

# Return to the Pool

Grant Robins – Head of Talent - Swimming  
Jon Keating – Club Development Director  
Tom McManus – Para Talent Officer  
Mike Parker – Swimming Talent Officer

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# Covid-19 Return to the Pool

- *When pools reopen, it will not be a case of 'business as usual' and we know that things will have to be different, but if we are to play our part in protecting the NHS from another wave of Covid-19 admissions, it is important we follow the latest guidance and adjust to the new 'normal'.*
  - Jane M Nickerson - June 2020
- **Return to the Pool documentation**

# Return to the Pool – Guidance

## Five separate documents

- Club Guidance
- Community Swimming and Instructor Led Guidance
- Operator Guidance
- Swimming Lessons Guidance
- User Guidance

# Guiding Principles

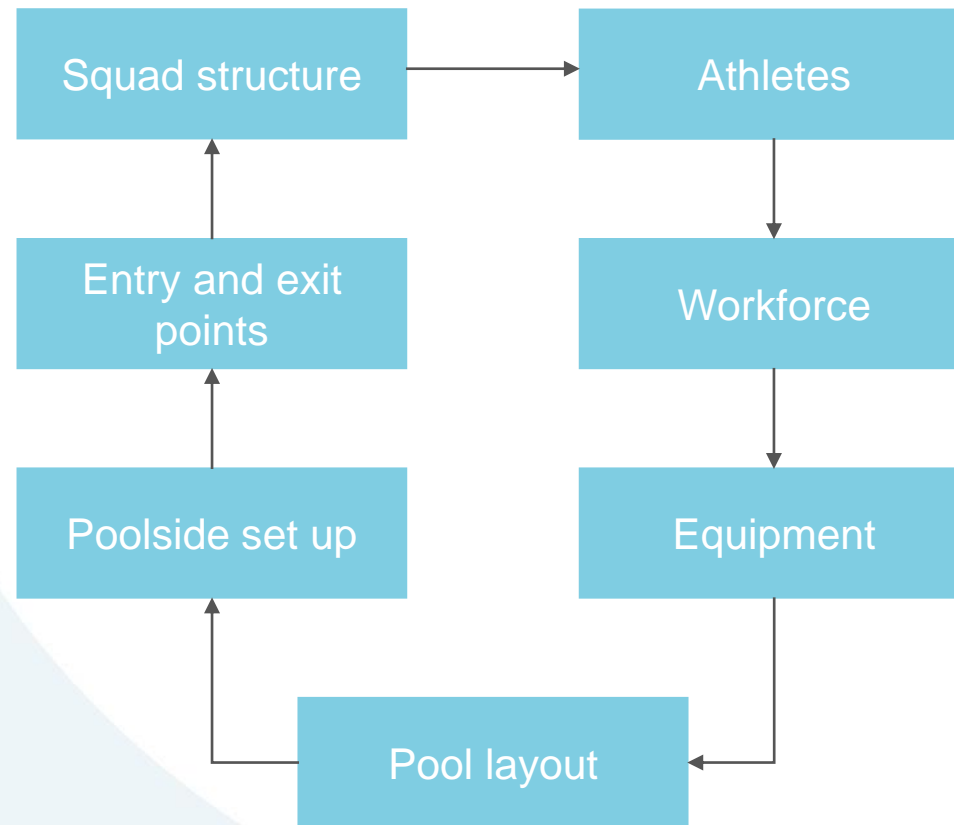
Safety first

Consistent

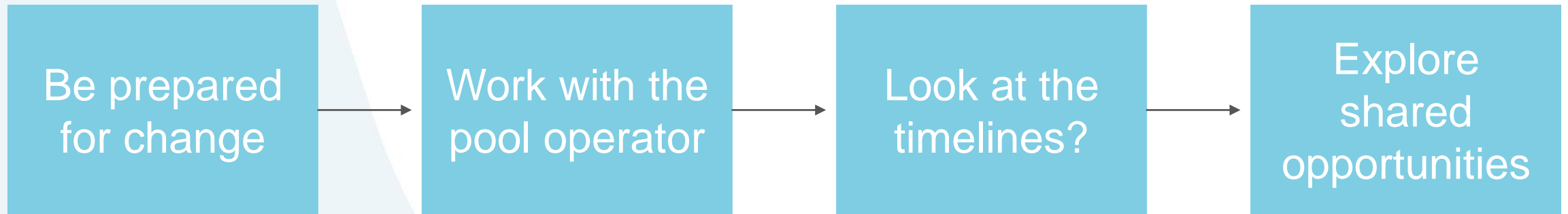
Robust

Evolving

# Guiding Principles – applied to...



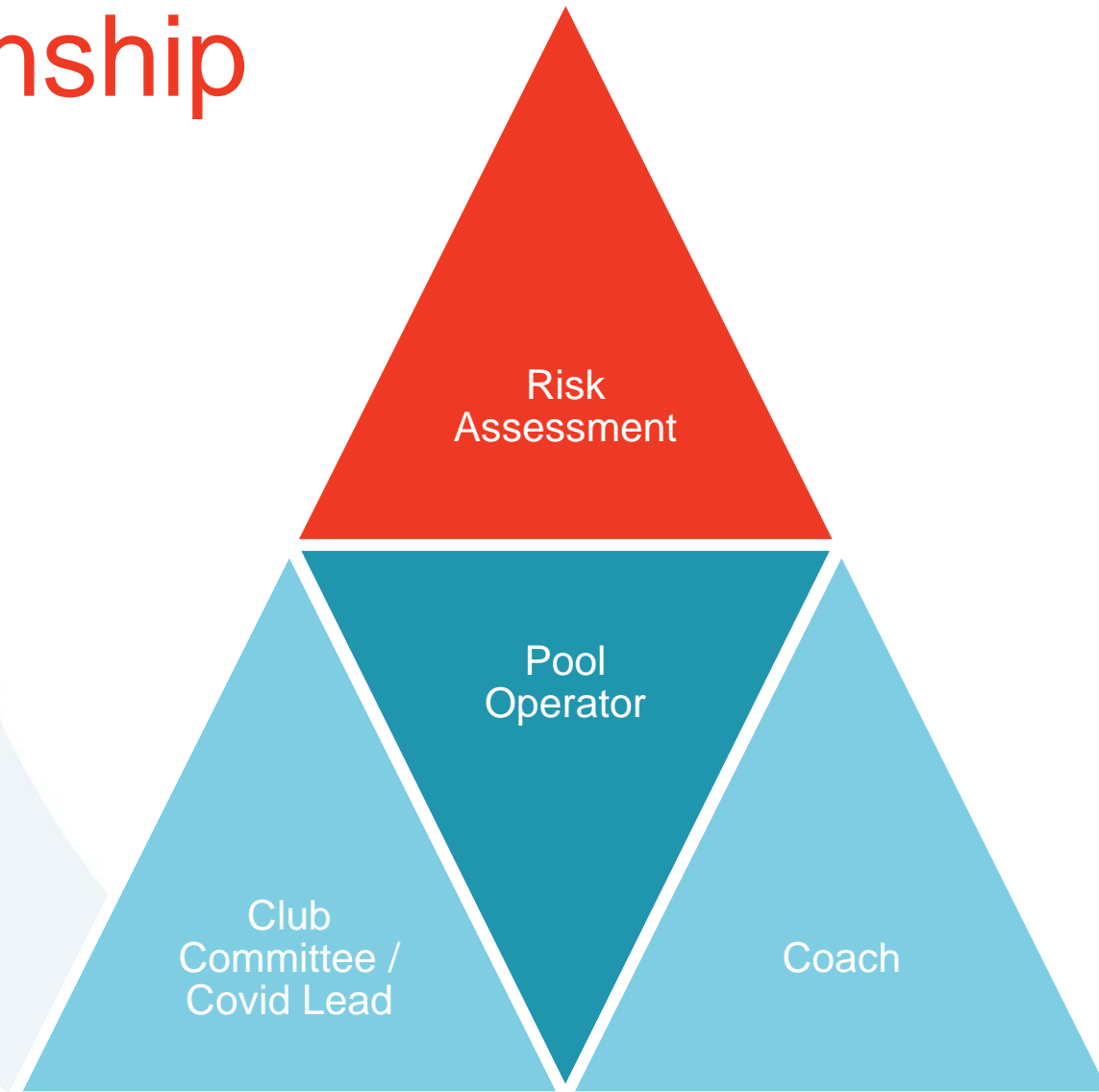
# But remember.....



# Club Swimming

- A review/survey of finances and members etc.
- A dedicated officer responsible for Covid-19 Liaison.
- Build strong relationships with the pool operators.
- Bather load and lane capacity, look at the 'Swim England Guidance for Operators'.
- Teachers and Coaches should adhere to government guidance on social distancing.
- Access to and from the poolside, considering all facility users.
- Allow sufficient cross over time between squads.
- Participants should bring their own equipment that has been cleaned.
- Supervision/spectating is likely to be limited, if at all, so follow social distancing guidelines.

