

The Scottish Government reviewed their current restrictions yesterday and as a result, much of the content of the previous Scottish Swimming COVID-19 Update statement which was published on the 23rd December 2021 is still in place and will continue until the 24th January or until otherwise advised. The next Scottish Government review of restrictions will be on the 18th January.

The current restrictions are detailed below:

Physical Distancing

Sporting facilities will now require to have 1m physical distancing measures in place from the 26th December 2021. This applies to everyone using the facility. The **1m physical distancing** message should be regularly promoted to all members when within the facility. This includes in the Changing & toilet areas, general circulation areas and on poolside. Clustering indoors should be avoided and capacities in facility areas should be adhered to. Sporting activity information is as follows:

- **Indoor Contact Sport**

Indoor contact sport for athletes aged 18 years and over is not permitted from 26th December 2021. 1m physical distancing must be in place during the session. Technical skills can still be performed so long as 1m spacing is in place, but no game play or contact skills in Water Polo or routines and contact skills in Artistic Swimming will be possible. 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. It is recommended that under 18s should also physically distance during sessions where at all possible.

- **Indoor Non-Contact Sport**

Indoor non-contact sport for athletes aged 18 years and over is permitted. 1m physical distancing must be in place during the session. Where under 18s and 18+ athletes are mixing in a session, all athletes are considered as 18+ and non-contact protocols apply, thus 1m physical distancing in the activity (within lanes) must be incorporated. It is recommended that under 18s should also physically distance during sessions where at all possible.

Indoor Events

Indoor events can take place and there are no specific restrictions on the numbers participating in indoor events providing 1m distancing can be maintained before, during and after the event.

There is specific guidance in relation to the number of spectators - maximum 100 seated, 200 standing providing 1m distancing can be maintained. However, providing the opportunity for the maximum number of athletes at the event within the space and building capacities allowed should be prioritised. It is recommended that no spectating is currently allowed at events.

Outdoor Events

For outdoor event, the current restrictions that have been in place from the 26th December will come to an end on the 17th January 2022:

There are no restrictions on participating numbers but guidance relating to spectating is applicable and should be followed i.e., total 500 standing or sitting providing 1m physical distancing measures are put in place and following relevant Events guidance is followed.

The remainder of 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 further 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.

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](#)