# **Guidance for Northern Ireland clubs undertaking indoor training under the Covid-19 Resilience and Recovery Plan 2021.**

As clubs have returned to training and adapted to COVID-19 restrictions, consideration can now be given to adapting lane numbers whilst maintaining social distancing requirements. Clubs should continue to maintain a high level of vigilance and caution as new variants of COVID-19 emerge.

The Northern Ireland Executive and Sport NI have highlighted the following:

* Maintain Social distancing.
* Risk assessment to maximum capacity.
* All contact details must be taken and retained.

Clubs can deliver their programmes in a safe and effective manner by following the guidance laid out below.

## **General Overview**

* Athletes may travel to train with their club.
* Car-pooling is not recommended.
* Self-report screening form must be completed in advance of each training session or daily if training more than once per day.
* Where possible, a one-way system should be implemented for transit through the facility (facility dependent)
* Clubs should engage with their facilities to seek advice on allowing indoor spectators.
* Clubs must have a COVID-19 Officer on duty at every training session. Clubs with under 18’s must have a person on duty. One person may fulfil both of these roles if they meet the COVID-19 Officer requirements. In adult only clubs/ sessions the coach or a nominated athlete may act as the COVID-19 officer as part of their normal duties/ activities if they meet the COVID-19 Officer requirements.

## **Face Coverings**

* COVID-19 is mainly spread through close contact and droplets that come from your nose and mouth. For example, when you cough, sneeze, or talk loudly. Wearing a face covering reduces the spread of these droplets and aerosols. It also helps stop the spread of the virus from people who may not know they have it.
* Face coverings are not recommended for children under the age of 13, but some children may choose to wear one.
* Any individual (13 years +) entering a facility should wear a face covering until they are ready to commence training. Some facilities may require all individuals to wear face coverings. Contact your facility in advance to ensure you understand their requirements.
* All persons on deck to wear face coverings until all participants have entered the water.
* Participants should wear a face covering if leaving the pool to use the toilet etc.
* It is recommended that participants bring a small zip lock or clip seal bag with their name printed on to store their face covering whilst in the pool.

## **Entry and Exit**

* Clubs should formulate a staggered entry and exit system with their participants.
* Sufficient buffer time to be planned between different participants entering & exiting facility.
* Adhere to social distancing requirements on entry and exit.
* Avoid loitering or congregating at facility entrance.
* On entry & exit, individuals should use the hand sanitizer provided.

## **Changing Rooms and Showers**

* Participants should arrive ready to train, with swimwear on underneath clothes.
* Transit through changing room areas should be staggered and social distancing should be adhered to.
* Clubs should engage with their facilities to agree a well-managed, appropriate, and safe use of shower area.

## **Club Activity (Swimming)**

* 1 coach per 2 lanes of activity recommended per session.
* Clubs should conduct a risk assessment to decide how many athletes is suitable be in each lane. This may vary between squad and sessions depending on:
	+ - Age of athletes
		- Ability of athletes
		- No. of coaches on deck
		- Type of session
* Clubs and coaches should communicate any change to the current set up with their athletes in advance.
* Swimmers can start from the pool wall, with swimmers maintaining social distancing while waiting to push off.
* Where swimmers in a lane are starting from both ends of the pool clubs should consider the send-off times to ensure swimmers don’t meet (see option 1 on page 4, 6 & 8).
* Where swimmers in a lane are starting from one end of the pool clubs should use alternating ends of the pool (see option 2 on page 5, 7 & 9).
* The maximum number per lane is as follows:
	+ - 20 metre pool – option 1 max of 6, option 2 max of 6
		- 25 metre pool – option 1 max of 8, option 2 max of 6
		- 50 metre pool – option 1 max of 10, option 2 max of 6
* Personal training equipment to be restricted in usage to maintain social distancing at all times and not to be shared with others.

## **Club Activity (Water Polo)**

* There is a full return to indoor water polo training.
* Clubs are not permitted to congregate into huddles at any point of the session.
* Social distancing must be adhered to while entering and exiting the training session.
* Intra club match play is permitted.
* Inter match play (between clubs) is permitted.

## **Club Activity (Diving)**

* Adhere to social distancing requirements throughout training session.
* Only one diver permitted onto a diving board or the steps leading to that diving board at any time.
* Subsequent divers wait in designated marked areas where the distance apart.
* Platform divers to operate as one person per flight of stairs when accessing platforms, with no return down the stairs permitted.











