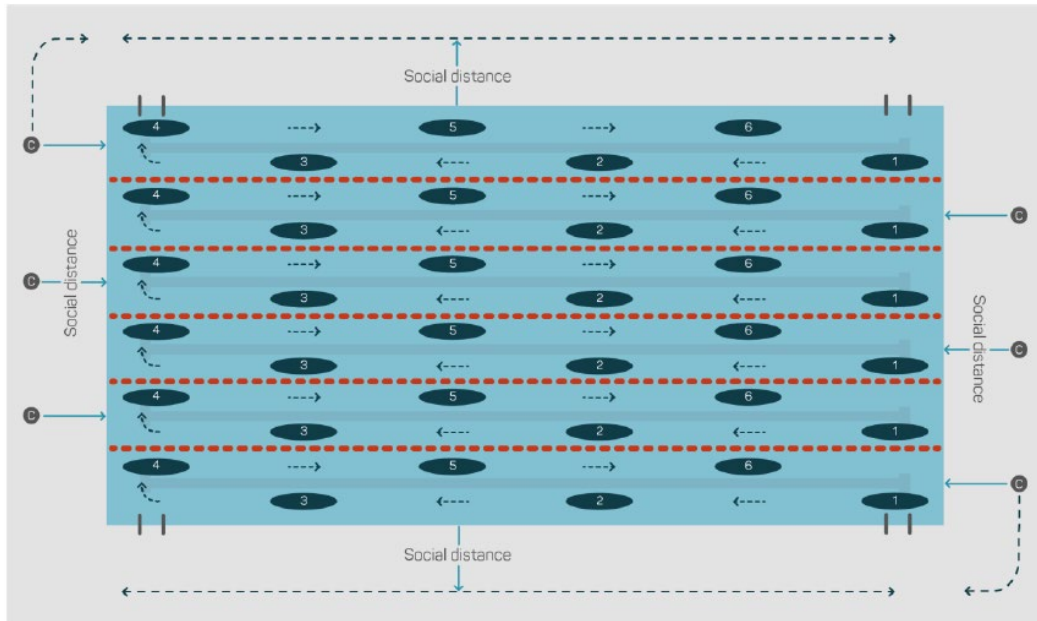
Clubs should plan their sessions taking into account the factors outlined above. For example:

- If a club is working with skilled athletes, in a 25 metre by 12.5 metre pool using a steady pace then up to 36 athletes in the pool may be suitable (see diagram below).
- If however, the club is working with larger athletes doing butterfly (a wide stroke) at a varied pace (more difficult to implement a steady flow) then the number of athletes would need to be smaller to allow for appropriate distancing to be maintained.
- There are a number of lane setup options that pool operators can use. Be clear in advance what set up protocols your pool provider is expecting.

Based on guidance from the pool operator, Clubs should plan their number of athletes and make the necessary judgements based on the training plan and their ability to facilitate physical distancing guidelines throughout the session including during rest periods.

The lane swimming diagram below gives an example of how this could be implemented for swimming training using single-width lanes and double-width lanes. As highlighted above, the application of this will depend on a number of factors and each club will need to consult with their pool provider, plan and risk assess for their own environment. When using the single-width lane option it may be more effective to start with smaller numbers within each lane and build up numbers over a period of time in order to establish standards and expectations.

