

Competition structure and sport restrictions

Scottish Government & sportscotland – sport protection level information (Swimming)

The table below details the restrictions for sport using the Scottish Government protection level system. Guidance relating to sport restrictions and travel is included. The information is specific for swimming. The full document can be found [HERE](#). This information is subject to regular review by the Scottish Government and **sportscotland** and may change at short notice. Updates will be available when necessary.

		Level 0	Level 1	Level 2	Level 3	Level 4
Indoor sport restrictions	Overview	'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.				
	Children & Young People (u18 years)	Contact & non-contact sport permitted	Contact & non-contact sport permitted	Contact & non-contact sport permitted	Contact & non-contact sport permitted	Indoor sport prohibited: Swimming Pools and indoor sports facilities closed. Exemptions available for professional /performance sport (ALL Levels)
	Adults (18+ years)		Non-contact sport permitted Contact sport prohibited	Non-contact sport permitted Contact sport prohibited	Indoor individual exercise only No contact or non-contact group activity	
	Under 18s no longer need to physically distance DURING sporting activity and indoor contact sport can now resume for this age group. 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.					
Travel Guidance for Indoor Sport	Children & Young People (u18 years)	✓	✓	✓	✓	Local Travel Only
	Adults (18+ years)	✓	✓	✓	Local Travel Only	Local Travel Only

Staged return to swimming competitions

The Competition Review Group identified that the return to swimming competitions can be split into 4 different stages; Engage, Build, Develop, Stretch. The table below outlines the key elements of each stage.

	Engage	Build	Develop	Stretch	New Normal
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.	
COMPETITION	<p>Low level competition can be introduced during sessions by racing over short and alternative distances.</p> <p>Emphasis on fun and enjoyment.</p>	<p>Intra club competition with racing to develop skill and technique is encouraged, utilising space within current guidelines.</p> <p>Virtual meets between 2 clubs considered, progressing to dual meets between local clubs.</p> <p>Competition may require individual age-groups, limited event orders, and new use of technology without the need for formal licensing and officials.</p>	<p>Racing through a mix of intra and inter club competition, including short league style events and invitational meets.</p> <p>Local meets can gradually be introduced, including standard and new racing opportunities.</p> <p>A National virtual meet introduced with a Scottish Team Championship type of approach.</p>	<p>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.</p> <p>Scottish Swimming and Districts continue to plan for future licensed competition, National events and the "new norm" post summer 2021</p>	
OUTCOME	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.	

The dates in the Stretch stage have been updated from the version that was published online. An updated version is now online. All other content remains unchanged. Content may change as restrictions or further information becomes available. The information above has been used to develop the competition structure on the following page.

Scottish Swimming Competition Structure

Competition Type	Staged Return Phase	Level 0	Level 1	Level 2	Level 3	Level 4 ³	Notes
Timed swims	Engage	✓	✓	✓	✓ ¹	X	Within training session with coach timing
Virtual Meets	Build	✓	✓	✓	✓ ¹	X	Event held within training time ²
Club Time Trials		✓	✓	✓	✓ ¹	X	Event held within training time ²
Club Championships		✓	✓	✓	✓ ¹	X	Event held within training time ²
Competition between 2 local clubs		✓	✓	✓	✓ ¹	X	Clubs who train in the same facility only
Performance Competition		✓	✓	✓	✓	✓ ³	Performance exempted athletes only
Small Intra & Inter club competitions	Develop	✓	✓	✓	X	X	Within a club, between 2-3 clubs or within a composite team. Limited entries. Within same LA area
Invitational club competitions		✓	✓	✓	X	X	Limited club entries and by demographics, bubble system in operation
Local club competitions		✓	✓	✓	X	X	Limited clubs/entries. Dictated by athlete numbers and facility capacity. Bubble system should be used. Clubs from 1 LA area only.
National Virtual Meet		✓	✓	✓	✓ ¹	X	Event held within training time
Performance Competition		✓	✓	✓	✓	✓ ³	Performance exempted athletes only
Multi club competition	Stretch	✓	✓	✓	X	X	No restrictions for L0/1 LA areas to come together but for L2 areas, only clubs from 1 additional LA area can join together. Limited entry, bubble system in operation
District Time Trial		✓	✓	✓	X	X	Options of regionalising within each district should be considered where appropriate. Limited athlete entry, bubble system in operation.
District Championship		✓	✓	✓	X	X	⁴ Limited entry, bubble system in operation
Regional National Championships		✓	✓	✓	X	X	⁴ Limited entry, bubble system in operation
International level competition		✓	✓	X	X	X	Consider protocols for international athletes. Limited entry, bubble system in operation
Performance Competition		✓	✓	✓	✓	✓ ³	Performance exempted athletes only
Open Club Competition	New Normal	✓	✓	X	X	X	Subject to updated government guidance
District Championships		✓	✓	X	X	X	
National Championships		✓	✓	X	X	X	

Accompanying notes

¹ Under 18s only in line with sport restriction table.

² Limited additional support can be used to run session. In line with club facility risk assessment.

³ Facilities in Level 4 are required to close with the exception of identified performance centres only, events will run under the agreed professional sport protocols.

⁴ If whole district/region is in Level 0/1 then good to run, but continue with bubbles. If not, then it should run in line with the highest level restrictions in the area.

- The Engage and Build stages should operate within the constraints of the current training guidance document. The Develop and Stretch stages should operate under the constraints of the competition management guidance document
- As Clubs progress through the different stages of the return to competition, the competitions detailed in the previous stage(s) can also be conducted. The timeline for moving between stages should not be pressured. Clubs should progress to the next stage when they are comfortable to do so and local protection restrictions allow
- All of the above are subject to the current guidance on indoor physical distancing, the use of face coverings and adherence to the facility capacity restrictions including pool and pool hall capacities. Clubs should have in place an appropriate risk assessment and event plan agreed by the facility in advance of hosting any competitive event
- A Licensing process will apply to events within the Develop and Stretch stages. This is still to be determined and will be communicated in advance of clubs/areas reaching this stage of competition
- The restriction level information in the table above is subject to regular review by Scottish Government and **sportscotland** and will be updated as required.

A full competition management guidance document which will further support the return to competition, detailing the necessary information that will need to be considered has been developed and will be published when required and appropriate.