

COVID-19 GUIDANCE:

Swimming Guidance for Pools and Open Water



03 August 2020



In line with the re-opening of swimming pools across England, British Triathlon has outlined guidance and a range of scenarios to assist with the return of club activity in pools. Prior to returning to club activity in pools, please seek advice from your swimming pool operators because there may be additional guidance.

During the Covid-19 pandemic, British Triathlon are aligning our coach ratios with that of Swim England. For use of double lanes, level 2 coaches are able to coach 1:20 to assist our clubs and coaches return to club activity in pools, as illustrated in scenario one. This has been approved through our club insurance provider.

Clubs should group swimmers to train in a lane by ability level. As far as is possible, that group should continue to train together in subsequent training sessions. Examples of lane swimming protocols and numbers can be found in the guidance below.

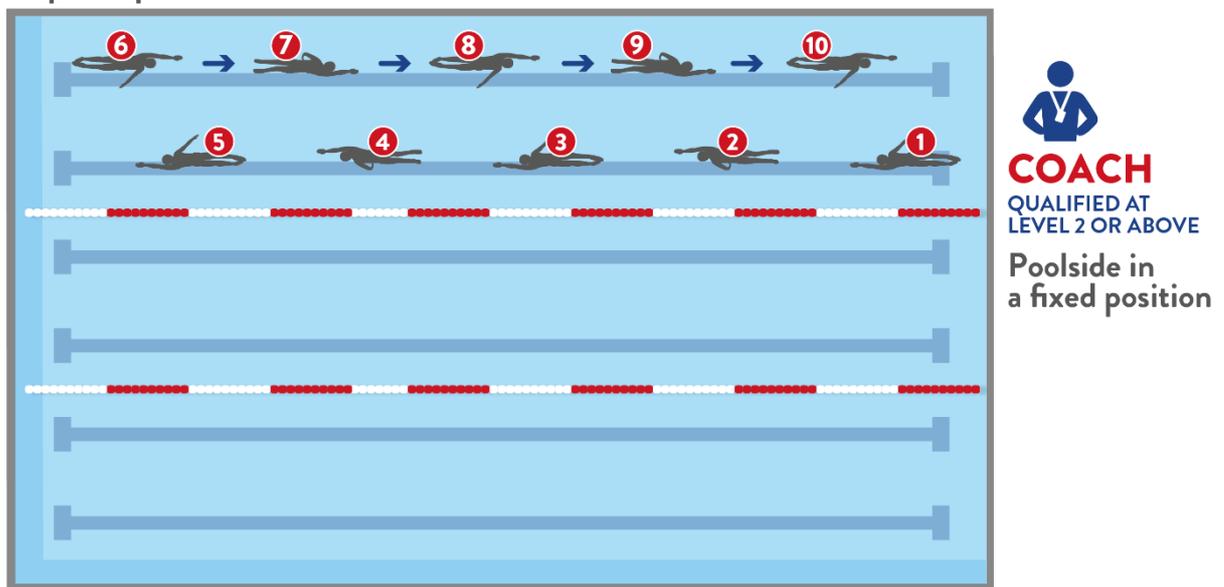
Scenarios

One

In a double lane, one coach can coach from a fixed position poolside with a maximum of 10 participants per double lane. British Triathlon coaches can coach up to two lanes of 10 participants per level 2+ coach should they feel comfortable. All sessions must have the appropriate lifeguards present, in most cases these will be provided by the pool operator.

Scenario one image demonstrates double width lanes with a maximum of 10 participants per lane, with a level 2+ coach overseeing two lanes.

