



Scottish
Swimming

Land Training

Back to the Water COVID-19 Guidance

Phase 3

Updated 15 December 2020

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1.0 Introduction

Guidance from the Scottish Government and **sportscotland** has been updated in relation to physical distancing and indoor contact sport. **Under 18s** no longer need to physically distance **DURING** sporting activity and indoor contact sport can now resume for this age group. We still however, encourage the implementation of physical distancing where possible to further mitigate against the risk of transmission. At all times when indoors, other than when taking part in a session, athletes should wear face coverings and continue to physically distance.

This change may now allow additional athletes to access a session or impact how a session can be delivered. It is critical therefore that you have liaised with the facility management to ensure overall numbers are within the relevant building/session capacities and the current risk assessment has been updated to include the changes in circumstances. This may include for example: additional supervision requirements, additional equipment and hygiene requirements.

It is still a requirement for a COVID-19 Liaison officer to be present at all sessions for a number of reasons. As a reminder, these include:

- i) To ensure the entry and exit from the training session continues to be carried out appropriately.
- ii) To ensure that during the training activity, team staff are compliant with face coverings and physical distancing.
- iii) To ensure there is support for an athlete should they fall ill during a session.

The physical distancing information below still applies for athletes 18+. Indoor contact sport for athletes 18 and over is not permitted until a local authority is in level 0. **Where under 18s and 18+ athletes are mixing in a session, all athletes are considered as 18+ and non-contact protocols apply, thus physical distancing in the activity must be incorporated.**

The following guidance sets out how a coach, on behalf of a club, can deliver land-based training and ensure that they are operating within Scottish Swimming's parameters and the club is covered by their Scottish Swimming insurance policy for this activity.

As we progress into the Scottish Government's 5-Level approach to restrictions it is important to be aware of the local area protection level and associated restrictions which may be in place. Land-based training opportunities indoor and outdoor may be permitted depending on the Level restriction in which the activity is due to take place. The Scottish Government's 5-Level Sport & Physical Activity Protection Levels can be found here: <https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

Please follow the link to latest sportscotland and Scottish Government Guidance around Sport & Physical Activity Protection Levels effective from 2 November 2020. Key points are summarised in Table A on pages 8 &9 of this document.

<https://sportscotland.org.uk/media/6323/return-to-sport-and-physical-activity-guidance-261120-final.pdf>

The guidance within this document should be read in consultation with the sportscotland guidance above.

2.0 Guidance for Coach-led Land Training Sessions

2.1 Level of Coach

Coaches should only deliver activity for which they are trained. In all of the instances below, coaches should apply good coaching practice. They should risk assess the activity, ensuring that it is appropriate for the developmental stage of participants and also take into account the fact that they will need to maintain current Scottish Government set physical distancing from athletes and athletes need to do so from each other. Adjustments should be made accordingly.

a. **Coaches with a recognised land training or strength and conditioning qualification**

These coaches can deliver land training activity as long as they risk assess the activity appropriately, ensure as far as possible safe practice on behalf of the participant and work within the level for which they are trained.

b. **Coaches with a recognised aquatic qualification (but not a land training qualification)**

If the coach has been educated to deliver pre and post pool dryland activity then they can use this in their training, ensuring that they deliver appropriate technique and ensuring that the volume and intensity is within healthy limits for the participant.

c. **Coaches with no recognised qualification**

These individuals should not be delivering land-training content.

d. **Activity outside of the scope of the qualification**

If the coach wants to utilise techniques that are out of the scope of their qualification then ideally they would use a person with a relevant qualification to deliver this as per (a). If this is not possible, then they could refer the participant (or their parent if Under-18) to relevant and reputable content available elsewhere. There will be content available on the relevant groups on Scottish Swimming's HIVE Learning platform with links to reputable sources of further content. It should be made clear to the participant / parent that the club, coach and Scottish Swimming accept no liability for any injury or issue arising from following such content.

2.2 Safety

Safety of the participant must be paramount. Delivering sessions outdoors can bring extra challenges that should be addressed. The following guidelines should be considered.

