

Scottish Swimming have received updated guidance from **sportscotland**. However, the 'beyond Level 0' guidance which was published in September for both club training and competitions is still valid and in place. Currently there are no changes that are required for aquatics clubs but there are a few key considerations which require to be highlighted:

Testing

Clubs should encourage athletes and team staff to take a lateral flow test (LFD) before participating in a club activity. Results do not need to be submitted to the club. If a member returns a positive LFD then they should follow the Scottish Government guidance and take a PCR test as soon as possible. **Anyone feeling unwell should not attend a sporting venue or activity.**

People who are symptomatic, feeling unwell or identified as close contacts should follow Scottish Government and NHS guidance on self-isolation available at [Scottish Government: Test & Protect](#). No one who is self-isolating should attend a sports facility or activity.

Face Coverings

Face coverings must be worn by all athletes (12 & Over) and team staff while indoors. This includes when moving around the facility, in the toilets, changing areas and general circulation areas. Exemptions on the basis of medical conditions and disabilities are allowed. Athletes do not have to wear a face covering during the sporting activity.

Physical Distancing

The '**Give people space**' message should be regularly promoted to all members when within the facility. Clustering indoors should be avoided and capacities in facility areas should be adhered to.

Hygiene Practices

Everyone attending club activities should be encouraged to regularly wash their hands or use hand sanitiser. Clubs should also ensure surfaces and equipment are regularly cleaned and sanitised appropriately in line with facility protocols.

Liaise with Facility Management

Clubs should continue to liaise with their facility management to ensure any changes to operating procedures, entry & exit to the venue, building capacities and any new restrictions/changes are incorporated into the club processes.

Risk Assessments

Risk assessments should be reviewed regularly, updated if/when required, to ensure they are still relevant for the club activities and information is communicated appropriately.

Useful Links

Scottish Swimming 'Beyond Level 0' Club training and competition guidance [HERE](#)
sportscotland Return to Sport & Physical Activity guidance [HERE](#)