

“Back to the Water” Return to Competition Overview



**Scottish
Swimming**

A Staged Return to Swimming Competition

ENGAGE



BUILD



DEVELOP



STRETCH

Focus:



Engaging with athletes and re-establishing the love for the water is the main focus as we return to training through "Back to the Water."

Building engagement and focusing on fun and enjoyment as the member of a team.

Maintaining the focus on building the team as competition opportunities are developed further.

A wider range of meets in new and traditional formats to provide opportunity to compete both as an individual and as a member of a team as well as to prepare for future meets.

Low level competition can be introduced during sessions by racing over short and alternative distances.

Intra club competition with racing to develop skill and technique is encouraged, utilising space within current guidelines.

Racing through a mix of intra and inter club competition, including short league style events and invitational meets.

Limited entry District Championships and a National meet covering a range of athletes and events will be considered for late spring/early summer 2021 if these can be delivered within health and travel restrictions.

Emphasis on fun and enjoyment.

Virtual meets between 2 clubs considered, progressing to dual meets between local clubs.

Local meets can gradually be introduced, including standard and new racing opportunities.

Scottish Swimming and Districts continue to plan for future licensed competition, National events and the "new norm" post summer 2021

Competition may require individual age-groups, limited event orders, and new use of technology without the need for formal licensing and officials.

A National virtual meet introduced with a Scottish Team Championship type of approach.

New Normality

Positive expectations and experiences.

Focus on fun and engagement as a member of a team.

Team and club spirit developed and strengthened.

More opportunities to compete and planning for the "new norm" - team and individual.

Competition:



Outcome:



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