

Swim Ireland COVID19 Return to Water Potential Pool Set Ups

Please see full Return to Water Framework for full information (available [HERE](#) from Friday 12th June)

Swimming Diagrams

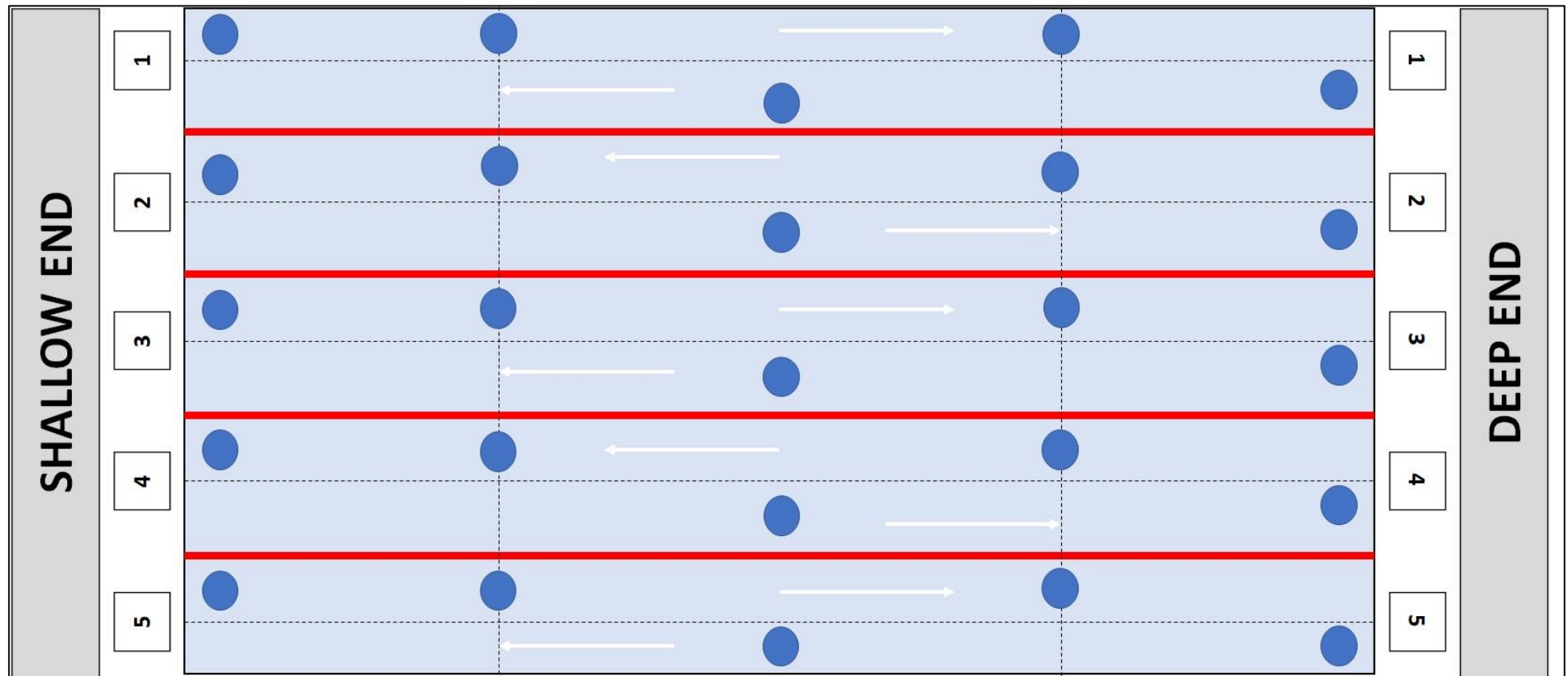


Figure 1. Five athletes per lane (based on a five lane 25m pool). One athlete is stationed at each end of the lane, with a further three athletes in the middle (by the backstroke flags and one at the mid-point of the lane). Lanes will alternate between clockwise and anti-clockwise. This allows for **25 athletes** to be in the pool at any one time. For 50m pools, up to eight athletes per lane can be similarly considered

Adults/Masters Swimmers (aged 18 year +): Five athletes per single lane (25m pool)