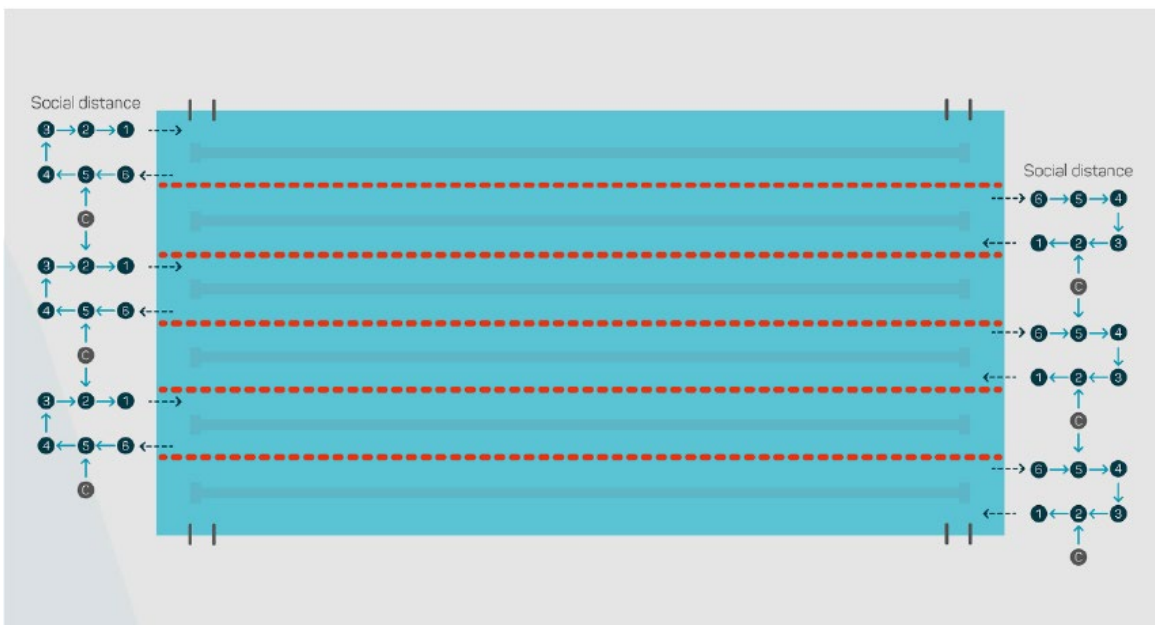
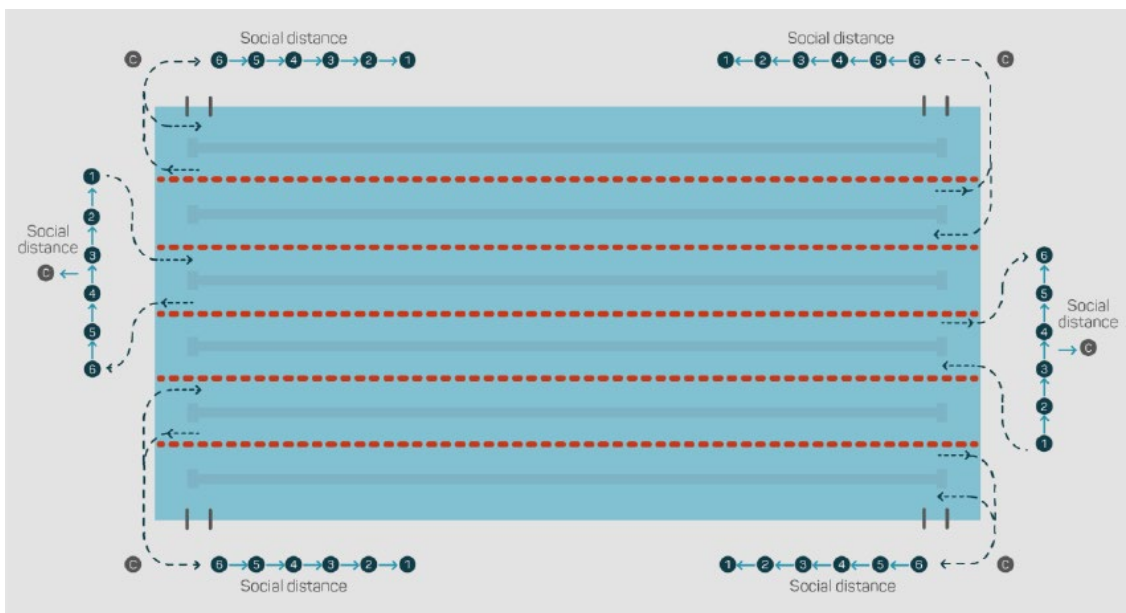
We recognise that training sessions may not look like a “normal” programme of swimming training however the circumstances that we are operating under are not “normal” and clubs, workforce and participants will need to accept that to be able to utilise pools whilst complying with Scottish Government guidance, they will need to adapt accordingly.



## 4.2 Further considerations

When planning for sessions, clubs and coaches should also consider the following practical solutions in terms of maintaining distancing and minimising the risk of virus transmission:

- Repeat swims are started when the third swimmer gets to the end.
- Continuous swimming with a snorkel
- Athletes complete their activity mid pool (start/stop points are mid pool positions).
- Athlete ability and their positioning within the lane (fastest first in the lane)
- Amount of time between each athlete push off interval. E.g. 40 seconds per 50, 5 second gaps would allow 8 swimmers per lane not 10
- Determining the typical pace of your athletes will therefore be critical in determining numbers per lane.
- Identifying and using poolside space to rest athletes
- Setting up zones for pool briefings with clear markings of where athletes and coaches should stand to maintain physical distancing
- Identifying where each athlete will leave their drink and kit to enable them to access these without the risk of congregation



### 4.3 Suitable types of training

The reintroduction of training should be carefully planned and consideration of prior fitness is paramount. This should be phased over a period of time with the emphasis on skills and drills. Planning is crucial to ensure physical distancing protocols are continually adhered to as well as progressive intensity. The below are examples, but not exhaustive, of low heart rate level type of work so that athletes can learn to 'feel' the water again without gaining any undue muscle soreness.

- Four stroke technical efficiency sessions where movement is continuous and little time needed for recovery and low heart rate maintained to avoid excessive exhalation
- Drills and skills
- Underwater work (within 15 metres) to improve streamlining and transition phases
- Using a snorkel where possible. Swimming will lead to a breath being blown out above water. Being mindful of how your face is positioned when exhaling should be considered
- In the first three to four week meso-cycle, focus on low to medium level aerobic training (not more than 50bpm or 5-6/10 effort) to avoid the need to use explosive breathing and to allow a controlled re-acclimatisation to training
- When doing freestyle, if athletes need to pass each other, breathe to the opposite side
- Care should be taken when doing kick sets and if practical a recommendation to use the flat kicking technique with face in the water and athletes can utilise a snorkel

Supporting documents will be available on the [Scottish Swimming website](#) to support coaches with preparing for the return to the water.

### 4.4 Unsuitable types of training

When considering session planning, coaches should take into account:

- Time that athletes have spent out of the water
- No competitive racing opportunities are available imminently
- How excessive heart rate will impact on the explosiveness of exhaling

The avoidance of the skills, drills and tactical practices listed below is recommended:

- Start practices whilst physical distancing is still in place, to avoid repeated touching of blocks, poolside steps etc
- Race pace practice
- Excessive heart rate intensity
- Hypoxic training

### 4.5 Open Water Swimming

There are a number of Open Water guidance documents and resources, in particular safety advice and risk assessment information have been created for clubs to access. These are available on the [Scottish Swimming website](#).

