



SWIM WALES
NOFIO CYMRU

RETURN TO WATER

GUIDANCE

WATER POLO

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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 Water Polo 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 Swim Wales Water Polo working group, 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

WATER POLO

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. As restrictions are amended it is imperative these are fully understood and all activities MUST adhere to Welsh Government guidance including capacities, lockdown areas and social distancing at all times and so that the virus does not spread as a result of any water polo activity. This approach would continue to advise during the current circumstances that there is a minimum of 6 m² bather load capacity per participant in the pool for Water Polo activity.

This is a collective responsibility and all requirements must be considered and managed by all organisers of all activities to ensure they are consistent with the Welsh Government's guidance regarding health, social distancing and hygiene, that equipment is disinfected regularly, and that it is clear that anyone who is symptomatic - or suspects they may have been exposed to the virus - does not take part. They should immediately self-isolate (as well as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.

It is advised that members only return to activity when this is in line with their health, wellbeing and safety needs and is conducted in a progressive manner. People at increased risk from Coronavirus must follow the latest government guidance <https://gov.wales/people-increased-risk-coronavirus>

Following the Welsh Government's Sport, recreation and leisure: guidance for a phased return, an assessment of the transmission risk and an action plan has been conducted to detail the risk mitigations and adaptations required to control risks to protect water polo participants and will include areas including ball transfer and the limited circumstances where social distancing of 2m is unavoidable.

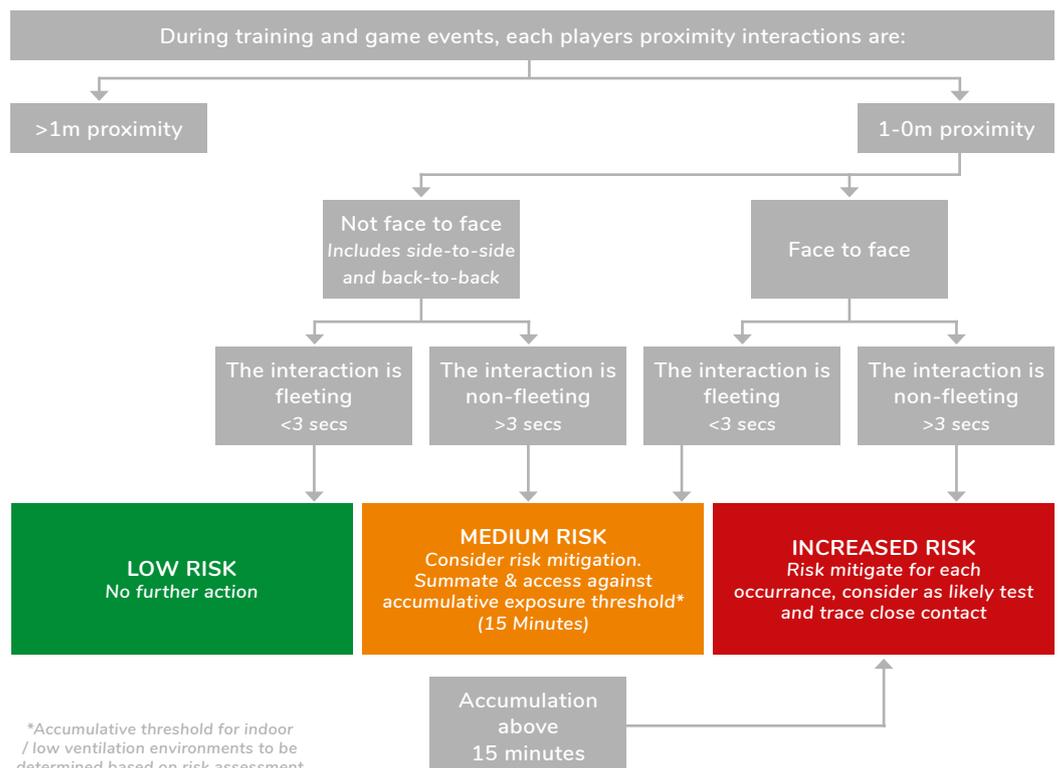
This document has been designed following the guiding principles of safety, consistency, robust and evolving as detailed in RTW Club Training.

This plan provides measures that should be taken by players, clubs, officials, volunteers, coaches, and spectators before, during and after all indoor and outdoor water polo activity as well as specific advice relating to clubs, coaches, match-play, and children's activity.

Swim Wales will continue to assess the situations and will update as required. All details are subject to change in response to the current Covid-19 Alert level both locally and centrally.