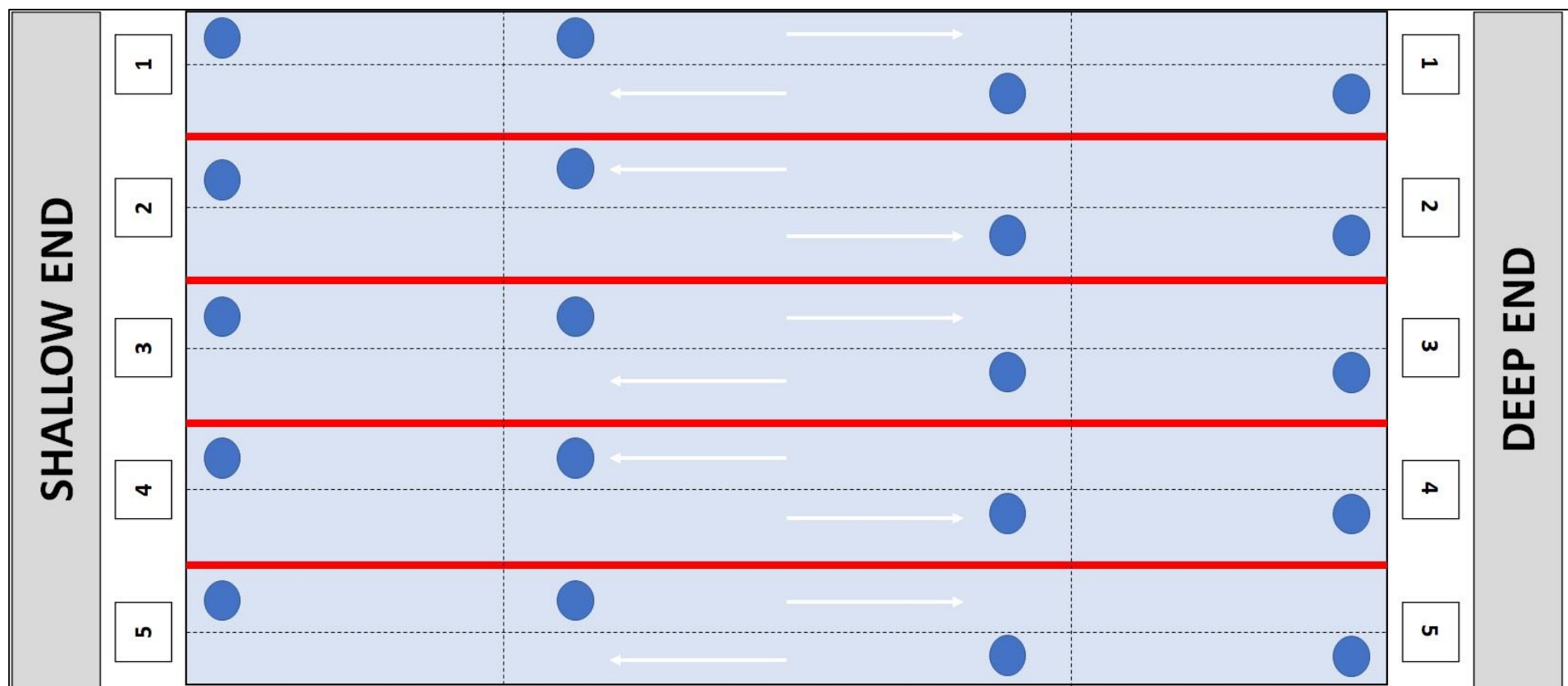


Figure 2. Four athletes per lane (based on a five lane 25m pool). One athlete is stationed at each end of the lane, with a further two athletes between the backstroke flags and the mid-point of the pool (on opposite side and opposite ends). Lanes will alternate between clockwise and anti-clockwise. This allows for **20 athletes** to be in the pool at any one time. For 50m pools, up to six athletes per lane can be similarly considered

Older Adolescent/Youth Swimmers (aged 14-17 years): Four athletes per lane (25m pool)