## Section 4 Para-Swimming Additional Medical Considerations

### 5.0 Introduction

It is important that clubs read this section in conjunction with the section 2 return to training considerations – all disciplines and section 3 - swimming.

All information below is subject to change based on Scottish Government guidance. Clubs and individuals to whom this applies should stay up-to-date with the latest guidance. If in any doubt, seek expert/medical advice.

### 5.1 'At risk' groups

Athletes and team staff who are high risk (clinically extremely vulnerable) should follow the medical guidance issued to them. People in this category should have received a letter from the NHS informing them that they are at high risk. If they have not we suggest they contact their GP or local care team. Individuals at moderate risk from coronavirus can go out to work (if they cannot work from home) and for things like getting food or exercising but they should try to stay at home as much as possible. It is very important they follow the general advice on physical distancing. Unlike people at high risk, they will not get a letter from the NHS. More information and guidance can be found on the [NHS website](#). Clubs should update risk assessments accordingly.

### 5.2 Guidance for clubs with para-swimmers

Physical distancing should be adhered to at all times.

We advise clubs to review all medical information provided by their members, update risk assessments and to identify members who are categorised as people of high and/or moderate risk by the NHS.

When athletes return to training it should be gradual, progressive, and for those in high risk groups, (or anyone with concerns), we suggest they do so following consultation with their medical practitioner where appropriate.

### 5.3 Equipment

Athletes who use equipment to access the pool, travel on poolside or specialist equipment for training, should continue to use this equipment, to ensure safe practice in and out of the pool. Equipment commonly used:

- Wheelchairs / wet chairs
- Scooter/skateboard
- Prosthetic limbs
- Tapping device
- Starting equipment (bands, cords, towels etc.)

All equipment (including above) must be cleaned with anti-bacterial wipes/spray **before** entering the facility. The equipment (including above) must also be cleaned with anti-bacterial wipes/spray **after** the training/swimming session. Equipment must only be handled by the athlete or their carer/chaperone and athletes must only touch and handle their **own** equipment. As previously mentioned athletes should bring anti-bacterial wipes to clean their equipment and not rely on the club or facility providing cleaning materials.

Athletes who require a hoist to enter/exit the water should continue to use the hoist for best practice and safety. Carer/chaperone should assist where required and follow the instructions of the pool operator.



## **5.4. Carer/Chaperone/Support staff**

Athletes who need assistance and use a carer/chaperone (for example getting changed or accessing the facility, entering the water) should bring them as necessary, one carer/chaperone with them who is part of their household. All carers/chaperones only to remain poolside if deemed essential and must adhere to physical distancing rules during the training/swimming session.

Those athletes who require support staff to act as a tapper during training should continue to use the tapper and tapping device to ensure safe training, however the tappers on poolside must adhere to physical distancing rules. For training sessions which contain more than one visually impaired athlete, who requires the use of a tapper, we suggest having those athletes in the same lane to minimise the number of tappers needed on poolside.

Athletes, parents, carers who are use assistance dogs are able to attend training. The assistance dog should not be smoothed or patted by anybody other than the person(s) they are there to support. Assistance dog owners please follow the guidance from Assistance Dogs UK and the Animal and Plant Health Agency.

If coaches who are covering sessions which include para-swimmers are unsure of ability and training levels of the athletes then they should consult the appropriate regular coach of the athlete.

For more information and guidance please visit – [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

## Section 5 Diving

### 6.0 Introduction

It is important that clubs have followed the guidance in Section 2 return to training considerations – all disciplines and that appropriate risk assessments are undertaken.

### 6.1 How will physical distancing be applied – pool

Physical distancing will be applied both on the poolside and on the diving boards. Each facility will need to be assessed and reviewed to establish the maximum number of athletes and coaches that can safely operate whilst maintaining physical distancing.

A one way system should be considered with clear routes up to the boards from the water identified for each board. Platform divers to stay one person to a flight of stairs when accessing platforms with no return back down the stairs. Waiting queues should also be clearly marked for each board. Floor markers should be considered to assist with this.

Session planning should be undertaken between all coaches involved considering restricting different groups to certain areas of the pool to assist with the management of physical distancing. Poolside coaches should maintain physical distancing from each other and the edge of the pool at all times. Athletes should be advised not to come up closely to the coach for coaching comments and feedback.

Once within the pool training environment, athletes should ensure that if their coach has required them to warm up on the pool side, that that warm up be performed at least 2 metres from any other participants. If warm up mats are to be used, do not share mats. Ensure all mats are cleaned before and after use. Athletes should be encouraged to bring their own mat.

Once in pool training has commenced, follow the principle of one athlete per board/platform (unless synchro training is being completed) where two is permitted as long as boards allow for participants to maintain physical distancing.

Athletes that use chamois style towels must take extra precautions with the towel. The dropping of towels from platforms should be done with more care than previously, so as to ensure that the towel is not in another athlete's way, touches another athlete, or is hanging from a part of the tower that is hard to reach. It is important to ensure that, like water bottles, no chamois towels are to be shared, and only your own chamois is to be touched.

### 6.2 How will physical distancing be applied – dry land

Dry land training and usage of dry land facilities should be reviewed at each facility and where possible be delivered online using previous guidance. For dry land activities that cannot be undertaken at home a review and risk assessment of the dry land facilities available at your venue must be undertaken. Any use of dry land facilities must maintain physical distancing.

