



SWIM WALES  
NOFIO CYMRU

# RETURN TO WATER

## GUIDANCE

# DIVING

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# GUIDANCE DOCUMENT FOREWORD

Our sector has faced a significant challenge over the past few months and the closure of well over 300 pools in Wales has affected many people.

Thankfully we are now seeing some easing of restrictions by Welsh Government and Swim Wales is at the centre of this process ensuring that all of our user groups are supported. To do this, we have created a suite of key guidance documents that aim to support the aquatic community in Wales in their journey back to the water.

The Swim Wales Return to Water Plans will be living and evolving documents and have been created with insight from a number of consultation and working groups in order to develop a safe return to Diving for all. We would like to point out that any guidance that we produce will be in step with Welsh Government and Public Health Wales and will be done to safeguard our participants, staff and the public while giving due consideration to the local communities in which we exist and operate.

We want to say thank you to our Diving community, member clubs, swim schools, volunteers, staff and facility partners for your understanding and professionalism over the last few months. We hope this guidance document helps you with a safe return to what we all believe in which is Aquatics for Everyone, for life.

**Simon Clarke**

Head of Aquatic Development  
Swim Wales

# DIVING

It is important that clubs read this guidance in conjunction with the Return to Water Club Training guidance. For information on swimming training, please refer to 'Competitive Swimming Training' section within the Return to Water Club Training guidance.

## HOW WILL SOCIAL DISTANCING BE APPLIED - POOL

- Social distancing will be applied both on the poolside and the diving boards themselves.
- Each facility will need to be assessed and reviewed to establish the maximum number of athletes and coaches that can safely operate whilst maintaining strict social distancing.
- A one way system should be considered with clear routes up to the boards from the water identified for each board.
- Platform divers to stay one person to a flight of stairs when accessing platforms with no return back down the stairs.
- Waiting queues should also be clearly marked for each board.
- Floor markers should be considered to assist with this.
- Session planning should be undertaken between all coaches involved considering restricting different groups to certain areas of the pool to assist with the management of social distancing.
- Once within the pool training environment, any athlete should ensure that if their coach has required them to warm up on the pool side, then this should be performed following government guidance on social distancing.
- If warm up mats are to be used, do not share mats. Ensure all mats are cleaned before and after use. Athletes should be encouraged to bring their own mat.
- Once in pool training has commenced, follow the principle of one person per board/platform (unless synchro training is being completed where two is permitted as long as boards allow for participants to follow government guidance on social distancing).
- Poolside coaches should follow government guidance on social distancing. Athletes should be advised not to come up to the coach for coaching comments and feedback.
- Athletes that use chamois style towels (sometimes referred to as shammies) must take extra precautions with the chamois towel. The dropping of towels from platforms should be done with more care than previously, so as to ensure that the towel is not in another person's way, touches another person, or is hanging from a part of the tower that is hard to reach.
- It is important to ensure that, like water bottles, no chamois towels are to be shared, and only your own chamois is to be touched.



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DIVING

## HOW WILL SOCIAL DISTANCING BE APPLIED - DRY LAND

- Dry land training and usage of dry land facilities should be reviewed at each facility and where possible be delivered online using previous guidance.
- For dry land activities that cannot be undertaken at home a review and risk assessment of the dry land facilities available at your venue must be undertaken. Any use of dry land facilities must maintain social distancing.
- Separate work areas (and the equipment in them) so that divers and staff maintain social distancing from each other while training.
- Provide hand foam for each training area/station.
- Divers should use their own rolled towel for the head for any exercises requiring them to be face down and wipe down all equipment before and after exercise.
- Limit equipment to one athlete (per board or side of platform, somersault box, lifting station etc.) to maintain distance between athletes.
- Avoid alternating sets between athletes on equipment/mats/blocks in the gym and dry land areas.
- Facilitate cleaning of dry-equipment (Olympic bars, somersault boxes, mats etc.) and handrails between athletes (please refer to the operator guidance and the club guidance documents for further details on cleaning equipment).

## WHAT PRACTICES CAN REASONABLY BE DELIVERED?

- A staged return to training should be implemented for divers of all ages and levels starting with basic jumps and entries building up volume and height over time.
- Following this the build-up of required and basic dives can be introduced followed by lead ups and eventually optional dives.