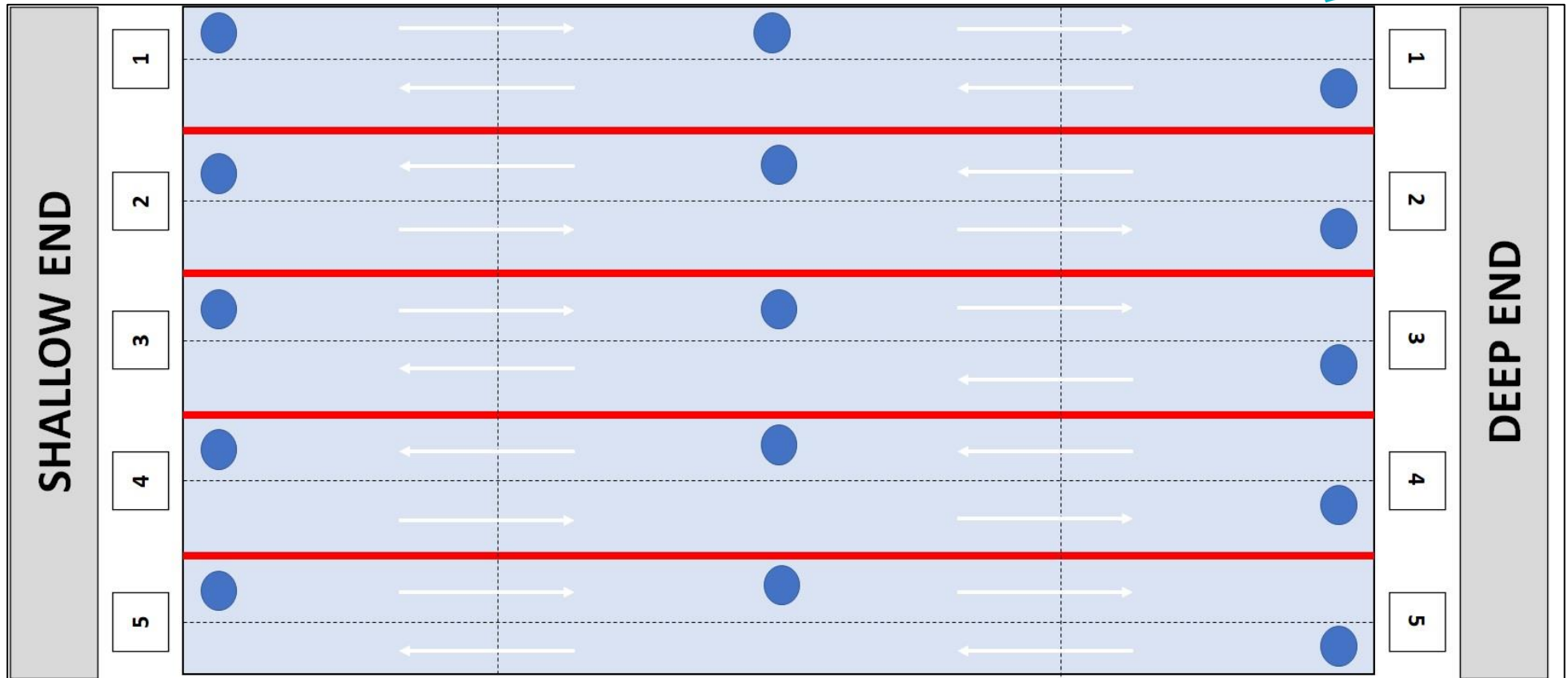


Figure 3. Three athletes per lane (based on a five lane 25m pool). One athlete is stationed at each end of the lane, with another athlete at the mid-point of the pool. Lanes will alternate between clockwise and anti-clockwise. This allows for **15 athletes** to be in the pool at any one time. For 50m pools, up to four athletes per lane can be similarly considered

Child Swimmers (aged 13 years & under): Three athletes per lane (25m pool)