Separate work areas (and the equipment in them) so that athletes and staff maintain physical distancing from each other while training. Limit equipment to one athlete (per board or side of platform, somersault box, lifting station etc.) to maintain distance between athletes. Avoid alternating sets between athletes on equipment/mats/blocks in the gym and dry land areas.

Athletes should use their own rolled towel for the head for any exercises requiring them to be face down and wipe down all equipment before and after exercise. Facilitate cleaning of dry-equipment (Olympic bars, somersault boxes, mats etc.) and handrails between athletes. Providing hand foam for each training area/station would be considered best practice.

### 6.3 What practices can reasonably be delivered?

A staged return to training should be implemented for athletes of all ages and levels starting with basic jumps and entries building up volume and height over time. Following this the build-up of required and basic dives can be introduced followed by lead ups and eventually optional dives.

### 6.4 What practices cannot be delivered during these times?

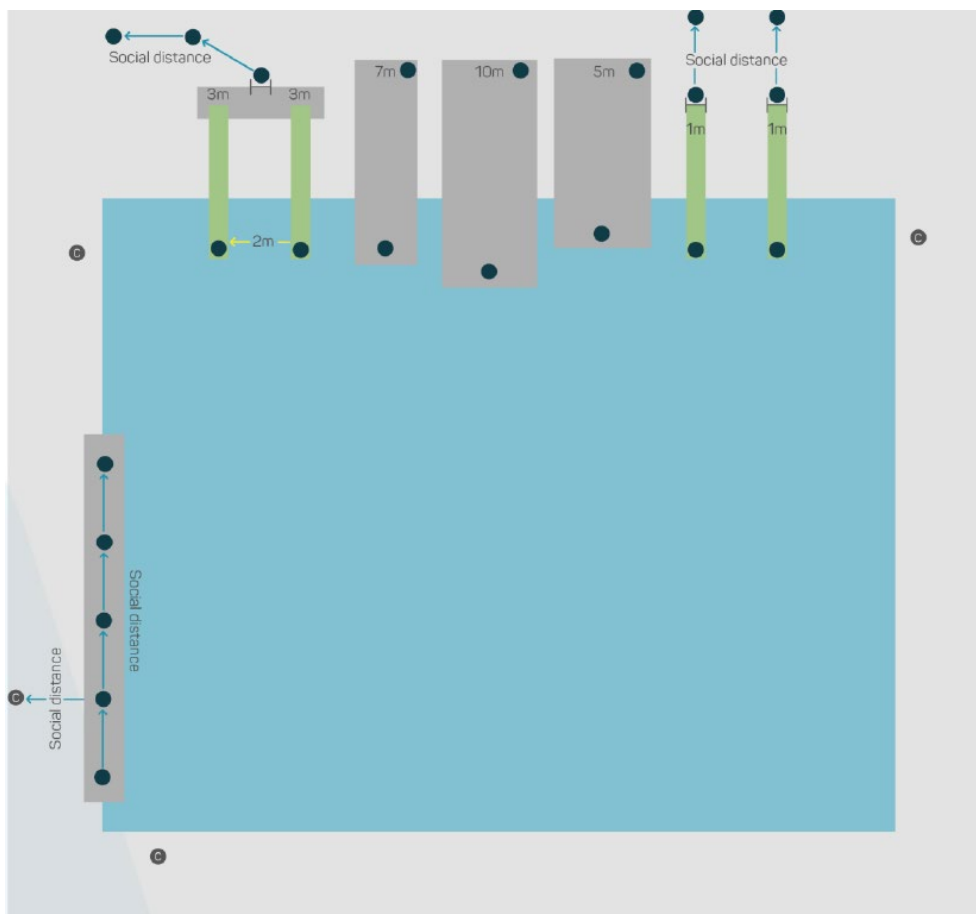
Diving can on occasion result in injury that requires ambulance care. Whilst this cannot be predicted extra precautions should be taken. Any dives that could be considered dangerous/new/risky should not be undertaken during the initial training period to avoid the risk of injury and requirement to contact emergency services putting additional pressure on the NHS.

### 6.5 What numbers can realistically participate in these sessions?

This will be dependent on your facility size and set up and should be evaluated in detail along with the facility operator to ensure sessions can be planned appropriately. Clubs should plan their number of athletes and make the necessary judgements based on the training plan and their ability to comply with physical distancing guidelines and implement this guidance throughout the session including during rest periods.

### 6.6 Number of coaches and positioning on poolside

This will be dependent upon the number of athletes in the pool and also the number of lifeguards present at the pool. Coaches should maintain physical distancing from athletes, lifeguards and other coaches in designated areas, marking out coaching areas for each board should be considered. Sample layout of pool training activity is shown below.



## Section 6 Water Polo

### 7.0 Introduction

It is important that clubs read this section in conjunction with the section 2 return to training considerations – all disciplines. For guidance on swimming training, please refer to section 3 swimming.