TRANSMISSION RISK

In every sport and leisure activity, there are risks of COVID-19 and team sports in particular pose slightly increased risks. To return safely an assessment has been carried out of the transmission risk that a return to water polo presents. This assessment has included analysis of the Team Sport Risk Exposure Framework as set out below: -



SWIM WALES
NOFIO CYMRU
WATER POLO

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>

The Assessment of transmission risks will be detailed for:

Droplet transmission: The risk associated with each action in an activity based on duration and proximity of participants.

Fomite transmission: The risk associated with the handling and transfer of equipment in the sport.

Population: The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate

RISK SUMMARY – MEDIUM

SPORT	DROPLET TRANSMISSION	FOMITE TRANSMISSION	POPULATION
Water Polo	<p>1. Contact within 2m (Players) Players would only come within 2 metres for a limited time during training with adaptations</p> <p>3. Communication Communication is delivered verbally.</p> <p>Risk Mitigation:</p> <p>1a. Chlorinated environment supports the mitigation where there are distancing breaches.</p> <p>1b. Social distancing in activities during match play / training where possible etc.</p> <p>2a. Officials & Team Staff will be required to socially distance.</p> <p>3. Verbal communication will be kept to a minimum.</p>	<p>Risk Factor:</p> <p>1. Equipment Handling / Sharing There is limited equipment involved and after setting up the goals the only equipment handled by participants is the ball.</p> <p>Risk Mitigation:</p> <p>1a.This risk is mitigated by players regularly placing their hands under the water as a disinfectant. This risk can be further mitigated by disinfecting the ball where there are breaks in the game</p>	<p>Risk Factor:</p> <p>1. Participant Size Gatherings would be kept within the restrictions of the government guidelines.</p> <p>Any player, official or staff with underlying health conditions can be advised accordingly and this is mitigated in the sport specific action plan.</p> <p>Risk Mitigation:</p> <p>1a. Chlorinated environment support the contact between players within the water.</p>

ACTION PLAN GUIDANCE

This guidance is supplementary to existing Swim Wales guidance and all activity detailed within this document should only recommence once all the following is in place. These are not exhaustive and should be read in conjunction with the Welsh Government advice.

- Appoint a Covid-19 Lead.
- Read and understand this guidance in full and agree to operate in line with it.
- Risk assess activity within your organisation.
- Develop and activate a risk mitigation plan.

The Assessment of transmission risks will be detailed for:

The first tables cover the overall updates to guidance for Return to Play. There are also three specific guides for: Participants, Coaches and Facility Operators.

WHO	AREA	GUIDANCE
BEFORE WATER POLO RETURN TO COMPETITIVE TRAINING AND MATCHES		
Clubs / Facility Operators / Leagues	Basics	<ul style="list-style-type: none"> • Everyone should be reminded on ways to stay safe and social distance • Facility operators should ensure they have read and understood Swim Wales' return to water guidance, available here. • Clubs/teams should ensure they are affiliated and all membership is current for the 2020/21 season. • Each club must only return to sport when they are ready and have the appropriate measures in place. • All clubs must identify a Covid-19 Lead who will be responsible for developing a Covid-19 plan and risk assessment which must be communicated to members prior to the restart of any activity. The Covid-19 Lead should continually monitor how compliance is being observed within the club and ensure records for attendance are kept in conjunction with GDPR guidelines.
	Arrival Reminders	<p>Clubs/facilities should consider further mitigations to ensure safe arrival at venues, including:</p> <ul style="list-style-type: none"> • In line with current Government guidance, all participants (players, coaches, club and match officials, volunteers, spectators etc.) should check for symptoms of COVID-19. <p>If an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace should not attend the venue;</p> <ul style="list-style-type: none"> • Clear signage (e.g. for one-way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue which ensure social distancing can be maintained. • Face Masks to be worn by those 11 or over in communal areas
	Safety Briefing (To be undertaken by the coach)	In competitive water polo activities, the Covid-19 Lead of each club must ensure a safety briefing is provided before the commencement of any training or fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the Code of Behaviour.
	Local Lockdowns	In the event of local lockdowns, Swim Wales will follow government guidance according to the specific implications for water polo in each case which may vary.
	Pre-Attendance Symptom Check	<p>All players, officials, volunteers and spectators must have completed a return to water health screen and return to training declaration prior to returning for the first time</p> <p>No-one should leave home to participate in any form of water polo if they, or someone they live with, has any symptoms or if they have been instructed to self-isolate.</p>
	Safeguarding	<p>All players, officials, volunteers and spectators must have completed a return to water health screen and return to training declaration prior to returning for the first time</p> <p>You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as Water Polo. Please only support their return to water polo activity when they feel confident to do so and you feel the activity is safe and right for them.</p> <p>Your child should arrive prepared for the session having followed the club's guidance on entry procedure.</p> <p>It is advised your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name.</p> <p>Your child/children should know how to maintain good hygiene and hand washing;</p> <p>Young children under 11 will not need to maintain social distancing. Please continue to encourage social distance.</p> <p>Clubs/organisers of activity still have a responsibility to implement Swim Wales' safeguarding requirements. A current DBS Check and Swim Wales approved safeguarding training will be required.</p> <p>Club coaches must ensure the ratio of coach to children is appropriate</p>