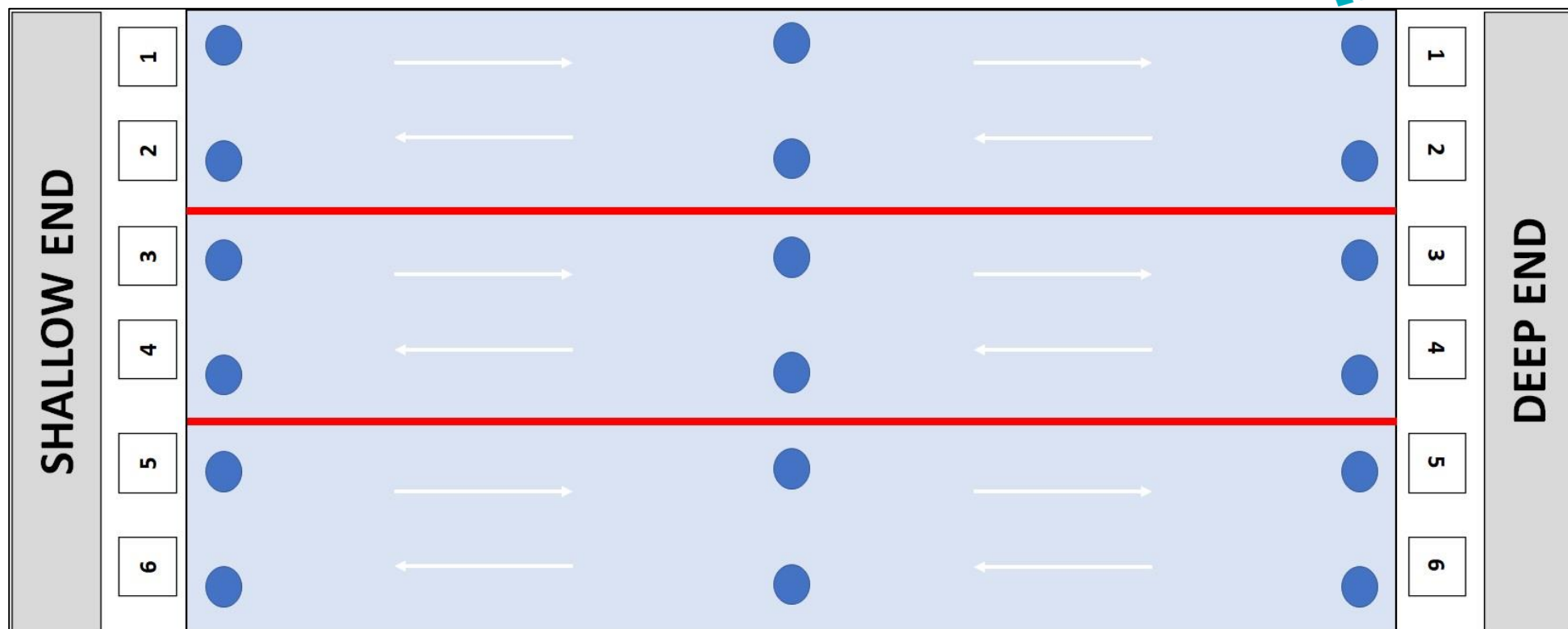


Figure 4a (For Pools Where Singles Lanes Are 2m or More in Width). Six athletes per double-width lane (based on a six lane 25m pool). Two athletes are stationed at each end of the width lane, with another two athletes at the mid-point of the pool. Lanes would all swim clockwise or anticlockwise. The above example shows the pool being divided into three double-width lanes. The above example allows for **18 athletes** to be in the water at any one time.

Adults/Masters Swimmers (aged 18 year +), Older Adolescent/Youth Swimmers (aged 14-17 years) and/or Child Swimmers (aged 13 years & under): Six athletes per double lane