Before commencing any session:

2.2.1 Pre-Session considerations:

- We strongly recommend the coach visit the chosen venue prior to the first training session. This will aid session planning, suitability and health & safety considerations.
- Clubs should collect and keep the contact details of participants and visitors for a period of 21 days. This would fit with the recommendations around hospitality requirements also. Club should also consider embedding a COVID screening

questionnaires as part of the return process to ensure participants, coaches and athletes are free of COVID symptoms.

- The coach must ensure that they are allowed to use any outdoor space and have acquired the relevant permit for this if necessary.
- Risk assessments should be carried out in partnership with facility operators and documented at all sites. Consider safety first, particularly minimising the risk of infection/transmission.
- Appropriate physical distancing and hygiene measures must be put in place to ensure participants, staff and volunteers are always protected.
- Coaches should plan 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.
- Coaches should stick to the guidelines with regards to the number of athletes and households and carefully consider their workload if they are expected to run multiple sessions per day (online and in person).
- Clearly outline the session timings to athletes and highlight that athletes / parents are responsible before and after these set times.
- Participants should not congregate before or after an activity. Organisers must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
- Consider how athletes will get to the venue, can you group the athletes by locality to limit transport requirements.
- Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Note that toilets and other washing facilities may not be available. Detailed guidance is available at;

www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/

www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

2.2.2 Additional considerations for outdoor environments:

- What is the ground like, is it suitable for the activities being undertaken?

- Is the training area safe and free from intrusion from others?
- Is the weather appropriate, is there enough shade from the sun, plan of action in case of rain/heavy rain?
- Can the athletes be seen and supervised effectively?

2.2.3 Consider the athletes to attend:

- People who are symptomatic should self-isolate for 10 days: household members for 10 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports activity.
- Outdoor group coaching for organised sports and leisure activities including aerobics and fitness classes can take place for a maximum of 30 people at any one time.
- Indoor group coaching is permitted where appropriate risk assessments and mitigation measures are put in place to protect participants.
- Communication with participants is important and participants should know what to do before / during / after attending their coached session.
- The coach must ensure that those taking part are sufficiently fit and healthy to participate in the activity including considering any pre-existing medical conditions that athletes may have and if in any doubt, we recommend they do not train. If a participant has recovered from COVID-19 we strongly recommend they receive a medical check up to ensure they are fit to train before they start.
- Consider the condition of athletes who may not have trained fully for some time – we strongly recommend a gradual return to training with particular attention taken to avoid unnecessary injuries through doing too much too soon.
- The coach must agree any necessary measure to ensure physical distancing is adhered to and reduce the possibility of virus transmission. This must be communicated to athletes before the first session, at the start of all sessions and during sessions as necessary. This must also be documented within the risk assessments.
- Parents/guardians who are supervising their children must abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households must not congregate before, during or after the activity.
- It must be noted that all participants must be members of Scottish Swimming for insurance purposes. Any non-members engaged in the activities will render the insurance for the entire group void.

- Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in Table A.

2.2.4 Consider the equipment being used:

- Athletes should bring their own equipment and should not share it. It should be cleaned thoroughly before and after use.
- Is the equipment safe and appropriate to be used in the environment? Please note, dangerous equipment must be avoided (e.g. garden trampolines).
- Can it be transported safely, and securely?
- Equipment (e.g. balls) can be thrown or passed between athletes but are subject to cleaning protocols to avoid virus transmission through touch points.
- Ensure appropriate clothing is worn by athletes including suitable footwear, no jewellery etc.
- The coach and participants should stay hydrated and remember to use appropriate sun-protection including sun-cream, caps etc where applicable..

2.3 Safeguarding

As with any other form of coaching, implementing good safeguarding practice is extremely important to protect the coach and the participant. All usual safeguarding considerations should be taken into account. In addition, the following guidelines should be followed:

All clubs and coaches must operate in a safe and effective manner in accordance with the Scottish Swimming insurance policy and Wellbeing & Protection Policy: Children & Young People Policies and Procedures, which are still in operation.