WHO	AREA	GUIDANCE
DURING WATER POLO RETURN TO COMPETITIVE TRAINING AND MATCHES		
Clubs / Facility Operators / Leagues	Warm Up	Land warm-ups prior to entering the pool which may include equipment must be cleaned appropriately between use. Surfaces in high traffic areas should be appropriately cleaned between activities. This should include surfaces such as handrails and towel hooks.
	Training	<p>See below a series of steps and considerations that can be adopted as part of returning to competitive training.</p> <p>Clubs should determine the appropriate ratio of coaches to participants, Sessions might include multiple groups but only if they can be appropriately socially distanced from each other.</p> <ul style="list-style-type: none"> • Shooting at goal is permitted, but advised that only one at a time to minimise risk of injury • Where possible maintain training bubbles to minimise the risk of transmission. • It is advised that rather than focus entirely on repeated drills and scrimmaging, ensure sessions are carefully planned out to reduce the frequency of close contact. • Scrimmaging can return, however considerations to numbers and frequency of patterns of play must be risk assessed and subsequently built into your session plans. • Where close contact does occur, after the phase of play, participants are encouraged to appropriately social distance. This is often a naturally occurring part of the game but participants should actively social distance where possible. • Where club members train at multiple venues or clubs, it is their responsibility to register with each club Covid-19 Lead and inform them of their training bases to ensure test & trace is appropriately managed. • In an indoor setting the venue capacity must be followed in line with the indoor sports guidance and social distancing maintained in any breaks in play/training. • In all settings before and after the session, during team talks and, in any breaks, all participants should practise social distancing. • Any spectators at training sessions (including parents and carers) must be restricted to adhere to the current six person gathering limits. Spectators should be spread out, in line with wider government guidance.
	Poolside	Coaches – Social distancing must be observed and coaches should communicate without raising voice.
	Use of equipment	<p>The sharing of equipment must be avoided where possible.</p> <p>All equipment should be sanitised before and after each activity (for further details, please refer to the operator and club training guidance documents).</p> <p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.</p> <p>Surfaces in high traffic areas should be appropriately cleaned between activities. This should include surfaces such as handrails and towel hooks.</p>
	Ball Transfer	The nature of Water Polo means that the ball is frequently handled. All equipment should be sanitised before and after each activity (for further details, please refer to the operator and club training guidance documents). When the ball goes out of play it should be retrieved by a non-playing person and must be placed under the water before play restarts.
	Shouting	There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors and when face to face. If possible, players, officials, coaches and spectators should therefore avoid shouting or raising their voices during, before and after games.

WHO	AREA	GUIDANCE
DURING WATER POLO RETURN TO COMPETITIVE TRAINING AND MATCHES		
	Injury Treatment	<ul style="list-style-type: none"> • Injuries during play should still be treated, participant health and safety is of utmost importance. The best form of protection is through rigorous cleaning and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, working with your facility operator and Swim Wales supporting guidance. • If a participant gets injured, a member of their household or bubble can assist if present and appropriate, but others will still need to socially distance • A person who is responsible for first-aid or physio should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance. • After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. • This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. • The first aider should also avoid touching their mouth, eyes and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes. • If a participant becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible. • NHS guidance on further management of symptoms should be followed.
	Supporters	<p>Supporters, parents, and other spectators should remain socially distanced whilst attending sessions and adhere to current Government guidance on gatherings,</p> <p>You should work with your leisure provider to understand their rules and regulations regarding spectator attendance</p>
	Facility Usage	<p>See existing guidance for more information on working with your facility provider on creating a safe environment.</p>
AFTER WATER POLO TEAM ACTIVITY		
		<ul style="list-style-type: none"> • All participants should sanitise their hands after the completion of activity. • Participants should exit whilst maintaining social distancing. • Social gathering after activity must be in line with current Welsh Government guidelines. • Clubs should encourage all participants to report and adhere to guidelines regarding symptoms.

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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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
Owen Smart – Chair Swansea Aquatics
Holly Curson – Swansea Artistic Swimming Club
Mike Bambourgh – Chair City of Cardiff Swimming Club
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Swim Wales Volunteer Open Water Working Group
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 mannau cymunedol



Follow all signage & guidance at facility

Dilynwch yr holl arwyddion a chanllawiau yn y cyfleuster



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