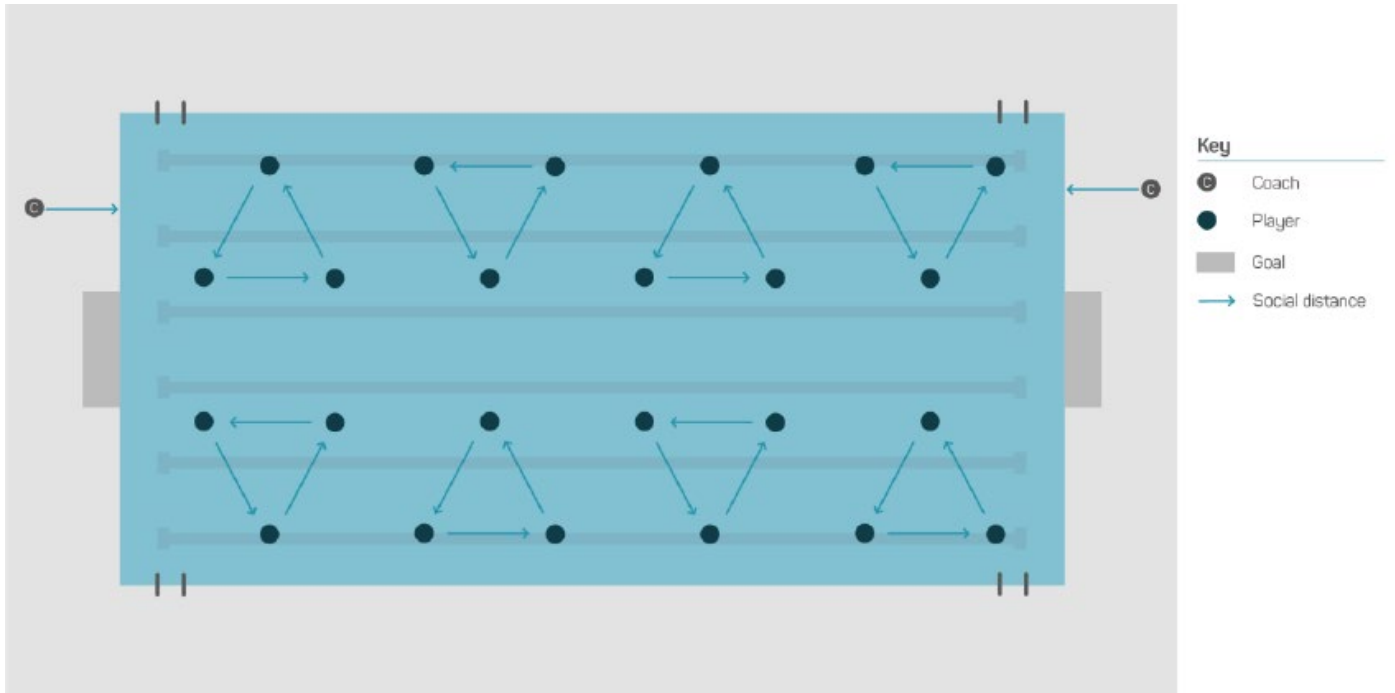
### 7.1 What practices can reasonably be delivered?

- Keep athletes moving as much as possible. When stationary athletes should adhere to physical distancing
- Players having own space in pool, practicing movements, jumps, treading water, sculling. Players should have a ball each, when focusing on ball handling skills
- Throwing ball against a rebound wall or net. Ball retrieved by thrower observing physical distancing
- Shooting unopposed or at goals with targets in upright corners or netting with holes to shoot through if available, player retrieves own ball
- Athletes could do widths to remain spread out. Using alternative start ends if doing work that requires longer rests
- Training should focus on technical drills, which can be performed on the spot and with appropriate physical distancing between and around athletes
- Cool down can be done as flex drills using bands and further flexibility can be performed at home
- Individuals having own space in pool, practicing movements, jumps, ball skills treading water and sculling