# WELSH GOVERNMENT CORONAVIRUS CONTROL PLAN REGULATIONS

- Welsh Government regulations must be complied with in conjunction with NGB guidance.
- Organised activity in simultaneous groups of up to 15 people (alert level 3), up to 30 people (alert level 2) and up to 50 people (alert level 1) can exercise indoors as long as the capacity is aligned to the UK Active and NGB Guidance and the groups can be separated throughout the customer's journey.
  - Children aged under 18 (on 31/08/2020) are not included within the group limits on numbers if they are participating or facilitating a sporting activity organised and supervised by a responsible body for the development or well-being of children. Constraints on the total number of participants allowed is based upon the capacity aligned to the UK Active and NGB Guidance and the need for sufficient adults to be present to supervise.
  - Coaches and Teachers over the age of 18 would generally be regarded as participants and would be included within the group limit for organised Sport Activity. Any individuals organising and supervising the activity such as volunteers (e.g. Covid Officer) and facility staff, are exempt from the numbers allowed to participate in organised activity.
  - Any adult not directly participating in or facilitating the activities, should not stay in the area where the activity is taking place unless they are parents or guardians of children or carers for someone who requires their attendance for health or safeguarding reasons.
- Bookable individual activity (e.g. community/public swim) will continue to follow the UK Active and NGB Guidance to determine the capacity on both wet and dry side activities.
- Organised activity in groups of up to 30 people (alert level 3), up to 50 people (alert level 2) and up to 100 people (alert level 1) can exercise outdoors.

Welsh Government sport, recreation and leisure: guidance for a safe return:

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>

Welsh Government Coronavirus Control Plan:

<https://gov.wales/coronavirus-control-plan-revised-alert-levels-wales-march-2021>

UK Active Guidance:

<https://swimwales.org/pages/supporting-resources>

# WELSH GOVERNMENT LEISURE GUIDANCE UPDATES

ALL AREAS OF THE CUSTOMER JOURNEY MUST COMPLY WITH WELSH GOVERNMENT, PUBLIC HEALTH WALES AND NGB SPECIFIC GUIDANCE, RISK ASSESSMENTS AND LEGISLATION



## PHYSICAL/SOCIAL DISTANCING

It is less important to rigidly maintain a continual 2m distance from other children and adults if the child is of primary school age or younger. However, they should still be encouraged to maintain this wherever possible.

For further information on this, please follow the link:

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>



## TEST, TRACE & PROTECT (TTP)

For swimming pools, indoor fitness studios, gyms, spas or other indoor leisure centres or facilities, it is a legal requirement to collect and retain contact information for 21 days, and in exceptional circumstances, for a longer period, e.g. where police ask for information 20 days after collection. Clubs must implement an appropriate record keeping system to support the Welsh Government's TTP strategy which complies with the associated GDPR and data protection regulations.

Further guidance on keeping records and test, trace and protect can be found in the following places:

<https://gov.wales/test-trace-protect-coronavirus>

<https://gov.wales/keeping-records-staff-customers-and-visitors-test-trace-protect>

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>

<https://gov.wales/sites/default/files/publications/2020-07/test-trace-protect-process-summary-english.pdf>



## ISOLATION

If any individual feels unwell and displays symptoms of Coronavirus, they should immediately self-isolate (as well as their household), follow the Welsh Government's [self-isolation guidelines](#), and apply for a [Coronavirus test](#). Individuals should only seek a Covid-19 test if they have symptoms or have been instructed to do so by TTP.

Displaying symptoms is not a diagnosis and any symptoms could be due to any number of other causes. It is the responsibility of TTP to contact those who may be affected. It is not lawful for anybody else to do this.



## CONTACT TRACING

NHS Wales Test, Trace & Protect Service will notify other swimmers in the club, not the club itself. TTP will contact the club's Covid-19 Lead for a list of contacts who attended shared sessions, but will contact each person who attended those sessions individually. This should protect the club from the responsibility of handling any medical data for members, which has significant GDPR and data protection regulations. TTP may not name the person who has tested positive, and instead ask for the list of attendees of a time/dated session so as to avoid breaching medical confidentiality.

For more information, follow this link:

<https://gov.wales/contact-tracing>



## COVID-19 TESTING

If an individual has received a positive test result for Covid-19 infection, they will be informed to self-isolate at home in line with the UK Government self-isolation guidance: <https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

If an individual has received a negative test result for Covid-19 infection and has been identified as a contact of someone who has tested positive of Covid-19 (with symptoms or without), they must continue to self-isolate until the 10 day incubation period is over.

