



Scottish
Swimming

Club Training (Indoor & Outdoor) Back to the Water COVID-19 Guidance

Published 17th July 2021

Introduction

As Scotland continues to progress through the Protection Level Framework, moving to level 0 from the 19th July and beyond on 9th August, COVID-19 guidance relating to club sporting activity is being updated accordingly. This COVID reference guide details the key points for clubs to consider, to ensure the aquatic sports continue to operate as safe as possible. The document includes the necessary information covering indoor and outdoor sporting activity. Communication with your facility provider will be critical to understanding any changes they are implementing now and potentially in the future, including what processes/protocols will need to be in place/amended.

The previous versions of the Scottish Swimming Club Training and Open Water guidance documents will be removed from the Scottish Swimming website in due course as this document provides the sufficient detail to support club sporting activity. This document will continue to be updated as required. The information contained within this document is based on the **sportscotland** Return to Sport guidance document. The full document can be found [HERE](#) and supporting information and resources from **sportscotland** for clubs can be found [HERE](#)

Sport and Physical Activity Restrictions

Indoor sporting activity allowed in Level 0

- Under 18 Indoor non-contact sport permitted
- Over 18 Indoor non-contact sport permitted
- Under 18 Indoor contact sport permitted
- Over 18 Indoor contact sport permitted

Contact sport activities in Water Polo and Artistic Swimming can now restart for all ages.

An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training, competition, or participation events up to the limits noted below. Coaches, officials, and other volunteers are not included in Level 0 to Level 2 bubble/participation numbers. Support staff numbers should be limited to those that are required to ensure a safe, well run activity:

- Level 2 – Bubbles of up to 50 with a maximum of 500 participants per day
- Level 1 – Bubbles of up to 100 with a maximum of 1000 participants per day
- Level 0 – Bubbles of up to 500 with no participant limit per day

COVID-19 Officers

The COVID-19 Lead officer role will still be required to be in place at all protection levels including Level 0, to support the club as necessary with COVID-19 compliance and protocols.

The default position for COVID-19 Liaison officers in level 0 areas is that they are still required to be in place. If the club is unable to provide sufficient cover of COVID-19 Liaison Officers at sessions, the COVID compliance responsibility should be covered by an individual who is at the session, i.e. Lead Coach/Assistant Coach/poolside helper.

Clubs are reminded that any COVID-19 Liaison Officers who haven't completed training or anyone responsible for COVID compliance at sessions, the **sportscotland** training module for COVID-19 Officers can be found [HERE](#).

As a requirement for the Test & Protect process, clubs should continue to retain the attendance information for every session for a 21-day period or as defined in the clubs' privacy notice, should the information be required.

Self-declaration and Health survey forms

Self-declarations are the acceptance of the level of risk posed returning to club activities. If athletes/team staff and volunteers have taken a break from club activities these should be completed again and returned to the club. Health survey forms are still required to be completed for all athletes, team staff and volunteers. If there is a break in activity or an individual has become ill or unable to attend club activities, the form should be completed again and returned to the club.

Face coverings

Face coverings must be worn by all athletes and team staff while indoors. Exemptions on the basis of medical conditions and disabilities are allowed. This should be included in the risk assessment that is in place for the session. Athletes do not have to wear a face covering **during** the sporting activity.

Consideration for the wellbeing of coaches is important and there may be times where coaches are concerned about wearing a face covering for a lengthy period of time within the pool hall environment. Subject to an appropriate risk assessment it may, at times, be reasonable for a coach to remove their face covering whilst on deck.

Physical distancing

From the 19th of July the Scottish Government have announced a change to physical distancing. The 2m distancing that has been in place will be reduced to 1m while indoors. Physical distancing must be followed by everyone at all times while indoors, except for athletes during the sporting activity.

Where there is likely to be close proximity or contact between participants involved in a sporting activity, mitigating actions should be considered to minimise risk and keep participants safe. As soon as a participant has completed training, a competition or event, they should leave the field of play/venue

Risk Assessments & Pool Operating Procedures

The pool safety operating procedures may have been updated. Liaise with the facility staff to identify any relevant changes to the NOP/EAPs that affect club activity.