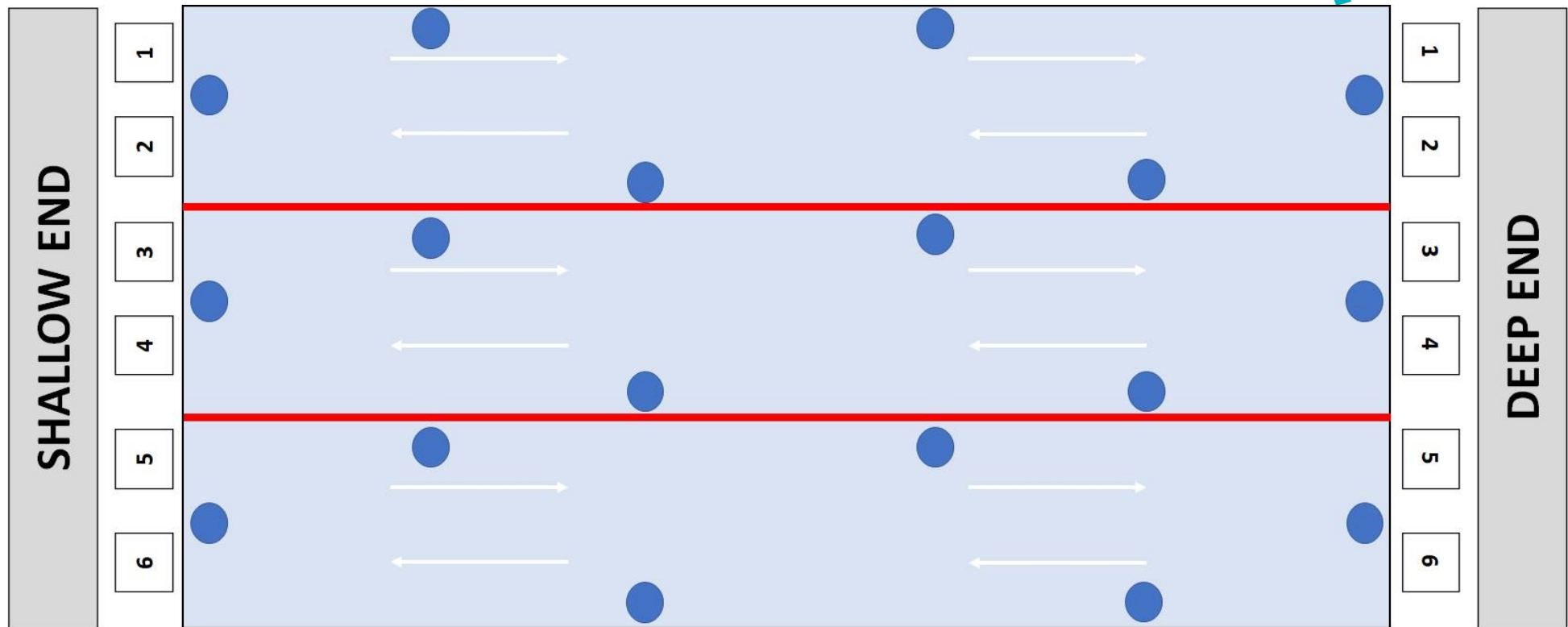


Figure 4b (For Pools Where Singles Lanes Are Less Than 2m in Width). Six athletes per double-width lane (based on a six lane 25m pool). One athlete is stationed at each end of the double width lane, with another four athletes stationed in a zig zag fashion along the lane. Lanes would all swim clockwise or anticlockwise. The above example shows the pool being divided into three double-width lanes. The above example allows for **18 athletes** to be in the water at any one time.

Adults/Masters Swimmers (aged 18 year +), Older Adolescent/Youth Swimmers (aged 14-17 years) and/or Child Swimmers (aged 13 years & under): Six athletes per double lane

