

The background features a dynamic, abstract composition of pink and blue ink splatters and swirls against a white background. The colors are vibrant and fluid, creating a sense of movement and energy. The text is centered over this background.

Dingwall ASC
Return to Training
Planning Meeting (14/06)

Agenda

- **Where we are now**
- **Notes from Scottish Swimming Chairs Meeting (11/06)**
- **What a return to training might look like**
- **Any other business**



Where are we now

Still no training as per Scottish Government/Scottish Swimming Guidance

More events being scheduled for swimmers, coaches and parents in the coming weeks - I highly recommend the Coach Zoom Education sessions - very informative (calendar of events on next slide)

Zoom Catch Ups with A/B Squad will now be on a fortnightly basis

We will be scheduling similar catch up sessions with C/D Squad swimmers - in small groups of 8 swimmers at a time lasting roughly 20 minutes

Parents Quiz Night on 27th June (similar to pilot quiz with B Squad parents but opened up to all parents)



Coming Up

15th June - Q&A with Eddie Rees†

15th June - Coaching 200m Fly*

16th June - Polarised training in Age Group Swimming*

17th June - Pathway changes from LTAD to OADF*

18th June - Training Energy Systems†

19th June - Land Training Fundamentals and Progressions*

24th June - Season Planning*

All free of charge

* bookable through Azolve

† bookable through Fitter and Faster Live

Scottish Swimming Club Chairs Event

I attended on behalf of Nicola (at her request) and have emailed notes to you all.

The key points from the meeting are as follows:

- **Scottish Swimming believe that Club training may be able to return (in a limited capacity) in **Phase 3** of the Scottish Government's Route Map and have released their own Return to Training Document - which has been emailed to the Committee and Coaches.**
- **The progress through the Route Map will not be linear and Scottish Swimming concede that we may have to go backwards to a previous phase if guidance dictates.**
- **There will more than likely be a phased reopening of leisure centres. Capacity and pool user numbers will be the biggest issue with reduced numbers and amended NOP/EAPs.**
- **Scottish Swimming will be supporting Clubs to be granted access to the water first and foremost before other user groups.**



What will a return to training look like?

Scottish Swimming will support Clubs to gain sustainable pool time however there may have to be some compromise. A survey will be sent out in the coming days to help SASA gain an understanding of what pool time each Club currently has.

- There was no clear indication of maximum lane numbers however this will be agreed upon by individual leisure centres, however I will also email to clarify this.
- There may be a need to consider modified Squad structures initially before gradually increasing this when the guidance says that it is safe to do so.
- Scottish Swimming mentioned that this should be risk assessed however I will seek clarification about this.

As an aside, prior to lockdown I was asked to carry out risk assessments for all Club activities by DLC, I have yet to complete this but will do so before we return.



Return to Training Discussion

Based on what I have learned about how other Clubs around the world have returned to training I am working on the following assumptions:

- Reduced squad numbers
- Maximum of 2 - 3 per lane
- Swimmers arrive to and leave training in their kit
- No sharing of equipment or use of leisure centre kickboards due to increased risk of transmission
- Swimmers enter/exit the facility through the fire exits to maintain social distancing
- Siblings and families train together to minimise risk of infection
- There may also be a need to introduce a maximum travel distance. Some Clubs have only welcomed back those within a set radius of their training facility



Proposed Training Scenario 1

An 'elite' athlete only return might be necessary. This will include only the top swimmers in the Club returning to the water.

This option will still mean that there are only 2-3 swimmers per lane. (One at each end of the pool and one swimmer 5m from the deep end wall)

The positive of this is that we can use this as a learning opportunity to see what works and what doesn't.



Proposed Training Scenario 1

Swimmers selected for this will have almost unlimited access to the pool and will utilise all sessions available.

For all intents and purposes swimmers will be selected for this scenario based on a number of factors:

- **Percieved potential**
- **Likelihood of competing (and being successful) in the coming season (2020-21) based on analysis from previous seasons**
- **Potential time left in the Club (I will be working on the idea that those returning will have a minimum of 2 seasons left in Club)**



Proposed Training Scenario 2

Another way in which we might return to training would involve restructuring the Squads to put swimmers in the following groups.

These groups will train as follows:

Group A	Group B
Tuesday 6.30pm - 7.30pm	Friday 7pm - 8pm
Sunday 9am - 10am	Sunday 10:30am - 11:30am*
Group C	Group D
Thursday 7:15pm - 8:15pm	Thursday 6pm - 6:45pm*
<i>Group 1 will attend weeks 1 + 3</i> <i>Group 2 will attend weeks 2 + 4</i>	

I have changed training times to allow for 30 minute overlap to avoid transmission and maintain social distancing.

Proposed Training Scenario 2

This is one of our best case scenarios but will involve detailed discussions with HLH, the Committee and our Members.

Obvious bonuses of this training scenario are:

- We get all of our Club back to training at once
- Groups are at a manageable level to maintain social distancing
- Squads have been restructured so that the strongest swimmers are in Group A (similar to “elite” return previously discussed)
- Group C and Group D have been grouped so that the strongest swimmers are in one group. I've also tried to keep siblings together for ease of travel
- Obvious downside to this is that swimmers in Group C and Group D will only get two training sessions per month so we might have to reduce fees. Also, A Squad swimmers will be losing out on 30 mins of training. Will liaise with Steph

Proposed Training Scenario 3

This scenario is very similar to TS2. The only difference being that when C1 are doing pool work - C2 will complete some sort of land training.

We might need to speak with HLH staff to see if someone could run this for us or we could run this ourselves.

The plus side of this is that everyone is getting some form of training each week.

The 'downside' of this is that we will have to ensure social distancing measures are maintained and possible transmission is kept to a minimum.

Additional things to consider:

- Is there a need for face coverings for coaches?
- Coaching numbers per session may need to be altered to either:
 - a) maintain social distancing on poolside
 - b) adhere to guidelines on maximum user numbers as set out by NOP/EAPs
- Will we be able to assist swimmers who have issues with caps/goggles?
- Swimmers will have lost approximately 24 weeks of training and as such their aerobic/anaerobic capacities will be severely diminished. As such training will need to be modified in such a way to gradually ease swimmers back.
- The emotional toll of lockdown is as yet unknown however I anticipate we will have to take a more pastoral approach* to training.

*emotional support

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Finally

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- **This is all a work in progress and no idea is set in stone - likewise no idea is a bad idea**
- **The situation is evolving day to day so things will have to be adapted just as quickly**
- **Important to consider all of our options if we are to survive as a Club but we will get through this!**
- **There needs to be greater transparency between the Committee, Coaches and our members. It's important they know what we are discussing and are kept involved every step of the way**
- **I have created a new page on our website entitled Return to Training where all updates from meetings will be posted**