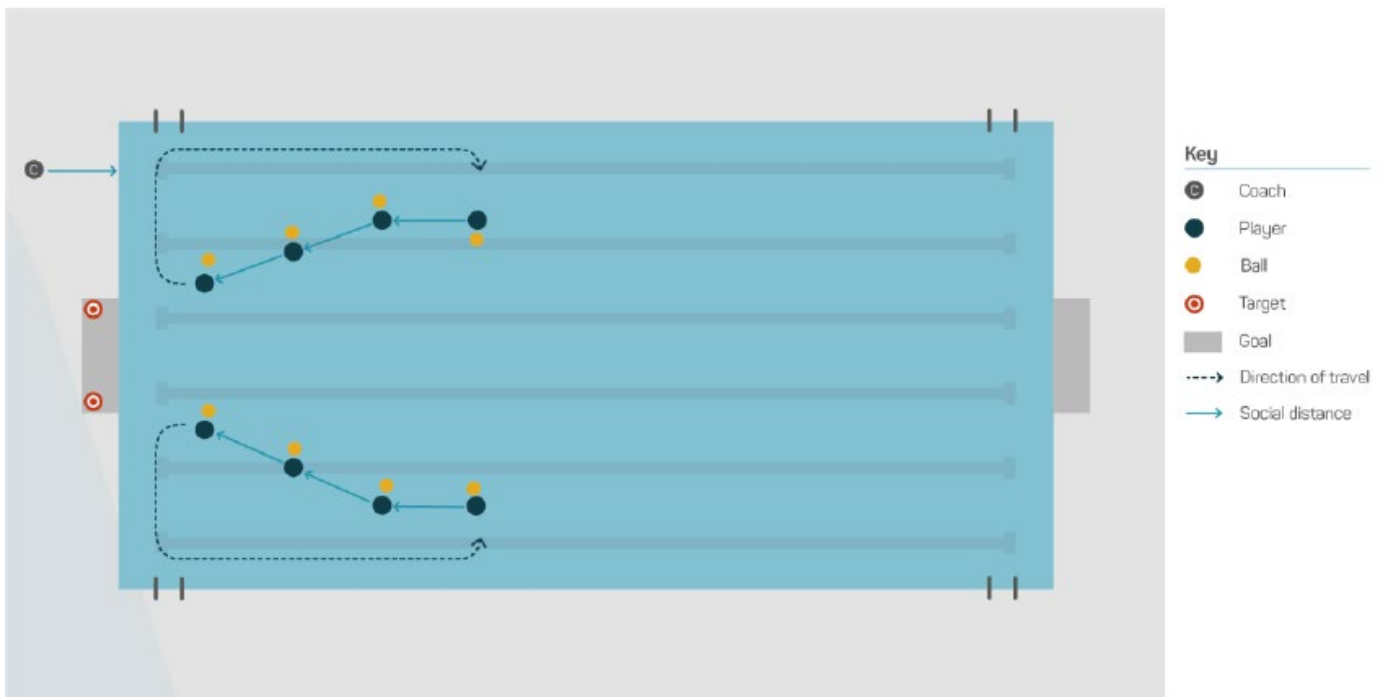
### 7.2 Next progressions

- Passing ball in threes, in triangles, clockwise and anti-clockwise, two balls / triangle pressure passing, hand to hand, hand to water, water to hand, hold, slow, medium, fast passing, left hand and right hand alternating passing
- Shooting at goal collecting own ball after shot four. Centre forward shooting on at goal, maintaining physical distancing
- Set plays in front of goal unopposed, 3v3, 4v2, 6v6 (adhering to distancing guidelines at all times)
- Set plays in front of goal opposed - zonal defences only maintaining physical distances
- Shooting with a goalkeeper maintaining appropriate physical distancing

## 7.2.1 Pool layout example of passing



## 7.2.2 Pool layout example of shooting



## 7.3 What practices should not be delivered during these times?

- Scrimmages of any size (game play) of any type
- Contact drills, marking, offensive/defensive manoeuvres
- Swimming within a 2 metre space of one another

## 7.4 Number of participants

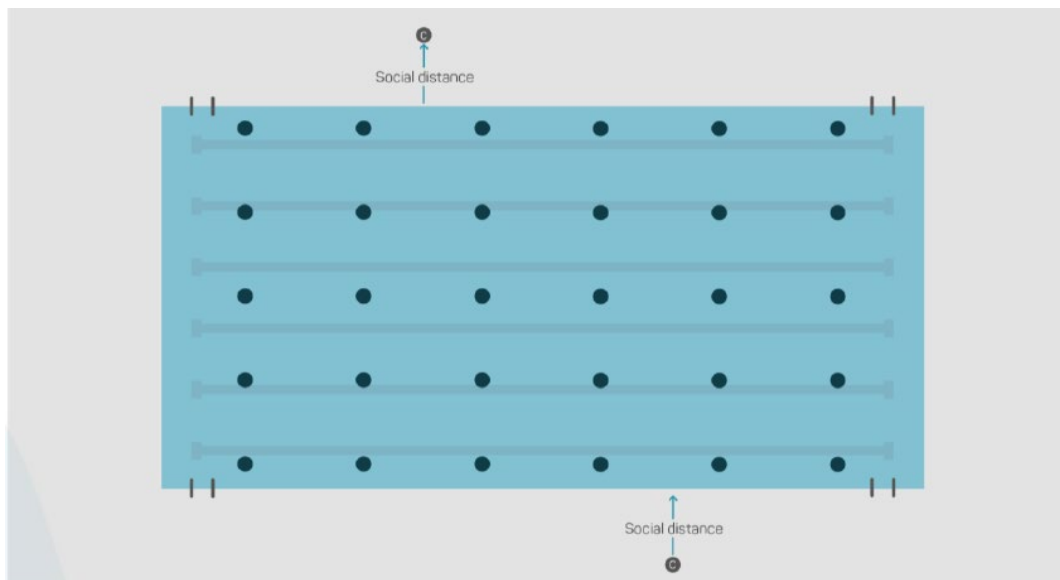
We would advise during the current circumstances that there is a minimum of 6m<sup>2</sup> per athlete – this defines the maximum bather load.

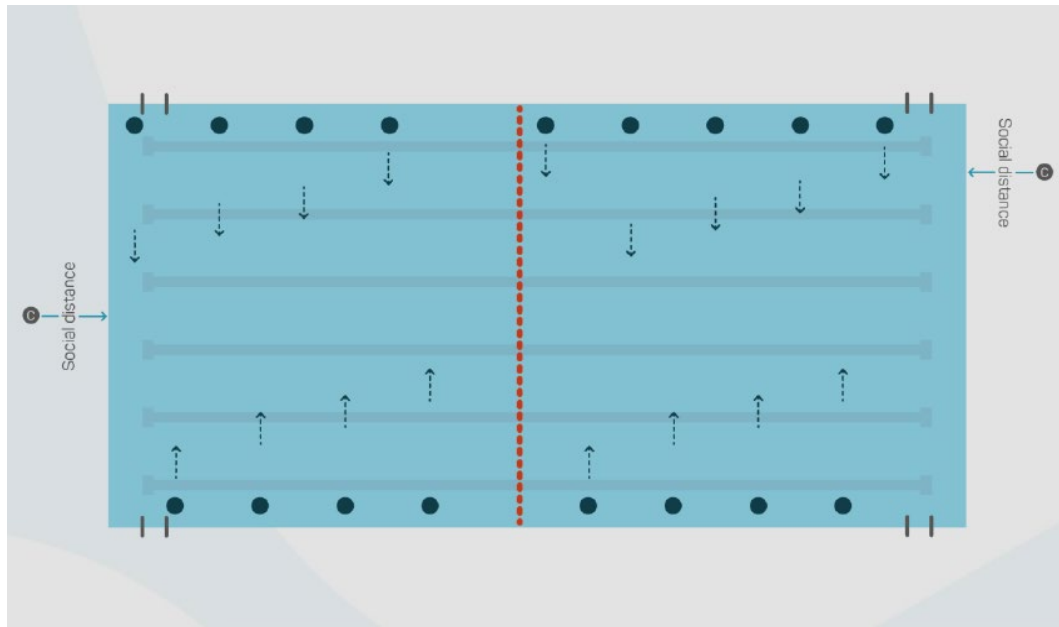
Clubs should plan their number of athletes and make the necessary judgements based on the training plan and their ability to comply with physical distancing guidelines and implement this guidance throughout the session including during rest periods.