If an individual has received a negative test result for Covid-19 infection, has not displayed any symptoms and has not had a known contact of someone who has tested positive of Covid-19, there is no need to self-isolate. If they subsequently become unwell, they should self-isolate, and may need a further test.

For more information, please follow this link:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/information-for-individuals-tested-for-covid-19-infection/>



## FACE COVERINGS

Face coverings must be worn in all indoor public places. This requirement applies to everyone aged 11 and over unless an exception applies.

If you are preparing to exercise, changing, or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.

However, there may be circumstances where the layout of the premises and the nature of the exercise you are doing mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventative measure during exercise is to maintain physical distance from others.

When in the aquatic environment (poolside), a risk assessment to determine if Teachers, Coaches and Lifeguards are required to wear face-coverings, must be completed. The warm and humid environment (which may cause sweating) coupled with regular communication will provide greater risks and should be assessed in conjunction with the mitigating risk factors both in water and air. All other users on poolside will be expected to wear face coverings.

For more information on face coverings, please follow these links:

<https://gov.wales/face-coverings-frequently-asked-questions>



## GATHERINGS INDOORS

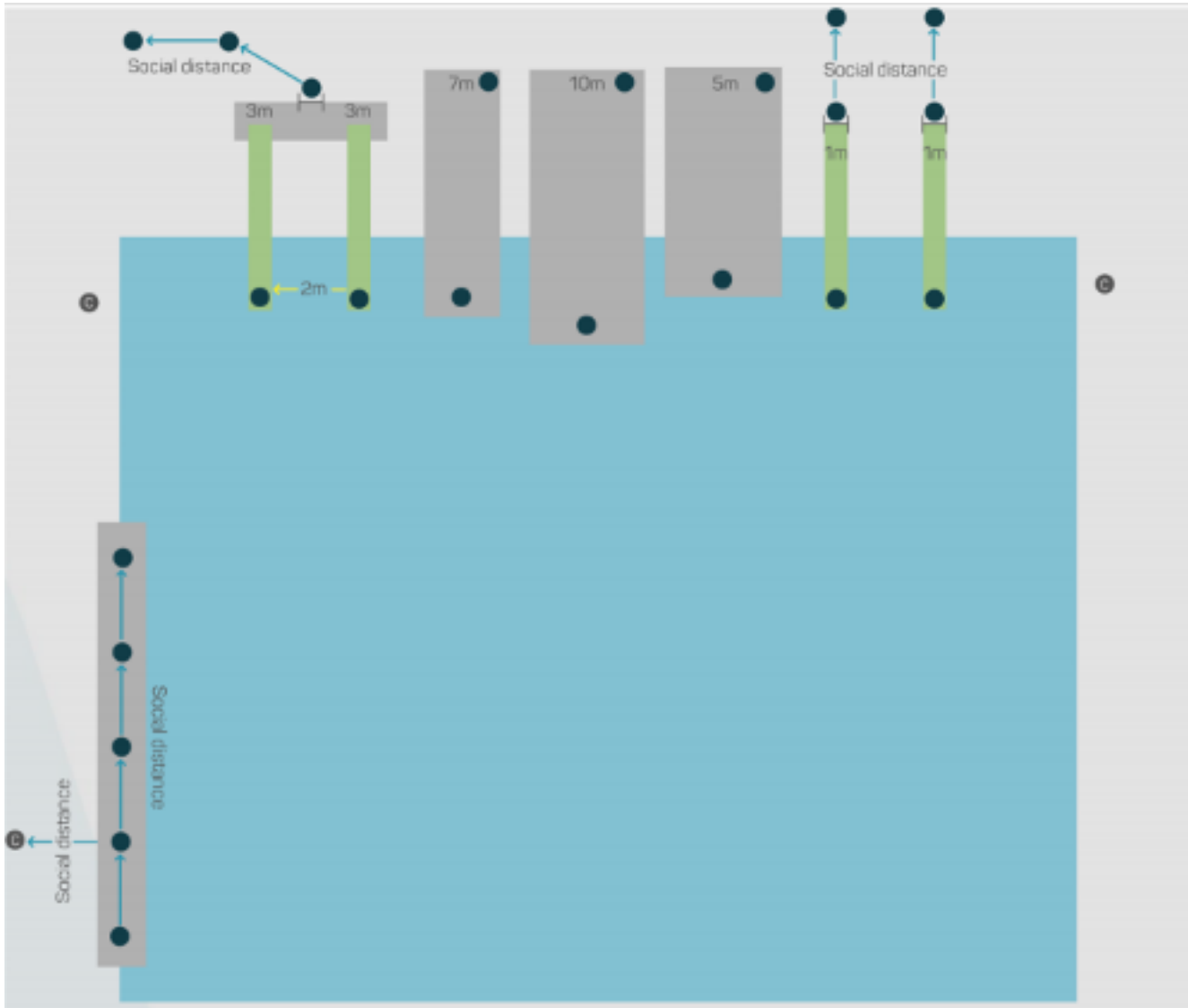
Where people exercise together indoors at a fitness studio, gym, swimming pool, other indoor leisure centre, facility or any other open premises, gatherings must be compliant with Welsh Government regulations and physical distancing must be maintained. Examples of people exercising together include a group swimming lesson or fitness class, and swimming or gym sessions open to the general public.