The club Wellbeing & Protection Officer (WPO) must be aware of the training that is being undertaken, undertake risk assessments, and give guidance as appropriate. This should include assessing that the venue, activity and supervision is appropriate from a safeguarding point of view.

Coaches should ensure they do not put themselves in compromising positions, in particular ensuring that they are never left one-to-one with an under-18 year old athlete.

Report child safeguarding concerns immediately to your designated WPO or Scottish Swimming's safeguarding officer Lindsey Booth (l.booth@scottishswimming.com, 07832117491).

3.0 Scottish Government & sportscotland Phase 3 Guidance: Return to sport and physical activity

Organised sporting activities can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. The above guidance should be read in consultation with the full Scottish Government Phase 3: return to sport and physical activity available here: <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>

Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

People who are symptomatic should self-isolate for 10 days and household members for 10 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility or activity.

To manage a safe return to organised sport and physical activities all clubs, facility operators and deliverers (herein referred to as ‘operators’) should put in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

Scottish Government has introduced a new [strategic framework document](#) for managing COVID-19 which will become effective from 2 November 2020. This provides a 5-Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection level depending upon its COVID-19 status which will be reviewed weekly.

SGBs, clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning. Broad guidance for sporting activity which should be followed within each Level is set out in **Table A below**.

The full Phase 3: return to sport and physical activity is available at: <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>

Further information on protection levels that will apply in each local authority area are available at: [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#).

Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).				
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited Exemptions available for professional /performance sport (ALL Levels)
	Adults (18+ years)				Contact sport & PA prohibited	
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . 'Group' activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. 'Individual exercise' refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.				
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional /performance sport (ALL Levels)
	Adults (18+ years)		Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	

COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coach/es</i> . In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.	
	Indoor & Outdoor coaching	The local protection level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection level in place.	
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.	
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.	
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport . <u>This is applicable at all levels where facilities remain open.</u>	
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines	Public Toilets open.
WORKFORCE	Contractors & Staff	Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.	
	Meeting Rooms	Although gym and leisure facilities can open, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.	

Indoor sports facilities closed
Changing room closed.

3.2 Travel Guidance

1. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
2. Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
3. [Specific information on car sharing is available from Transport Scotland: advice on how to travel safely](#).

Sport & Physical Activity Participation

- Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A](#). Such activity is subject to exemption from household rules as detailed within this guidance.
- When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.
- Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Children & Young People (17 years or under)

- Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.
- Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in [Table A](#).
- Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Adults (18 years or over)

- Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in [Table A](#).
- Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in [Table A](#).
- Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal outdoor exercise such

as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

4.0 Disclaimer

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

1. Reliance upon the guidance or use of the content of this website will constitute your acceptance of this disclaimer.
2. The term guidance should be taken to imply the standards and best practice solutions that are acceptable to Scottish Swimming.
3. The documents and any associated drawing material are intended for information only.
4. The content of this guidance is considered by Scottish Swimming to be correct at the time of publication. Amendments, alterations and updates of documents and drawings 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.
5. All downloadable drawings, images and photographs are intended solely to illustrate how elements of a facility can apply Scottish Swimming's suggestions and should be read in conjunction with any relevant design guidance, British and European Standards, Health and Safety Legislation and guidance, building regulations, planning and the principles of the Equality Act 2010.
6. The drawings are not 'site specific' and are outline proposals. They are not intended for, and should not be used in conjunction with, the procurement of building work, construction, obtaining statutory approvals, or any other services in connection with building works.
7. 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 or downloadable drawings, 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.

8. The views expressed are not intended to take away or diminish the responsibility of the user to comply with appropriate current or future legislation or standards and if there are any conflicts between the views expressed in any of sportscotland design guidance material and other appropriate current or future legislation, the latter shall take precedence.
9. The content of this guidance does not constitute specific advice to clubs; this is a guide and the information should help clubs make their own decisions in due course. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action on the basis of information contained in this note.
10. 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 and drawings contained in this guidance note are not site specific and therefore may not be suitable for your project, 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.