It is important to review and update risk assessments with any necessary changes from the club and facility perspectives. Ensure the club risk assessment is shared and agreed by the facility management and the information is made available as required.

The Scottish Swimming Pool Operators Guidance Document has been updated and can be found [HERE](#)

Safe supervision, First aid provision & Process for illness

Indoor - Liaise with the pool operator to confirm there are no changes to the supervision cover for pool based sessions and confirm what the procedures are for first aid provision, in case this is required. Confirm with the pool operator the process for someone falling unwell (COVID or otherwise) during club activity.

Outdoor - Liaise with the venue to confirm what safety procedures/provisions are in place (if applicable). Clubs/organisers should ensure access to first aid and relevant emergency equipment is available for the duration of the activity.

In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The COVID Lead Officer should consider processes for managing this as part of their risk assessment. For more information on First Aid and COVID: [HSE: First Aid during the coronavirus](#)
Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal.

Hygiene, cleaning & PPE protocols

All club members should be encouraged to ensure they wash and sanitise hands regularly while within the facility and during club activity. Where applicable liaise with the facility operator to confirm the necessary protocols and procedures are in place for the cleaning of equipment before, during and after club activities as appropriate. Clubs should ensure appropriate hygiene and cleaning provisions/PPE are in place for members as required.

Changing rooms

Access to, and use, of changing rooms and showering facilities is permitted if appropriate risk assessment and hygiene measures have been put in place. Clubs should liaise with the facility operator to identify whether use of the changing rooms is allowed and what protocols are in place. Best practice would be for athletes to continue to arrive beach ready for the training session and for team staff to arrive ready to carry out their duties, thus limiting time spent in the changing room areas.

Equipment

Where possible, athletes should have their own equipment and should only bring what is required for that particular session/event. Sharing of equipment is still not recommended. Facility owned equipment should not be loaned out to athletes at this time. Best practice is that equipment should not be stored at the venue, however clubs should liaise with the facility management to identify what the protocols are in place for each venue. Clubs should ensure that protocols for cleaning personal equipment are still in place.

Multi-use lets

Multi-use programming can now be used by facility operators, meaning that more than one user group/activity can share the pool/activity space at any one time. Liaise with the facility operator to understand any subsequent changes that need to be included in the club protocols/procedures.

Session management

The surface area required for each 'bather' is being reduced from 6sqm to 3sqm from the 19th July. This may mean increased lane and pool capacities during club activities and clubs should liaise with the facility management to identify any changes to capacities. Standard single width lanes only should be used now for club sessions. Best practice for lane directions is to remain the same and therefore all lanes should be swum in the same direction to reduce the COVID risk for athletes.

Number of Team Staff

With the reduction in physical distancing from 2m to 1m, additional assistant coaches and poolside helpers can support the lead squad coach in the delivery of sessions. An appropriate risk assessment should be in place and numbers should be agreed by the pool operator. It is recommended that the number of team staff on poolside is kept to a minimum and physical distancing is maintained.

Protocols for entry and exit

Liaise with the facility/venue staff to identify any changes to the protocols for entering/arrival and exiting the facility/venue. There may be limits on the number of people/user groups accessing particular areas at the same time, so understanding any limits or staggering entry times etc will be important. Key consideration should be given to the procedure for late arrival or collection of athletes. Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to household rules.

Spectating & supporting athletes

For indoor sporting activity there are still restrictions on spectating at training sessions and at events. Best practice for pool operators currently is not to have spectating in place during club activity. Clubs should liaise with the venue management to identify what restrictions or capacity for spectating is in place. Spectating is permitted when supervising a vulnerable person.

Currently no spectating is permitted at outdoor activities except if it's to supervise a child and/or vulnerable person. Due to the nature of Open Water Swimming it is recommended every swimmer has a designated person at a session for safety reasons, they would need to be included in the session bubble sizes.

It is recognised that it may not always be possible to prevent people from spectating in a public space such as a park. In such circumstances, the club are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating.

For clarity, where informal spectating does take place clubs/organisers are not expected to enforce government guidance on members of the public in places not under their control.