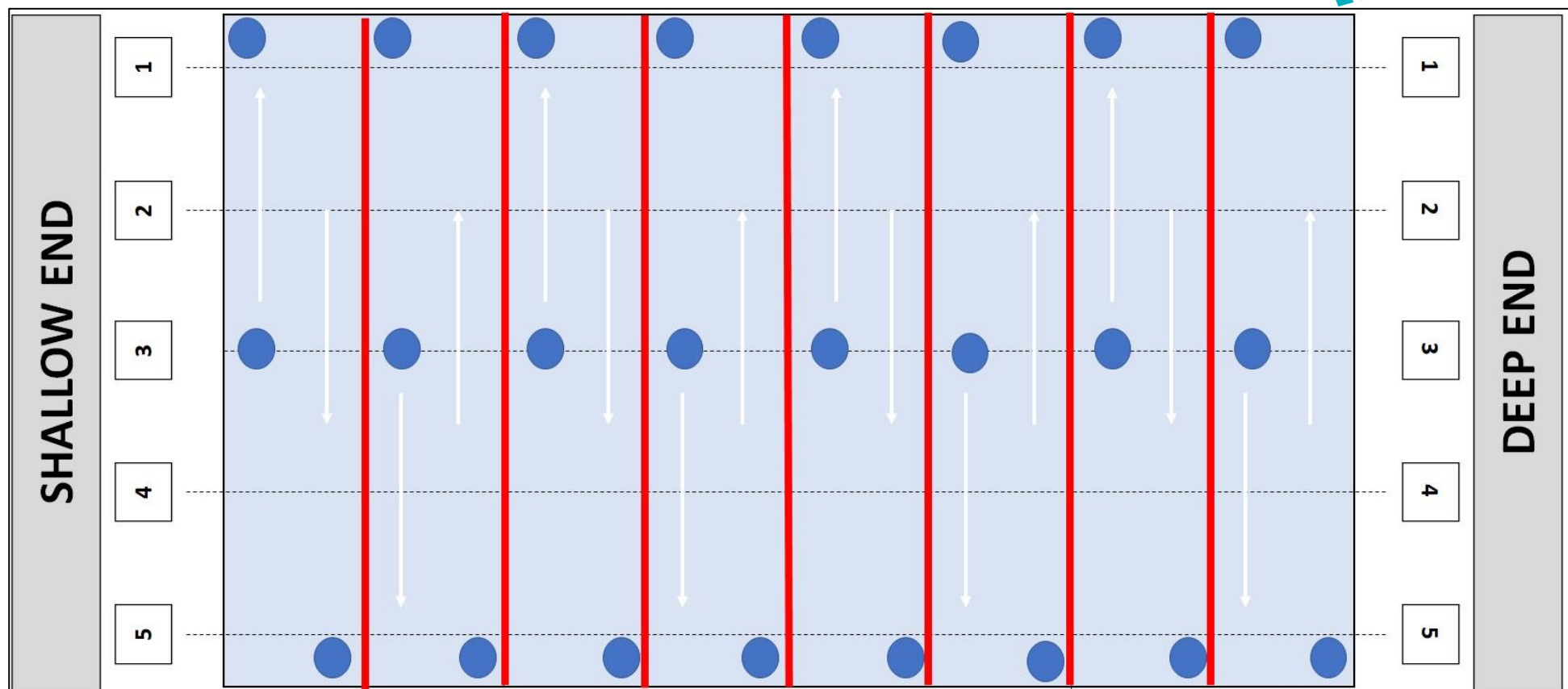
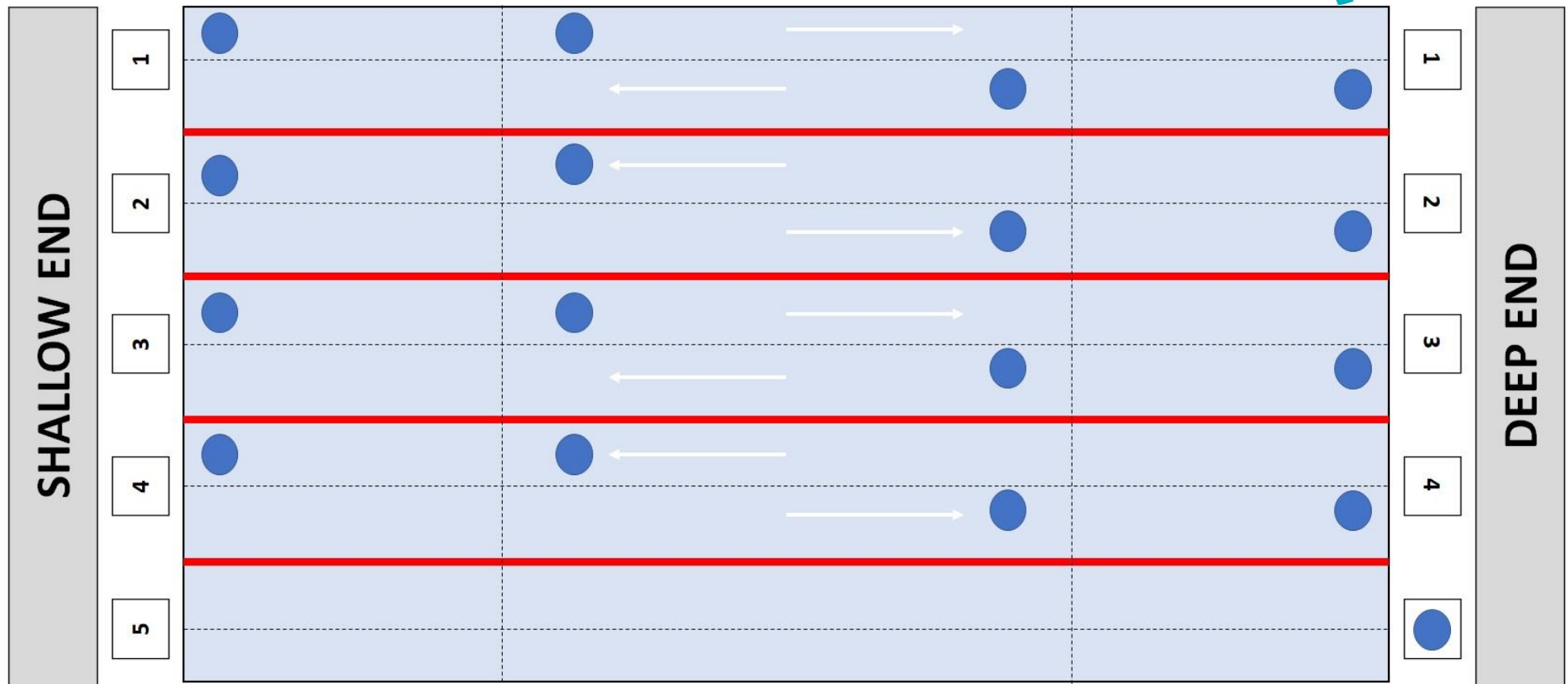


