

Back to the Water Route Map

A Framework for Returning to
Aquatics in Scotland

Foreword



Euan Lowe

**Chief Executive
Scottish Swimming**

We welcome the Scottish Government's announcement on 18th June 2020 of the staggered progression into Phase two of the route map out of lockdown as we take another step closer towards a return to aquatics. COVID-19 has impacted us all and this period of lockdown has been some of the most challenging many of us will have ever experienced, however we continue to work closely with the Scottish Government, sportscotland and our aquatic partners to produce guidelines and plans which ensure a safe and manageable return for our sport while adhering to public health advice.

We have updated our own Back to the Water route map to reflect the latest Government announcement and outline the decision-making processes and impact on different areas of our sport and the facilities that would make a return to water possible. As with the Scottish Government route map, this is very much a living and evolving document created with flexibility to allow for movement forward or backward if necessary through the phases in reaction to Government advice or the decisions of the Local Authorities and Leisure Trusts who run the facilities. Our route map has two key parts:

- 1. Back to the Water: Facilities and Participation**
- 2. Back to the Water: Club Training and Competition**

A number of consultation and working groups continue to work across the sector to determine the detail that sits behind these plans in order to develop a safe return to swimming and aquatic sports for all. However, any plans and decisions will be made and adjusted in the best interests of the health and safety of our members, and will be based on the advice issued by the Scottish Government and NHS Scotland. This route map, however, will hopefully provide everybody involved in our sport, an outline picture of how we are looking to move out of lockdown. Scottish Swimming is looking to take a systematic and progressive approach to getting "Back to the Water". Ideally, starting small in Phase 2 under Scottish Government guidelines, we will take learnings from the process to inform future planning and to help address potential challenges when club activity becomes a reality.

A number of detailed plans and guidelines are in development and following consultation with key stakeholders, will require Government and sportscotland approval prior to issue. Once again I'd like to thank our members, volunteers, staff and partners for your continued patience, resilience and ongoing work to develop a safe return to aquatics which we will all look forward to.

Context

The 'Back to the Water' route map on the following two pages outlines our approach, the decision-making processes and the impact of the COVID19 lockdown and subsequent phases on aquatics. The tables explore the possible route back to swimming and all aquatic disciplines from the perspective of pool operators, workforce, clubs, members and the impact on participation, training and competitions. Further detailed guidance will be published in due course for each of the phases. It cannot be assumed that any progress will be linear or that there will be a simple transition from one phase to the next. Smaller steps may be taken between phases and there may be regressive steps but the approach is designed to be flexible based on Government advice and announcements, and in consultation with facilities across Scotland.

The decision-making process that will influence the content of this outline plan and our approach will cascade from Government and all detailed guidance that sits behind this overview are subject to Government and sportscotland approval. Please note it may take time to gain approval following any Government announcement and Scottish Swimming guidance must be followed before taking to the water.

KEY AND DEFINITIONS



SS

CPD

H&S

PHS

SS Connect

Azolve Database

= the current phase

= Scottish Swimming

= Continuing Professional Development

= Health and Safety

= Public Health Scotland

= Scottish Swimming Online content and courses

= Bespoke Scottish Swimming database

Back to the Water: Facilities and Participation



LOCKDOWN

PHASE 1

PHASE 2

PHASE 3

PHASE 4

What the
Government might
say



Physical distancing requirements apply.
Can not meet with any other household.
Only essential travel and activity outside the home.
Schools and universities are closed.



Physical distancing requirements apply.
Can meet with one household outdoors at a time (maximum 8 people).
Permitted to travel 5 miles to exercise outdoors.
School staff return, universities closed.
Outdoor exercise e.g. safe outdoor swimming permitted utilising guidelines.

Physical distancing requirements apply.
Can meet with two households at one time outdoors (maximum 8 people).
Should not travel more than broadly 5 miles for leisure and recreation. Outdoor sports courts can open.
Professional sport can resume with public health restrictions remaining in place.

Physical distancing requirements apply.
Can meet with other households indoors.
Driving for leisure purposes beyond local area is permitted.
Schools and universities open.
Gyms open in line with public health advice. Live events permitted with restrictions, hygiene & physical distancing.

Government lockdown restrictions and physical distance requirements updated with scientific advice.
Further relaxation of restrictions around live events and meeting people. Increased opening of public facilities in line with public health advice



What this means
for Pool Operators



Pools are closed following recommended guidelines.
Pool maintenance to be considered.
Staff might be furloughed or redeployed.

CLOSED

Pools are closed following recommended guidelines.
Pool maintenance to be considered.
Staff might be furloughed or redeployed.
Consultation process with Leisure Trusts and Local Authorities established and underway.

In line with a return for "professional sport", Step 1 of the "Back to the Water" for aquatics. Learning from the process to be utilised in subsequent phases for other venues.
Operators to consider latest H&S requirements.
Staff trained to ensure safe environment for future phase return.

