



In light yesterday's announcement from the First Minister on the current restrictions that are in place, Scottish Swimming have received updated guidance from the Scottish Government and **sportscotland**.

As of the 24th January 2022:

- Adult indoor contact sport can resume
- 1m physical distancing requirement between groups in indoor public places is no longer required
- Indoor events can take place, no restriction on spectating but a sensible approach to numbers within venues should be followed. Covid certification scheme must be in place at events with more than 1000 attendees.

The 'beyond Level 0' guidance for training and competition has been updated to reflect the change in spectating limits and the introduction of the Covid certification scheme. The rest of the information in the guidance documents 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 continually 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/NHS guidance. **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](#)