Figure 5. Three athletes per width lane (based on a five lane 25m pool). One athlete is stationed at each end of the width lane, with another athlete at the mid-point of the pool. Lanes will alternate between clockwise and anti-clockwise. The above example shows the pool being divided into eight width lanes. This can be increased, as long as there is a distance between width lanes which complies with current social distancing requirements. The above example allows for **24 athletes** to be in the water at any one time.



ATHLETES WAITING TO PRACTICE RACE STARTS (2M APART)



Figure 6. Dive start practice should take place in outside lanes only, with athletes forming a queue where social distancing can be maintained (see lane 5 in this diagram). Athletes wait until an individual has completed a minimum of 12.5m before the next athlete takes their turn. All other lanes can follow regular swim sets. This diagram shows four athletes per lane but should be taken into consideration with the age/maturity information provided in **Figures 1-3**

Water Polo Diagrams

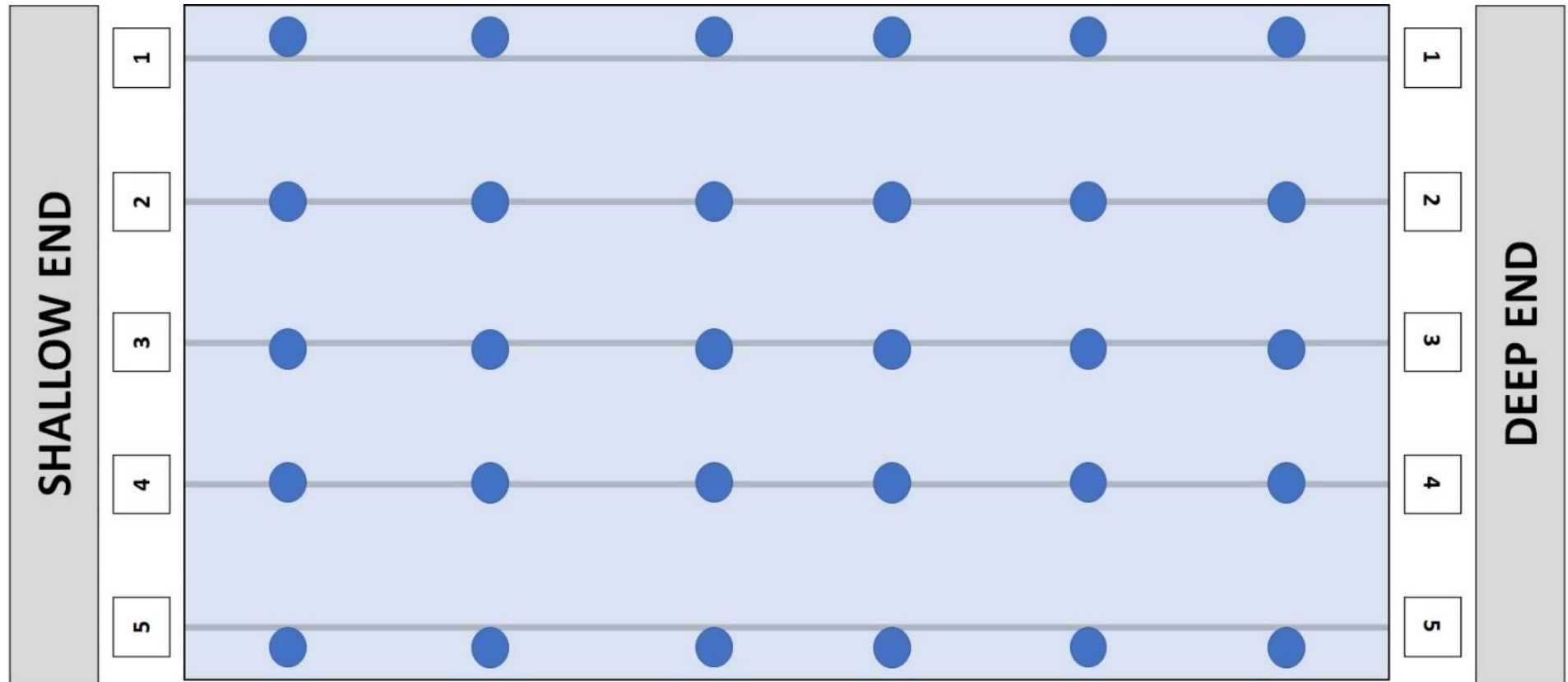


Figure 1. Home Points. This is based on a 6-lane pool, 25m x 12m/10m. The above example would allow for up to 30 athletes to be in the pool at any one time. Clubs will need to scale up or down depending on the size of the pool and numbers in a given session.