# Key Relationship



# Preparation for Return

1. A club review – what is the baseline?
2. Work with your operator / pool provider.
3. Preparing for social distancing.
4. The new timetable.
5. Reinstating your workforce – Paid and Voluntary:
  - Safety.
  - Expenditure.
  - Membership.

# Additional resources – swimming.org

## [swimming.org/swimengland/club-coronavirus-toolkit/](https://swimming.org/swimengland/club-coronavirus-toolkit/)

- Finance toolkit.
- Member survey.
- Club Covid-19 Lead – Role Description.
- Thought starters.

## [swimming.org/swimengland/pool-return-supporting-resources/](https://swimming.org/swimengland/pool-return-supporting-resources/)

- Risk Assessment template and examples for
  - Artistic Swimming.
  - Competitive Swimming.
  - Diving.
  - Water Polo.
- Advice for returning to exercise after Covid-19.
- Health Survey / Covid-19 and Risk Awareness Declaration.
- Training venue assessment.

# Covid – 19 Lead

[swimming.org/swimengland/pool-return-supporting-resources/](https://swimming.org/swimengland/pool-return-supporting-resources/)

- Key Function for Returning to the Pool.

Link with the pool

Main contact for C19

Oversee Risk Assessment

Up to date with government changes

Support Committee  
(if not committee)

Seek advice and guidance

# Risk Assessments

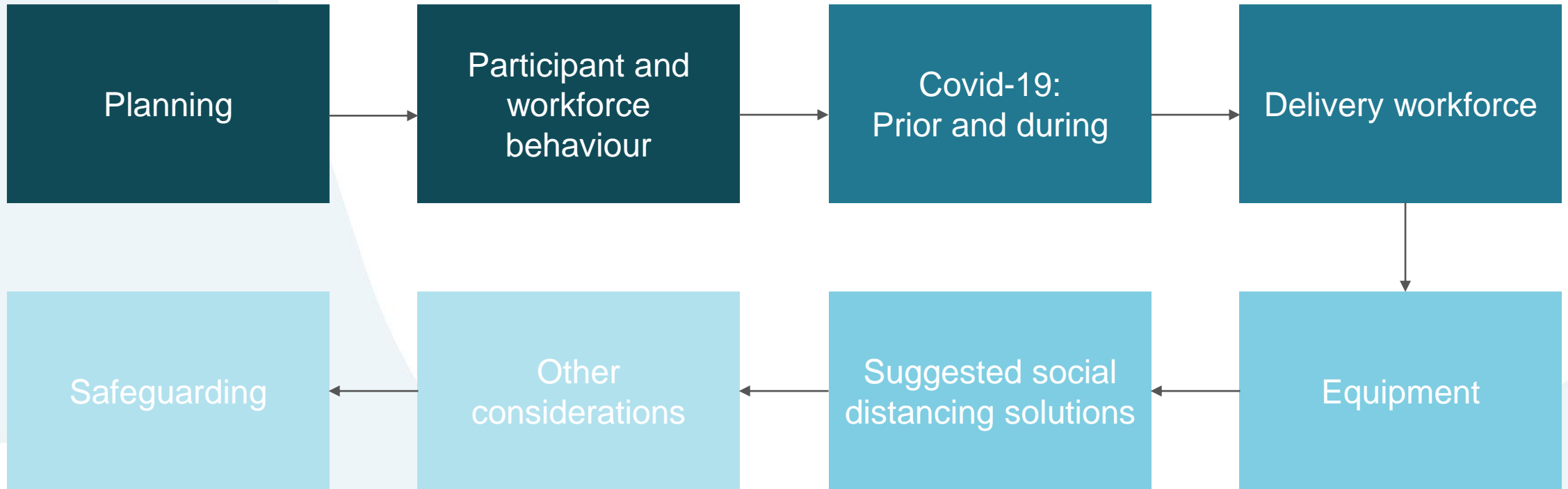
- Clubs must complete a Risk Assessment specific to Covid-19 and returning to activity.
- Supporting Resources
  - Thought Starters
  - Risk Assessment Template
  - Risk Assessment Examples



# Return to training

- Covid-19 Lead with Committee support.
- An additional Covid-19 Liaison for each training squad. This person should not be the session coach and ideally have no other role at the training session.
- A multi squad training session only one Covid-19 Liaison necessary.
- The Covid-19 Lead and the related liaison team should maintain a good level of contact to help a prompt dissemination of information and updates.