Where a person requires the support of a carer to undertake sport or physical activity safely, the carer will not be counted in the bubble total. In such circumstances the COVID Officer should risk assess and where required take additional precautions to minimise risk. For instance, the carers may wear, if appropriate, personal protective equipment (PPE) such as face masks during the activity.

Coaching Considerations (outdoor & indoor)

- Plan and risk assess 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
- 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
- Consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this, in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate
- Coaches working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).

Competitive Aquatic Events

For guidance on competitive events, please refer to the competition guidance documents available for each aquatic sport which can be found [HERE](#).

Formal presentation ceremonies, both indoor and outdoor, should only take place during or after a sporting activity or competition where Scottish Government household rules on gatherings allow. The emphasis should be on reducing risk. However best practice for aquatic sports is that presentations should currently not take place.

Travel

Children & Young People (17 years or under): People can travel to and from Level 0, 1, 2 and 3 areas to facilitate or take part in organised sport, training, and competition which is for persons under 18 years of age.

Adults (18 years or over): Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training, and competition. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to take part in organised sport or physical activity.

You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow [Transport Scotland: advice on how to travel safely and put in place appropriate risk assessment and mitigations](#).

If travelling to another home country for training or competition activities, Clubs should understand the COVID restrictions/conditions in place at destination prior to leaving. Ensure an appropriate risk assessment is in place covering the trip.

Test & Protect

[Test and Protect](#) is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

What should someone do if they have coronavirus symptoms?

If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [NHS inform: Get a Test](#) or by calling **0800 028 2816** if they cannot get online.

Scottish Swimming Staff Contacts

Euan Lowe	Chief Executive	e.lowe@scottishswimming.com	07740 987379
Ally White	Director of Performance	a.white@scottishswimming.com	07834 583318
Paul Donald	Club Development Manager	p.donald@scottishswimming.com	07702 872965
Paul Wilson	Disability Performance Development Manager	p.wilson@scottishswimming.com	07809 657661
Gordon Hunter	Participation Development Manager	g.hunter@scottishswimming.com	07785951363
Alan Reed	RSDM East	a.reed@scottishswimming.com	07917 164644
Colleen Blair	RSDM Highlands, Islands & Moray	c.blair@scottishswimming.com	07809 658341
Erin Cummins	RSDM West	e.cummins@scottishswimming.com	07917 875447
Andy Maguire	RSDM Central & West	a.maguire@scottishswimming.com	07894 613103
Sean Dawson	RSDM Grampian & Tayside	s.dawson@scottishswimming.com	07801 578967

Disclaimer

When referring to any documents and associated attachments in this guidance, please note the following:

- Reliance upon the guidance or use of the content of this website will constitute your acceptance of this disclaimer. The term guidance should be taken to imply the standards and best practice solutions that are acceptable to Scottish Swimming.
- The documents and any associated material are intended for information only.
- The content of this guidance is considered by Scottish Swimming to be correct at the time of publication. Amendments, alterations and updates of documents may take place from time to time and clubs should review at the time of use to ensure the most up to-date versions are being referred to and satisfy themselves that there has been no change in position.
- Whilst every effort is made to ensure accuracy of all information, Scottish Swimming and its agents, including all parties who have made contributions to any documents, shall not be held responsible or be held liable to any third parties in respect of any loss, damage or costs of any nature arising directly or indirectly from reliance placed on this information without prejudice.
- Clubs should continue to check information published by the Scottish Government and **sportscotland** after reading this guidance.

This guidance is provided for general information only. Scottish Swimming is not your adviser and any reliance you may place on this guidance is at your own risk. Neither Scottish Swimming, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance. Care has been taken over the accuracy of the content of this note but Scottish Swimming cannot guarantee that the information is up to date or reflects all relevant legal requirements. The information contained in this guidance note are not site specific and therefore may not be suitable for your facility or event.

This guidance is not intended for, and should not be used in connection with, any procurement activities, or for obtaining planning or other statutory approvals. Clubs hold and will continue to hold Scottish Swimming free from all harm and liabilities arising from any action taken by clubs under this guidance.