The **example** below is based on 25 metre by 10 – 12.5 metre pool and includes a maximum of 30 players. As highlighted above, the application of this will depend on a number of factors and each club will need to plan and risk assess for their own environment. Clubs should work with pool operators to ensure appropriate risk assessment and session planning is in place.

When risk assessing the swimming activity, consider the volume of heavy breathing practices athletes will have above the water, where possible keep to a minimum and keep within the appropriate physical distancing guidelines. For more information regarding swimming training please see section 3.

We recognise that training sessions may not look like a “normal” programme of training however the circumstances that we are operating under are not “normal” and clubs, coaches and athletes will need to accept that to be able to utilise pools whilst complying with Scottish Government guidance, they will need to adapt accordingly.





## 7.5 Number of coaches and their positioning

This will be dependent upon the number of athletes in the pool and also the number of lifeguards present at the pool. When the squad are swimming widths, the coach stands at the end, when the squad are swimming lengths, the coach stands along the length (see competitive swimming section). Coaches should watch their group of athletes and be aware of passing other coaches, maintaining physical distancing at all times. Coaches should have clearly defined areas to stand and walk and should avoid close contact with athletes.

## 7.6 Use of equipment

Facility or club owned equipment should not be issued or available for athletes to borrow/use where at all possible. Appropriate risk assessment and hygiene procedures should be in place.

Cleaning regime of equipment before and after all uses:

- Balls, cones and goals cleaned before and after each session
- Hats not required
- Publish what equipment is required prior to sessions

## Section 7 Artistic Swimming

### 8.0 Introduction

It is important that clubs read this section in conjunction with the section 1 return to training considerations – all disciplines. For guidance on swimming training, please refer to section 3 - swimming.

### 8.1 What practices can reasonably be delivered?

- Keep athletes moving as much as possible, when stationary, maintain physical distancing between athletes.
- Drills, skills and underwater work can still be practised.  
NB: coaches should be careful to build-up underwater work gradually taking account that participants have not trained in water for a considerable time.
- Alternatively you could do widths to spread athletes out.
- Using a snorkel where possible for long sets of swimming and using alternative start ends if doing work that requires longer rests.
- Training should focus on technical drills, figures and elements which can be performed on the spot where possible and with at least 2 metre space between and around athletes. Solo training can be continued, other athletes in pool need to be aware of travel and stick to low numbers and performing drills and figures.
- Duet and team training can only be performed with at least 2 metre distancing, teams should be performed in groups of no more than four athletes (space dependent). Lifts and any close contact is not permitted.
- Cool down can be done as flex drills using bands and further flexibility can be performed at home.

### 8.2 What practices cannot be delivered during these times?

- Performing lifts or any highlights
- Connected movements between two or more athletes
- Close patterns in routines

