



Scottish
Swimming

‘Beyond Level 0’

Back to the Water

COVID-19 Guidance*

***Updated 19th January 2022**

Published on 19th January 2022

Introduction

The move to 'Beyond level 0' on the 9th August is a positive step forward and most of the remaining restrictions on the aquatic sporting environment have eased further or been removed. As restrictions are eased, the emphasis will continue to be on personal responsibility, good practice and informed judgement. The latest information on Coronavirus in Scotland can be accessed on the Scottish Government website at [Coronavirus in Scotland](#).

Scottish Swimming have removed our extensive back to water guidance and encourage pool operators, providers and clubs to progress towards a return to normal operations following a review of this document and completing appropriate risk assessments and updating operating procedures. This condensed guidance document replaces all previous documents and sets out considerations for pool operators, providers and clubs for "Beyond Level 0".

There will be a period of transition to allow facility operators to amend their procedures, update risk assessments and retrain staff at the pace of the local area. Different operators will go through the transition at different paces. Scottish Swimming will support as appropriate to ensure the sport returns fully as quickly and as safely as possible. Clubs should continue to liaise with their facility operator.

COVID-19 is a virus that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that everyone continues to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation. This includes:

- Good hand hygiene and surface cleaning
- Continued promotion of good ventilation
- Requirement for face coverings in certain settings (e.g., public transport, retail)
- Continued compliance with [Test and Protect](#), including self-isolation when necessary
- Ongoing need for outbreak management capability, including active surveillance
- Continue to encourage a greater degree of working from home than pre-COVID19. Where this is possible and appropriate, it will not only assist with controlling transmission of the virus, but also promote wellbeing more generally

It is recommended that '**Give people space**' messaging should be promoted.

Pool Operator considerations

Please refer to [sportsotland – Getting Your Facility Fit for Sport](#)

The Pool Water Treatment Advisory Group (PWTAG) is the recognised body for swimming water quality standards in the UK. The following advice should be followed:

PWTAG - [Code of Practice](#) PWTAG - [The Swimming Pool Water Book](#) PWTAG - [Technical notes](#)

Operators should also ensure they are operating in accordance with the following guidance and standards:

- BS EN 13451: Swimming pool equipment
- BS EN 15288: Swimming pools for public use
 - Part 1: Safety requirements for design,
 - Part 2: Safety requirements for operation
- HSG 179: Health and safety in swimming pool

For Lifeguarding, please ensure you are also following [RLSS UK Guidance](#) or your provider's guidance at all times.

Sport and Physical Activity Restrictions

Indoor and outdoor contact and non-contact sport is permitted for all age groups. All club training and wider club activities can resume. For indoor club activities the numbers involved should be dictated by the normal operating procedures set out by the facility management. For full [sportsotland](#) guidance: [return to sport and physical activity guidance](#)

Club Guidance

COVID-19 Officers

The COVID-19 Lead officer/team role is still required to be in place to support the club as necessary with ongoing COVID-19 compliance and protocols.

COVID-19 Liaison Officers no longer require to be in place. The coaching team/poolside helpers should cover the COVID-19 compliance responsibility at sessions including recording attendance to support the Test & Protect process.

Self-declaration questionnaires

Self-declarations no longer require to be completed

Health survey forms

Health Survey forms no longer require to be completed. Club members should inform the designated person within the Clubs' COVID-19 Lead team should they develop symptoms or test positive so the appropriate protocols can be followed.

Face coverings

Taken from [sportscotland return to sport and physical activity guidance](#)

Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance:

- Where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability
- Or if there is a reasonable excuse not to wear a face covering such as:
 - Where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e., in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor
- Being physically active or exercising as part of the coached session

The priority should be on ensuring the safety of the coach and participants and minimising the risk of virus transmission before, during and after activity.

Face Coverings in swim lesson environment

The wearing of face coverings is the default position when delivering swim lessons indoors and should be encouraged, however considering the above and subject to an appropriate risk assessment it may, at times, be reasonable for a swim teacher to remove their face covering whilst delivering swim lesson.