10 participants in a double width lane x 2 lanes



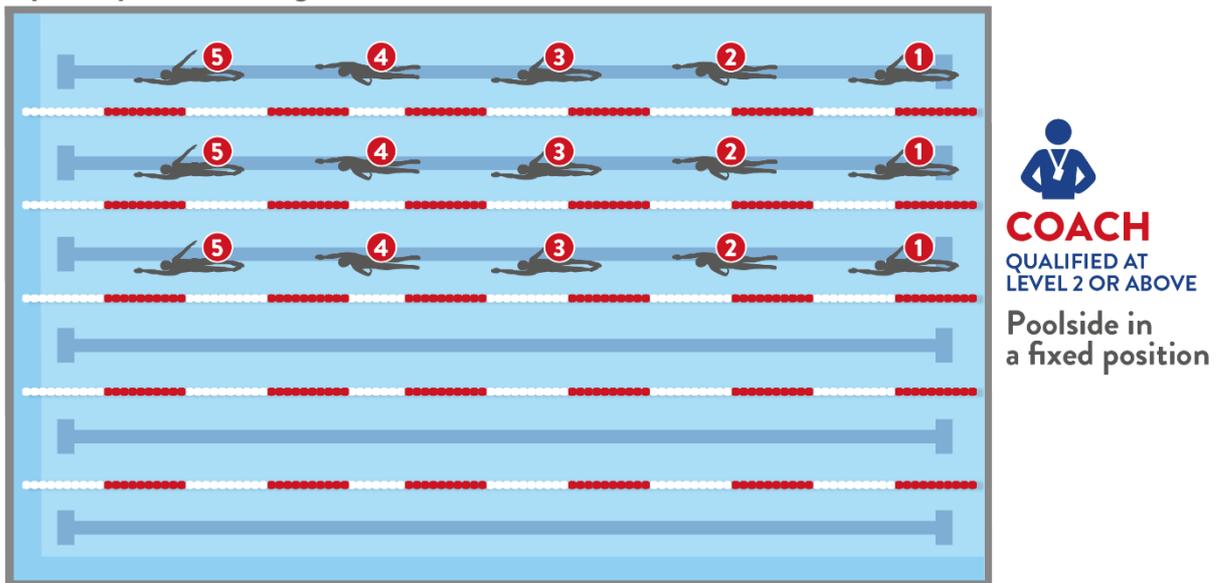
Alternatives to scenario one above might include;

- 1 x Level 3 = 2 double lanes of 10
- 1 x Level 2+ + 1 x Level 1 = 3 double lanes of 10 (full pool)

Two

Alternatively, where pool operators are operating on single lanes, we recommend you coach five participants per lane up to a maximum of three lanes of five participants led by a level 2+ BTF coach.

5 participants in a single width lane



Scenarios for your club session may also include:

- 2 x Level 2+ = 3 lanes each, full pool of single lanes, 5 people in each lane, 6 lanes in total
- 1 x Level 2+ + 3 x Level 1 = full pool of single lanes 5 people in each lane, 6 lanes in total

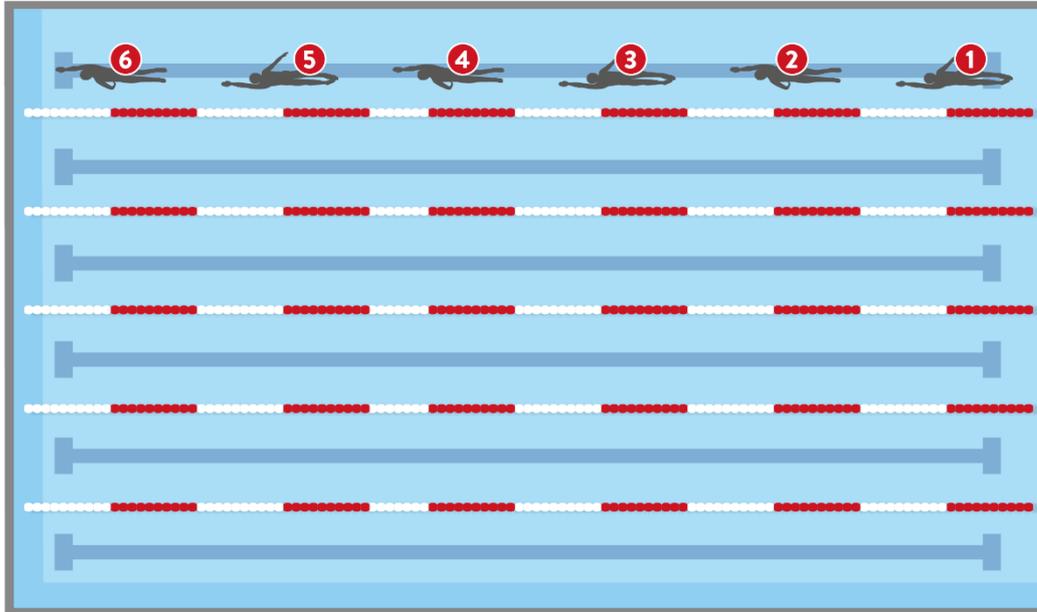
A level 2+ coach must always plan and oversee the session and be present on poolside throughout.