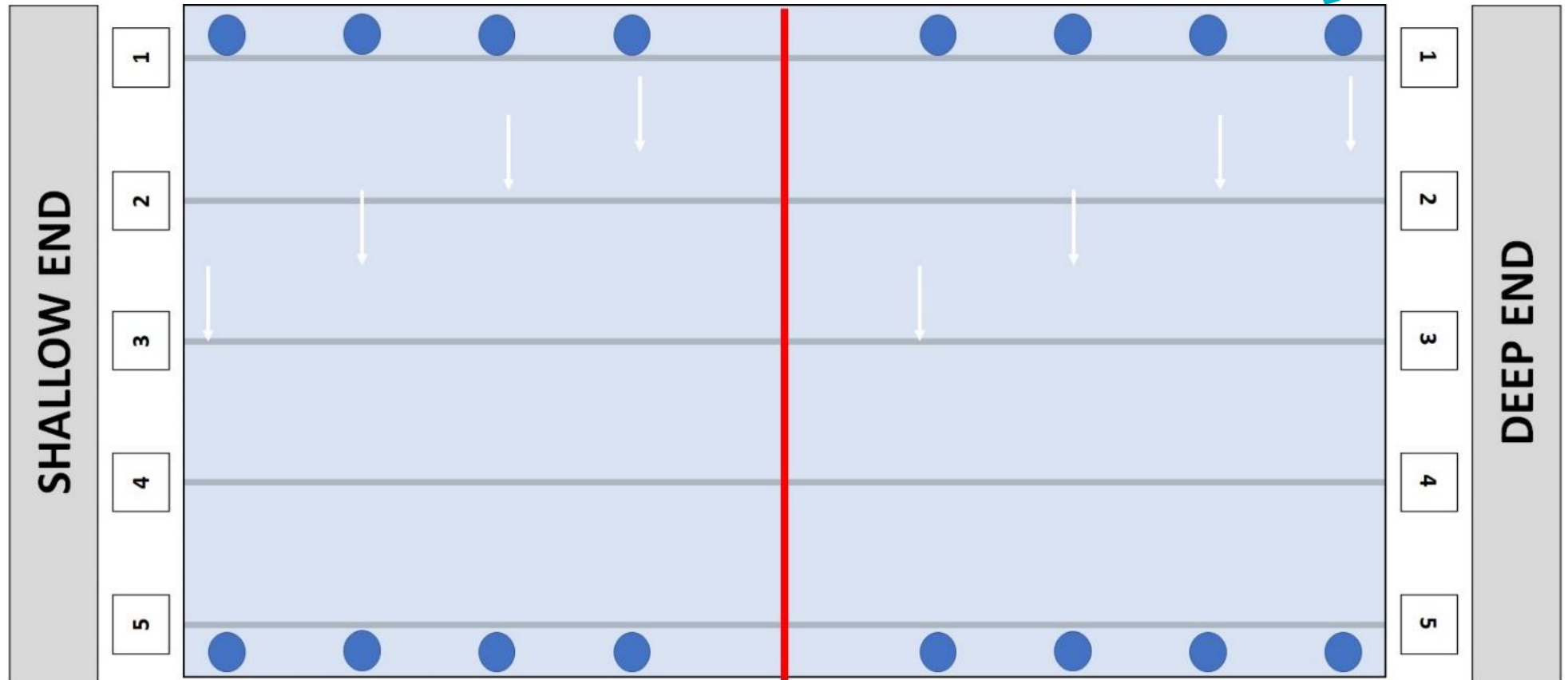


Figure 2. Mobility/Swimming for water polo (with/without ball) in a standard 25m x 12m pool with one group or a squad of players in water. Other group may be in pool opposite this group and may counter swim passing each other in under 0.5 seconds. A further group of the squad may be on the pool deck, maintaining social distancing, awaiting coach instruction to enter