Pools may be able to open with revised and modified programmes.
Operators to consider and implement latest H&S requirements.
Staff trained to ensure safe environment.

All pools may open.
New hygiene practices become the norm and are embedded into facility procedures.



What this means
for People
Development



All face-to-face Education and Training opportunities suspended.
CPD courses for Scottish Swimming workforce and members delivered remotely through SS Connect.



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CPD and coaching courses for Scottish Swimming workforce and members delivered remotely through SS Connect.



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CPD and coaching courses for Scottish Swimming workforce and members delivered remotely through SS Connect.



Education and Training opportunities provided for Scottish Swimming workforce and members to ensure latest guidelines are followed:

- a safe environment for returning to aquatics
- Increase in Qualifications and CPDs delivered



Education and Training courses may continue to run virtually however face-to-face courses may also resume.

What this means
for Aquatic
Participation



No aquatics activity.



No indoor aquatics activity.
Outdoor swimming is permitted adhering to relevant Scottish Swimming and public health guidelines.



Outdoor swimming is permitted adhering to relevant Scottish Swimming and public health guidelines.
No indoor recreational swimming.
Providers to consider latest H&S requirements for programmed activities in future phases.
People who feel unwell must stay home.

Phased return of modified aquatics programmes.
Providers implementing latest H&S requirements for programmed activities
People who feel unwell must stay home.



Increased return of modified aquatics programmes and recreational swimming with increased hygiene and implementation of latest H&S requirements.
Increased hygiene practices stay in place.



Complete Lockdown

Where we want to be: New Normality

Back to the Water: Club Training & Competition



LOCKDOWN

PHASE 1

PHASE 2

PHASE 3

PHASE 4

What the Government might say



Physical distancing requirements apply. Can not meet with any other household. Only essential travel and activity outside the home. Schools and universities are closed.



Physical distancing requirements apply. Can meet with one household outdoors at a time (maximum 8 people). Permitted to travel 5 miles to exercise outdoors. School staff return, universities closed. Outdoor exercise e.g. safe outdoor swimming permitted utilising guidelines.

Physical distancing requirements apply. Can meet with two households at one time outdoors (maximum 8 people). Should not travel more than broadly 5 miles for leisure and recreation. Outdoor sports courts can open. Professional sport can resume with public health restrictions remaining in place.

Physical distancing requirements apply. Can meet with other households indoors. Driving for leisure purposes beyond local area is permitted. Schools and universities open. Gyms open in line with public health advice. Live events permitted with restrictions, hygiene & physical distancing.

Government lockdown restrictions and physical distance requirements updated with scientific advice. Further relaxation of restrictions around live events and meeting people. Increased opening of public facilities in line with public health advice.



What this means for Club Management



Limited club management and development operating remotely. Supporting and engaging with members, coaches & partners remotely.



Limited club management and development operating remotely. Supporting and engaging with members, coaches & partners remotely. SS and Clubs considering 'Back to Water' plans and needs analysis.



Club management and development operating remotely. Clubs consider best approach to ensure sustained return to the water. Club guidance and operational procedures developed for Phase 3.

Club management and development operating appropriately. Supporting and engaging with members, coaches & partners. Modify squad structures based on SS and public health guidelines.

Progression towards normal or evolved squad structures and full training can begin. Improved hygiene practices remain in place.



What this means for Club Training



No aquatic sports training taking place. Dry land activities delivered remotely. Team building exercises delivered remotely.



No aquatic sports training taking place. Dry land activities delivered remotely. Outdoor swimming is permitted adhering to relevant SS and public health guidelines. Consultation with coaches around 'Back to Water' plans. Team building exercises delivered remotely.



Step 1 of the "Back to the Water" for the sport. Learning to be utilised in subsequent phases. Limited return to training for identified athletes, restricted to agreed facilities. Protocols and guidance signed off by key stakeholders. Athlete "Back to Training" advice for coaches considered and piloted. People who feel unwell must stay home.

Limited return to aquatic sports training for clubs within facilities where opportunities for a "Back to the Water" exist. SS and Clubs to consider and implement latest H&S requirements for programmed activities utilising learning from Phase 2. Coaches implementing 'Back to Training' plans for athletes. Train only with one club. People who feel unwell must stay home.

Club training returning with increased hygiene. Clubs to consider and implement H&S requirements for programmed activities. Restrictions on travel and contact outside community are eased. People who feel unwell must stay home.

What this means for Aquatic Sports Competition



No aquatic sports meets or competitions taking place.



No aquatic sports meets or competitions taking place. Consultation group established and underway.



No aquatic sports meets or competitions taking place. Plans in place ready for an adaptable return to competition.



Aquatic sports meets and competitions restricted within club or community. Virtual competitions may be introduced.



Some aquatic sports meets or competitions may take place between clubs and teams. Meets may be restricted by size, age or geography.



Complete Lockdown

Where we want to be: New Normality