You must adhere to the pool operator's guidance, the number of swimmers per lane may have to be lowered to remain within the ratios outlined above.

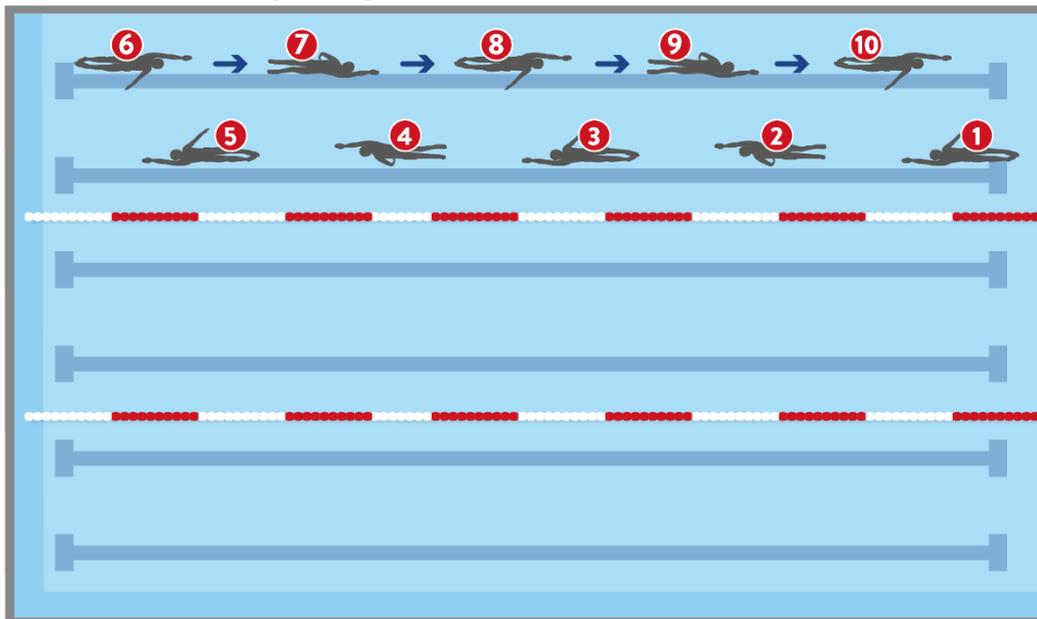
Non-coached

Non-coached activity may also take place. This should follow the pool operator's guidance and may look like the images below. Please consider social distancing throughout.

Single lanes – 6 participants in each lane



Double lanes – 10 participants in each lane



In non-coached activity club members agree the format.

You may wish to consider a combination of these examples to suit your workforce, pool space and the pool operator guidance.

Children and Young People (Under 18 years)

It is important to consider the practicalities for children and young people under the age of 18 attending club activity in pools, particularly as the majority of facilities may be in use by other clubs and groups.

