

The purpose of this document is to set out as clearly as possible the differences between Levels 2 and 3 of the recently published Government of Ireland 'Living with COVID-19' Plan in relation to the aquatic and indoor swimming activities. This document does not consider the other levels of the Plan at this stage - swimming pools are not open in Levels 4 and 5 and we will consider the situation in relation Level 1 at a different juncture.

The protocols of being able to work safely and practically within a Level 3 scenario are built on the premise that swimming and diving are individual activities. In geographic areas under Level 3 status, participants will travel individually, enter the building and change individually, partake in their activity individually and then repeat this process to return home. Whilst athletes/participants may be in the water at the same time, they undertake their exercise on their own, even if they are partaking in a club training session. Coaches provide focused individual training sessions and swimmers do not stop and start or engage with each other during such sessions. Therefore, from the point of view of general swimming and the strict protocols already in place, significant differences are not required between these two levels due to the individual nature of aquatic training. Despite this, we have included a further reduction in numbers in the lanes/pools and also provided for further staggering in terms of entry and exit from the pool and facility. Through HSE statementing, we have additional confidence that chlorinated water kills COVID-19 and mitigates most risks to participants once they are in swimming pool water.

As the only aquatic team sport, we understand that for water polo some of the requirements under Level 3 will come as a blow. However, this has been provided for in order to ensure the key change is that from group training to a more individualised training approach.

We thank our clubs, facilities and members for their continued and vigilant work through all of our protocols thus far and we have been very successful to date with no records on file of any community transmission from within our sport. We will continue to be ultra-vigilant in this regard. We do understand that it will be very challenging for swimming pools to remain economically viable under a Level 3 scenario and we will be working closely with Ireland Active and other partners in this regard to protect our sport as much as possible during these times.

	Level 2	Level 3
Club Activities - Swimming	<ul style="list-style-type: none"> • 50m Pool – up to 6 athletes per lane working as a pod for that session • 25m Pool – up to 5 athletes per lane for adolescent and adult athletes and up to 6 athletes per lane for young age group athletes working as a pod for that session • 20m Pool – up to 4 athletes per lane working as a pod for that session • 1 coach per 2 lanes of activity permitted per session coaches allowed per sessions • 'Home points' within lanes to be utilised where other forms of social distancing during rest intervals are not possible • Starts, turns and relay takeover practice to be permitted in outside lanes where social distancing measures can be enforced • All four strokes to be permitted within sessions with social distancing measures to be incorporated into such planning • Training equipment to be utilised in sessions where appropriate 	<ul style="list-style-type: none"> • Coaches to ensure that sessions are individualised rather than group or pod based • 50m Pool – up to 5 individual athletes per lane • 25m Pool – up to 4 individual athletes per lane • 20m Pool – up to 4 individual athletes per lane • A maximum of 2 coaches per session, working from opposite sides or opposite ends of the pool. • Strict use of 'home points' within lanes as start and finish points for athletes ensuring social distancing is in place • No discrete starts, turns or relay takeovers practise to take place • Freestyle swimming to form the primary content of all sessions • Training equipment to be restricted in usage to maintain social distancing at all times and only personal training equipment to be used in such cases • Coaches to wear masks until all athletes are in the pool and to be worn again when athletes exit

Entry/Exit (Building)	<ul style="list-style-type: none"> • In advance of arrival at a facility, individuals should complete self-report screening form once per day • When entering and exiting a facility, individuals should adhere to social distancing requirements • Avoid loitering or congregating at facility entrance • Face coverings should be worn when entering and exiting the facility • Upon entering facility, individuals should use the hand sanitizer provided • Prior to exiting the facility, individuals should ensure they have all belongings • Use of hand sanitizer is recommended on exit • Car-pooling not encouraged but permitted if necessary 	<ul style="list-style-type: none"> • In advance of arrival at a facility, individuals should complete self-report screening form once per session • Clubs to put a staggered entry and exit system in place, with individual athletes entering the pool one at a time • When finishing a training session, individual athletes should be sent to the changing rooms in a staggered manner • Sufficient buffer time should be allowed between different participants entering and exiting the facility • Face coverings should be worn when entering and exiting the facility • All other considerations at Level 2 should be adhered to • PPE to be worn during this time • Car-pooling not permitted
Transit To Pool	<ul style="list-style-type: none"> • Face coverings should be worn when moving through the facility until athletes are ready to enter the water • When moving through the facility individuals should adhere to social distancing requirements • Clubs should plan training sessions to ensure there is no crossover between different groups/pods • Athletes should proceed to changing room/poolside, following the directions and movement flow as dictated by the facility's operating procedures. • Coaches/teachers should proceed directly to poolside • Parents should follow public access guidelines as required by the facility and clubs should inform parents of these protocols • Upon entering pool side athletes should follow the instructions of their coach to enter the water • Once the session is completed athletes should exit the pool in a similar (but opposite manner) in which they entered. • To shower and change after the session athletes should proceed to changing room/poolside, following the directions and movement flow as dictated by the facility's operating procedures. • Once changed athletes will leave the facility without delay 	<ul style="list-style-type: none"> • Anyone on deck should wear face coverings until all participants have entered the water • No spectators permitted into club sessions • No shower or drinking fountain usage permitted in the facility • Where possible, a one-way system should be implemented for transit through the facility. This will be facility dependent and in line with the facility operating procedures • All other considerations at Level 2 should be adhered to • Social distancing to be prevalent at all times • PPE to be worn during this time
Changing Rooms	<ul style="list-style-type: none"> • Use according to facility Risk Assessment Protocols 	<ul style="list-style-type: none"> • Arrive ready for sport (beach ready); staggered use of changing area following sporting activity • Social distancing to be prevalent at all times • PPE to be worn in changing rooms where used
Showers	<ul style="list-style-type: none"> • Use according to facility Risk Assessment Protocols 	<ul style="list-style-type: none"> • No showering permitted
Use of PPE	<ul style="list-style-type: none"> • Use of face covering where social distancing not possible 	<ul style="list-style-type: none"> • Pool users: use of face covering at all times except when in pool;