# Key Processes



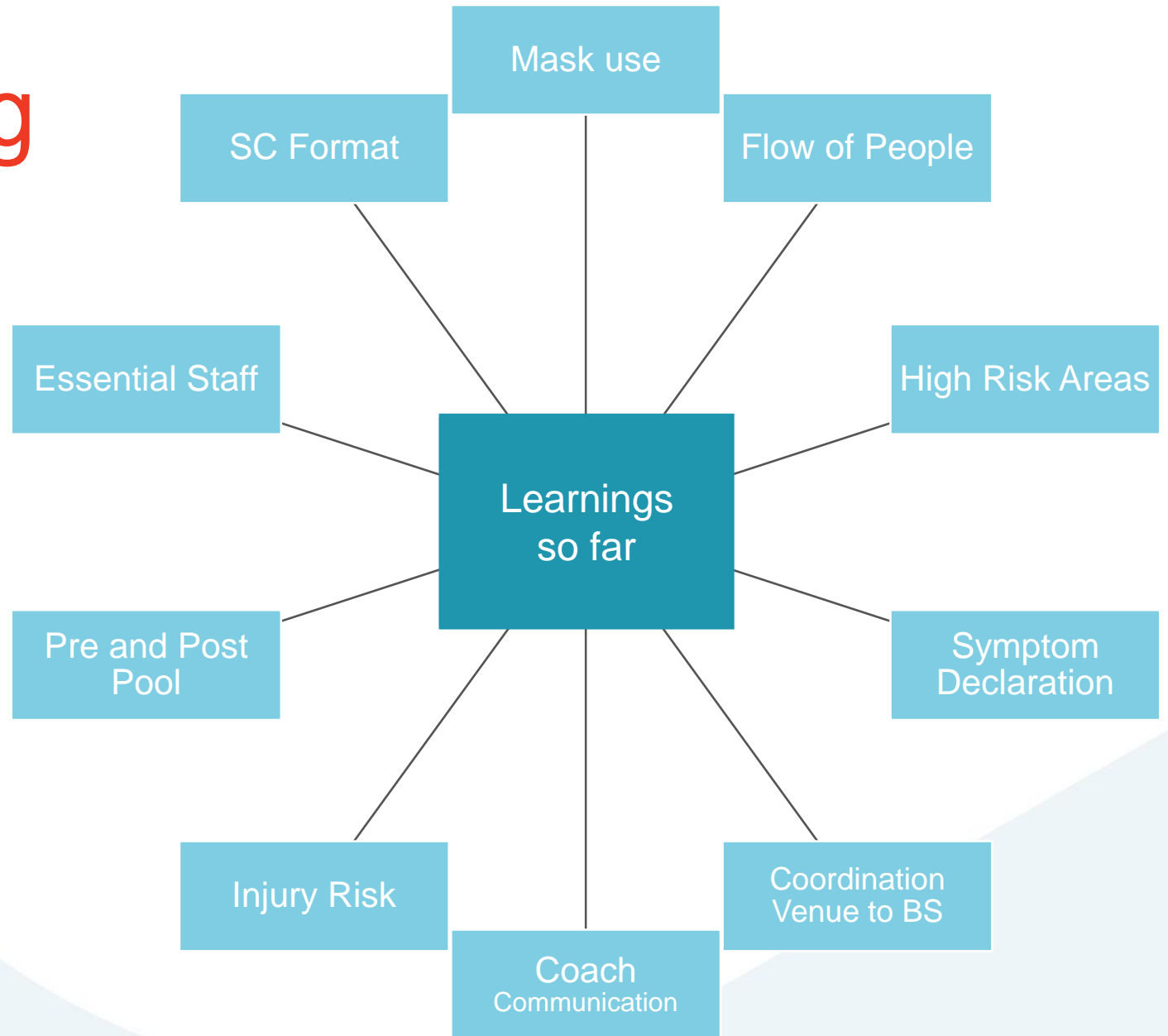
# Competitive Swimming

- All coaches should take into account the information within the risk assessment
- A minimum of **6 square metre** per participant.
- It is acceptable for swimmers in a session to **pass each other at less than 2 metre distance**.
- It is imperative that swimmers maintain social distancing **when static either in or out of the water**.
- We suggest that clubs utilise a **double width lane set-up** to minimise transmission risk.
- Clubs should plan their number of swimmers and make the **necessary judgements based on the training plan** and their ability to facilitate social distancing guidelines throughout the session including during rest periods.

# Training guidelines

- Suitable
- Not Suitable
- Swim England Return to pool activity overview document (SSSM)

# British Swimming



# Para Swimming

- Read in conjunction with:
  - Return to training – All disciplines.
  - Return to training – Competitive swimming.
- Look at the 'At Risk Groups':
  - People at high risk (NHS letter).
  - People at moderate risk (no NHS letter, follow Government Guidelines).
- Guidance for clubs with para-swimmers / swimmers with disabilities.

# Questions?

Thank you for your time this evening