Scottish Swimming recognise face coverings can have an impact on learning, understanding and delivery, as well as the safety of the session, as participants need to clearly understand and follow instructions. The wellbeing of teachers also needs to be considered within the pool hall environment. The impact of wearing a face covering for a lengthy period in this setting while actively delivering should be considered as part of the risk assessment.

Face coverings in a Club environment

Face coverings must be worn by all athletes (12 & Over) 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

With the move to 'Beyond level 0' on the 9th August the requirement to physically distance has been removed. When a local area is operating 'Beyond Level 0' it is recommended that '**Give people space**' messaging should be promoted.

Risk Assessments & Operating Procedures

With the move to 'Beyond level 0' the pool safety operating procedures may have been updated to account for necessary changes. Clubs should 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. For outdoor non-managed venues, clubs should ensure their activity risk assessments and procedures are updated as required. Any changes should be communicated appropriately.

Safe supervision, First aid provision & Process for illness

Indoor – With the move to 'Beyond level 0' Clubs should liaise with the facility 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](#)

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, clubs should 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. Clubs should liaise with their facility operator to identify whether the use of these areas is allowed within their facility.

Equipment

There are no COVID-19 restrictions on the use, storage or borrowing of equipment. Consideration should be given to the cleaning of equipment and hygiene protocols before and after use. Clubs should liaise with their facility operator to identify any restrictions on the use, storage or borrowing of equipment within their facility.

Session management

There is no COVID-19 restriction on lane or pool capacities and limits on these spaces now default to what is stated in the facility operating procedures. Clubs should liaise with the pool operator to identify any changes to lane/pool and other building capacities as required. Standard single width lanes should be used for club sessions and there is no restriction on lane direction.

Number of Team Staff

There is no COVID-19 restriction on the number of coaches and team staff that can be on poolside/within the facility. Reminder that safe recruitment practices should be in place. Any capacity limits in place will default to the facility operating procedures. Clubs should liaise with the facility management to identify any restrictions on the number of team personnel able to access the venue at any one time.

Protocols for entry and exit

With the removal of physical distancing within facilities and a move to recommending 'Give people space' messaging, the protocols for entry and exit and moving around the facility may be updated. There may still be limits within certain areas of the facility as capacities change. Clubs should liaise with the facility management to identify and changes and update their processes as appropriate.

Spectating

The COVID-19 restrictions for spectating have been relaxed. Spectating both indoors and outdoors is now allowed. Please liaise with your facility management to identify what the spectating capacity of your facility is for each activity as appropriate.

Covid certification scheme: There is now a requirement for indoor and outdoor events with attendances of more than 1,000 people to check the certification status of at least 50% of attendees or 1,000 people, whichever is higher.

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 aquatic events, please refer to the competition guidance documents available for each aquatic sport which can be found [HERE](#). Additional information is available on the **sportscotland** website: [Return to Competition & Events: sport events](#).

Formal presentation ceremonies can now take place during or after competitive events. Briefing sessions can now take place within the venue. Clubs should liaise with the facility operator to understand any capacity restrictions in place within areas of the venue.

Travel

Travel guidance outlined by the Scottish Government should always be followed. 'Beyond Level 0' no travel restrictions are applicable, within or between areas in Scotland, which are not categorised under the protection level system. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Scottish Government are also continuing to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).

Test & Protect

Contact tracing and testing of close contacts will continue as we move forward through the pandemic, including 'Beyond Level 0'. [Test and Protect](#) will change as the population becomes more protected by vaccination but will still play a role in mitigating clusters and outbreaks where they arise

People recording positive lateral flow tests or developing coronavirus symptoms must not attend the training session, club activity or competitive event. They must stay at home and follow Scottish Government guidelines. Anyone developing or reporting symptoms at the competition venue or during the event, should inform the designated person within the Clubs' COVID-19 team or the designated event COVID officer immediately.

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.

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