



SWIM WALES
NOFIO CYMRU

RETURN TO WATER

GUIDANCE

ARTISTIC SWIMMING

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JULY 2020

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 Artistic Swimming 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 Artistic Swimming 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

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Swim Wales

ARTISTIC SWIMMING

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.

WHAT PRACTICES CAN REASONABLY BE DELIVERED?

- Keep athletes moving as much as possible, if athletes need to cough they must exit the water and go to an isolated location. When stationary, athletes are to maintain social distancing.
- Drills, skills and underwater work can still be practised.
NB: coaches should be careful to build-up underwater work gradually taking account that participants have not trained in water for a considerable time.
- Alternatively you could do widths to spread athletes out.
- Use alternative start ends if doing work that requires longer rests.
- Training should focus on technical drills, figures and elements which can be performed on the spot and with social distancing between athletes maintained.
- Solo training can be continued, other athletes in pool need to be aware of travel and stick to low numbers and performing drills and figures.
- Duet and team training can only be performed if following government guidance on social distancing. Teams should be performed in groups' no more than four athletes (space dependent).
- Lifts and any close contact is not permitted.
- Cool down can be done as flex drills using bands and further flexibility can be performed at home.

WHAT PRACTICES SHOULD NOT BE DELIVERED DURING THESE TIMES?

- Performance lifts or any highlights.
- Connected movements between two or more athletes.
- Close patterns in routines.

WHAT NUMBERS CAN REALISTICALLY PARTICIPATE IN THESE SESSIONS?

We would advise during the current circumstances that there is a minimum of 6m² per participant – this defines the maximum bather load.

- 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 (working collaboratively with your facility operator).
- The example below is based on 25 metre by 10-12.5 metre pool. As highlighted above, the application of this will depend on a number of factors and each club will need to plan and risk assess for their own environment.
- We recognise that training sessions may not look like a "normal" programme of training however the circumstances that we are operating under are not "normal" and clubs, workforce and participants will need to accept that to be able to utilise pools whilst complying with government guidance, they will need to adapt accordingly.



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ARTISTIC

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

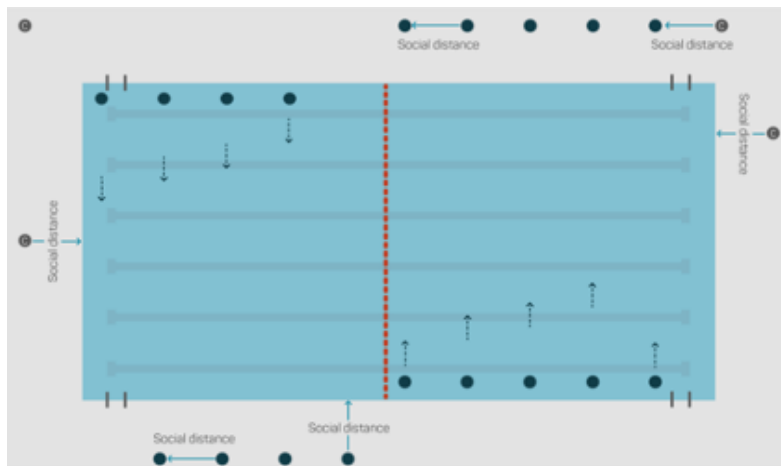
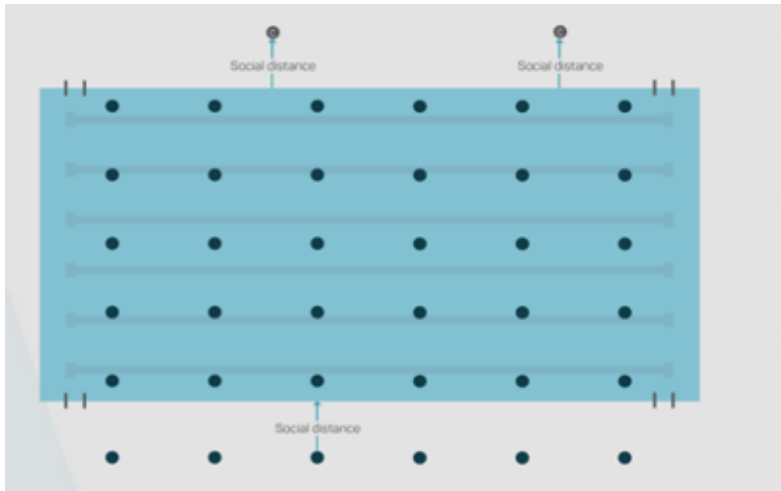
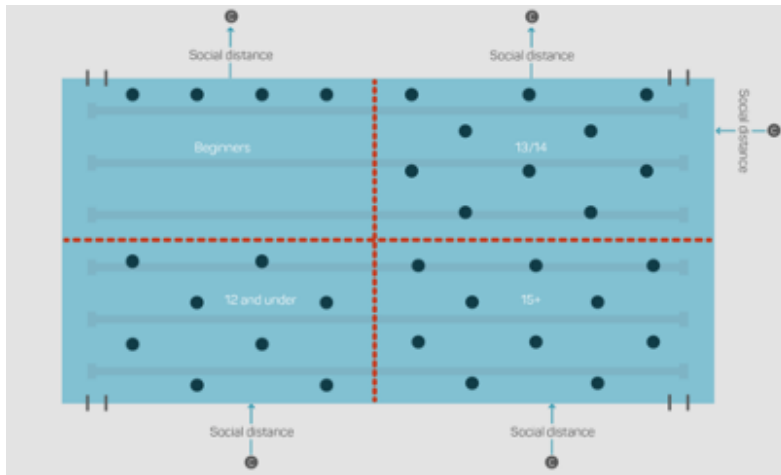
Where people exercise together indoors at a fitness studio, gym, swimming pool, other indoor leisure centre, facility or any other open premises, gatherings must be compliant with Welsh Government regulations and physical distancing must be maintained. Examples of people exercising together include a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

COACHES POSITIONING

- Coaches to watch their group of athletes and be aware of passing other coaches, maintaining social distancing distance at all times.
- Coaches to have clearly defined areas to stand and walk.
- Avoiding close contact with swimmers.

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..

USE OF EQUIPMENT

- Cleaning regime of equipment before and after all uses including music equipment (please refer to the operator guidance and the club guidance documents for further details on cleaning equipment).
- Publish what equipment is required prior to sessions.

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.
3. The documents and any associated drawing material are intended for information only.
4. Amendments, alterations and updates of documents and drawings may take place from time to time and it's recommended that they are reviewed at the time of use to ensure the most up-to-date versions are being referred to.
5. All downloadable drawings, images and photographs are intended solely to illustrate how elements of a facility can apply Swim Wales's suggestions and should be read in conjunction with any relevant design guidance, British and European Standards, Health and Safety Legislation and guidance, building regulations, planning and the principles of the Equality Act 2010.
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
Owen Smart – Chair Swansea Aquatics
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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 mannau cymunedol



Follow all signage & guidance at facility

Dilynwch yr holl arwyddion a chanllawiau yn y cyfleuster



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