		<ul style="list-style-type: none"> Workforce: use PPE at all times when pool users are out of the water
Swimming Lessons	<ul style="list-style-type: none"> All lessons to be delivered in pods of a maximum of 6 people Learners to arrive beach ready Lesson providers to operate a clear one way system where possible Lesson providers to keep spectators to a minimum where possible Where learners, parents and carers are entering and exiting the facility, it is recommended that face coverings are worn. This includes their use in changing and spectating areas 	<ul style="list-style-type: none"> Currently not permitted. However, additional clarification on whether swimming lessons can take place in Level 3 (on the basis that g lessons are recognised as a fundamental life skill and an educational activity) is forthcoming
Instructor Led Activity (Aqua Aerobics)	<ul style="list-style-type: none"> Organised classes can continue to be delivered Classes should be delivered in multiple pods of 6 people once sufficient space is available Space should be defined based on the recommendation of a 6 square metres bather load for Instructor Led Aquatic Activity and the relevant physical distancing requirement Strict public health protocols remain in place 	<ul style="list-style-type: none"> No Instructor Led Aquatic Activity is to be delivered at this time
Club Activities – Water Polo	<ul style="list-style-type: none"> Training in pods of 6 with team play taking place Individuals can pass balls between pod members Team contact should be limited and social distancing within the water should be adhered to where practical Intra and inter club matches allowed 	<ul style="list-style-type: none"> Coaches to ensure that sessions are individualised rather than group or pod based Individual lane swim training can take place as above in relation to general swimming protocols Individuals can use their own ball within a training session. Balls to be used for individual skills and drills only. Individuals must not mix or share a ball at any point. No intra or inter club matches
Club Activities - Diving	<ul style="list-style-type: none"> Only one diver is permitted on a diving board at any time Subsequent divers should wait in designated marked areas that a distance apart that conforms to the current social distancing requirement in place at that time Platform divers to stay one person to a flight of stairs when accessing platforms, with no return down the stairs. 	<ul style="list-style-type: none"> Only one diver is permitted on a diving board or the steps leading to that diving board at any time Subsequent divers should wait in designated marked areas that a distance apart that conforms to the current social distancing requirement in place at that time Platform divers to stay one person to a flight of stairs when accessing platforms, with no return down the stairs.
Competitions	<ul style="list-style-type: none"> Regional Championships, Inter Club Competitions and Intra Club competitions may take place Competition warm up in pods of a maximum of 6 Line up pre-racing (swimming) while observing social distancing Overhead starts may be allowed (swimming) 	<ul style="list-style-type: none"> National Senior Championships only may take place Arrive with competition suit already worn under clothing Pool warm ups to be restricted as per club swimming protocols above No pre-race line up (swimming). Competitors only arrive to starting end when it is their time to race Pool must be cleared after each race (swimming)
S&C (Club Setting)	<ul style="list-style-type: none"> To take place in an outdoor area, or a well-ventilated indoor facility Individuals should maintain social distancing, as per the Public Health guidelines. If social distancing is not possible, individuals should use 	<ul style="list-style-type: none"> Swim Ireland recommend that Clubs do not engage in any structured/club-based indoor S&C sessions during this Level

	<p>appropriate PPE (as per the Public Health Guidelines)</p> <ul style="list-style-type: none"> • Individuals should not share any equipment. All equipment should be sanitised before and after use 	
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Additional Information

- Where children are leaving the facility and going directly to school the club can apply for specific exemption for children to shower with specific times allocated to each child
- Parents should understand the need for our clubs and facilities to increase the strict measures required for Level 3 to reduce the risk of transmission. Children may need to leave sessions at staggered times to facilitate the reduction in people congregating in areas
- Exemptions from use of face coverings: Children under 13 years old and individuals as per HSE recommendations
- Club members are still able to engage in individual S&C sessions in public gyms, provided that they are adhering to both the Public Health and the facility guidelines
- We understand that the use of face coverings with participants is not something that can be made mandatory under current Government legislation but where referred to above, Swim Ireland will be strongly endorsing and recommending their usage