### 8.3 What numbers can realistically participate in these sessions?

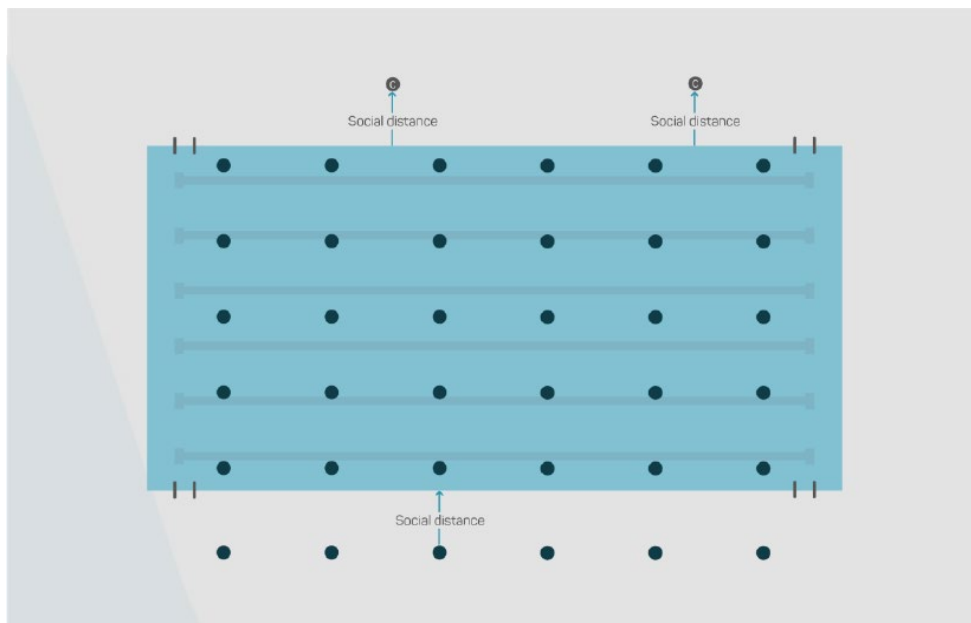
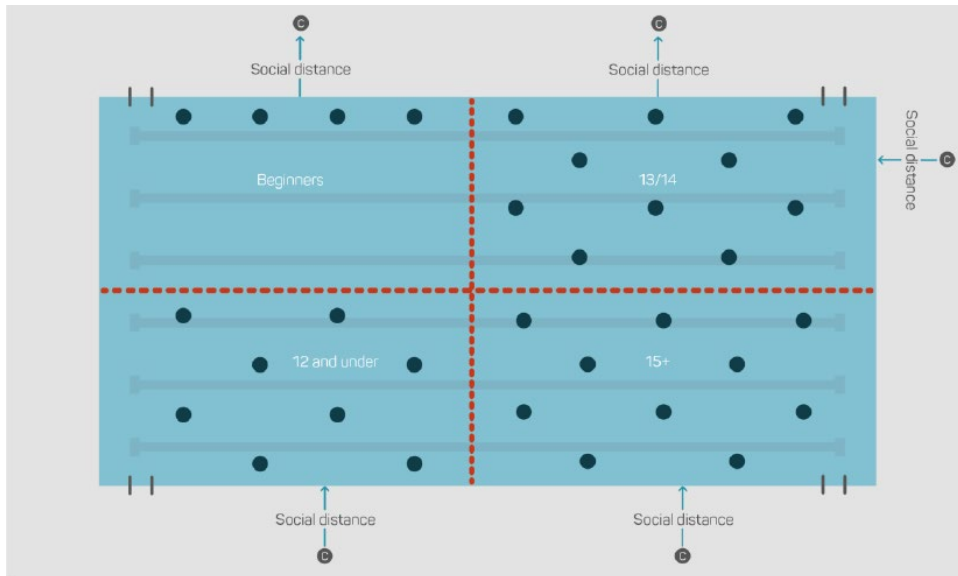
We would advise during the current circumstances that there is a minimum of 6m<sup>2</sup> per athlete – this defines the maximum bather load.

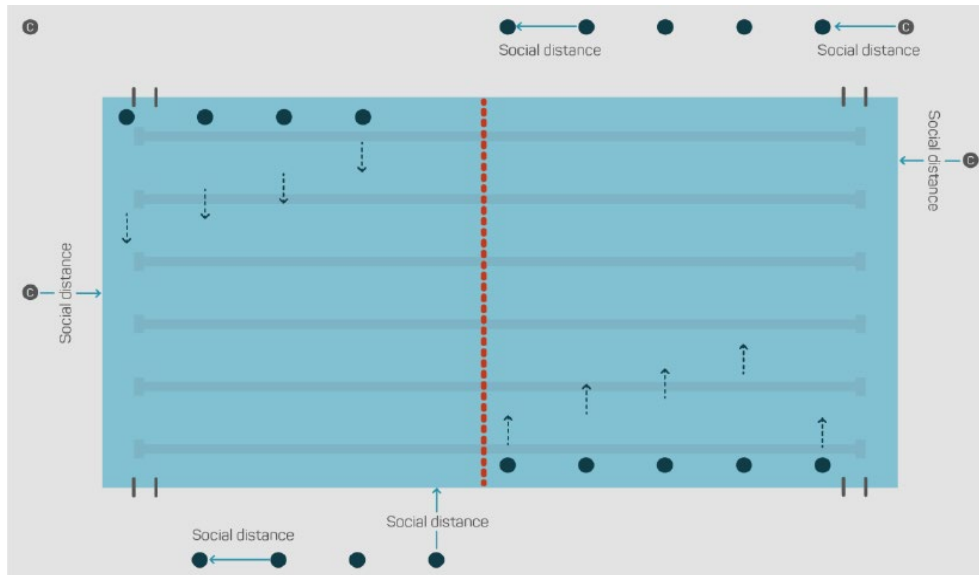
Clubs should plan their number of athletes and make the necessary judgements based on the training plan and their ability to comply with physical distancing guidelines and implement this guidance throughout the session including during rest periods.

The example below is based on 25 metre by 10 – 12.5 metre pool. As highlighted above, the application of this will depend on a number of factors and each club will need to plan and risk assess for their own environment.



We recognise that training sessions may not look like a “normal” programme of training however the circumstances that we are operating under are not “normal” and clubs, coaches and athletes will need to accept that to be able to utilise pools whilst complying with Scottish Government guidance, they will need to adapt accordingly.





## 8.4 Number of coaches and their positioning

This will be dependent upon the number of people in the pool and also the number of lifeguards present at the pool. Coaches are to watch their group of athletes and be aware of passing other coaches, maintaining physical distancing distance at all times. The coaches are to have clearly defined areas to stand and walk and should avoid close contact with athletes.

## 8.5 Use of equipment

- Cleaning regime of equipment before and after all uses including music equipment
- Publish what equipment is required prior to sessions

## 9.0 Scottish Swimming Staff Contacts

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## 10.0 Disclaimer

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