To ensure the safe arrival and collection of children and young people to club activity in pools;

- ! we advise that all under 18s are chaperoned to poolside by ONE parent/guardian. Clubs must consider the site-specific admissions policy of the pool provider regarding parents/guardians' access to poolside.
- ! Parents/guardians should be encouraged to drop off their child at the time of the specific club activity to ensure social distancing can be observed.
- ! Parents/guardians should agree to a specific pick up time for their child following the session.
- ! Parents/guardians should be advised where to collect their child at the end of the session.
- ! changing room procedures specific to your pool provider should be communicated to and adhered to by all parents/guardians.

Please note: Spectator areas may have been reviewed by your pool provider and in some circumstances, these may have been reconfigured to ensure social distancing is adhered to. It is important to communicate these with all parents and/or guardians to ensure they are aware of any changes prior to attending the session.

Regular communication with your pool provider is crucial to ensure the club is fully aware of any restrictions or plans they are putting in place, so accurate information is communicated to all parents/guardians.

Open Water Guidance for Clubs and Coaches

This guidance has been developed to be read alongside the following guidance documents:

- [Our Return to Swim, Bike, Run Activity: Guidance for Clubs and Coaches](#)
- [SH₂OUT COVID-19 Guidance to Open Water Swimmers](#)
- [SH₂OUT COVID-19 Guidance to Open Water Venues](#)

The guidance below aims to provide additional information for clubs who plan to offer coached open water swimming sessions for their club members.

Use of Venues and Club Insurance

Where affiliated clubs that own or are permitted exclusive access to privately owned open water the club is deemed to be acting and operating as an open water venue and as such should follow the Covid-19 Venue Guidance on the SH₂OUT website. They must also follow

all social distancing restrictions that are currently in place. They are also strongly advised to undertake our open water venue accreditation scheme through SH₂OUT, more information on this process can be found [here](#).

If a club has any questions regarding open water swimming and the venue that they are swimming in, please contact [SH₂OUT](#).

Coach Qualifications and Ratios

Club open water swimming sessions should only be led by a qualified British Triathlon Level 2, Level 2 Diploma or Level 3 coach. If the coach completed their level 2 qualification prior to October 2011, they would need to have completed the additional British Triathlon Open Water CPD module. If the coach completed their level 2 qualification after October 2011, the British Triathlon Open Water module was included in their course/qualification.

A level 3 coach can coach at a ratio of 1 coach to 20 participants in an open water setting. A level 2 coach can coach at a ratio of 1 coach to 14 participants in an open water setting.

A level 1 coach can act as an assistant coach when directly supervised by a senior level 2 or 3 British

For open water club sessions we recommend that clubs follow one of the scenarios highlighted in the COVID-19 Practices section [here](#).

Use and Arrival at the Venue

1. We recommend a risk assessment of venue, water and session is completed prior to club open water training/activities, considering water temperature, safety considerations (water quality, visibility, access/exit points, current, drainage, source of water and expected water conditions, man-made and natural obstacles).
2. The club should review the venue's safety procedures and cover; these may have changed since you last used the venue.
3. You should complete a dynamic risk assessment for every visit to the venue used.
4. Planning the club's entry to and exit from the water prior to swimming is vital to ensure safety and social distancing.
5. Any pre or post session activities must be carried out in accordance with social distancing guidance.
6. The club must discourage swimmers from gathering in large groups to socialise. Arrive on time at the venue, but do not arrive earlier than necessary.
7. The lead coach must carry out a pre-session briefing which is fit for purpose including all safety arrangements. All swimmers and staff must attend these briefings. Social distancing guidance must be adhered to.
8. If you place the coach team and club volunteers around the prescribed course,

consider how you will communicate with each other i.e. two-way radios, mobile phone, etc.

9.

Coaches, swimmers and parents must follow social distancing guidelines at all times.

For more detailed information on what to expect from an open water venue, please see the [SH₂OUT COVID-19 Guidance for Open Water Venues.](#)