Simultaneous gatherings of individuals and groups must be compliant with Welsh Government regulations. These are allowed within a large space such as a swimming pool, a gym, or a sports hall, as long as the space allows for physical distancing, with groups and individuals separated and managed safely. This should only be considered where space is sufficient using the UK Active Guidance as a starting point, where entry and exit for individuals and groups can be managed, and where the space can be partitioned so individuals and groups do not interact, without limiting the ability to allow appropriate ventilation and control environmental factors such as humidity in each space.

This will allow for more efficient usage of spaces that are large enough to operate strict physical distancing and ensure that the venue otherwise remains 'COVID safe'.

This information can be located on this link:

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>



N.B. Indication of potential configuration. Must be in conjunction with social distancing guidelines

## WHAT PRACTICES CANNOT BE DELIVERED DURING THESE TIMES?

- Diving can on occasion result in injury that requires ambulance care. Whilst this cannot be predicted extra precautions should be taken. Any dives that could be considered dangers/new/risky should not be undertaken during the initial training period to avoid the risk of injury and requirement to contact emergency services putting additional pressure on the NHS.

## WHAT NUMBERS CAN REALISTICALLY PARTICIPATE IN THESE SESSIONS?

- This will be dependent on your facility size and set up and should be evaluated in detail along with the facility operator to ensure sessions can be planned appropriately.
- Clubs should plan their number of participants and make the necessary judgements based on the training plan and their ability to facilitate social distancing guidelines and implement this guidance throughout the session including during rest periods.

## COACHES POSITIONING

- Coaches should maintain social distancing from athletes, lifeguards and other coaches in designated areas, marking out coaching areas for each board should be considered.

## NUMBER OF COACHES REQUIRED

- This will be dependent upon the number of people in the pool and also the number of lifeguards present at the pool.



## 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 these conditions.
2. The term guidance should be taken to imply the standards and best practice solutions that are acceptable to Swim Wales.
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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.
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*Kathryn Hughes – Chair Merthyr Tydfil Swimming Club*  
*Sally Isaacs – Co Chair RCT Performance Club*  
*Phil Jehu – Chair of Heads of the Valleys Swimming Club*  
*Sue Hubbard – Events, Hollywell Swimming Club*  
*Steve Parker – Chair - Northern Celts*  
*Dave Watts – Chair Chirk Swimming Club*  
*Chris Jones – Secretary Torfaen Dolphins*  
*Frances Lawrence – Treasurer Torfaen Dolphins*  
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*Swim Wales Volunteer Water Polo Working Group*  
*Swim Wales Volunteer Masters Swimming Working Group*



# RETURN TO THE WATER

## COVID-19 Guidance



Please adhere to social distancing guidelines

Cadwch at ganllawiau pellhau cymdeithasol



Follow operator guidance on changing facilities and showers

Dilynwch gyfarwyddyd y gweithredwr ar gyfleusterau newid a chawodydd



Wash your hands & ensure good hygiene throughout

Golchwch eich dwylo a sicrhewch hyllendid da drwy'r amser

# #GETINTOWATER



Do not enter the facility if you are displaying any symptoms

Peidiwch a mynd i mewn i'r cyfleuster os ydych chi'n arddangos unrhyw symptomau



Face coverings must be worn in communal areas

Rhaid gwisgo gorchuddion wyneb mewn manau cymunedol



Follow all signage & guidance at facility

Dilynwch yr holl arwyddion a chanllawiau yn y cyfleuster



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