# **Guidance for Republic of 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.

Clubs in ROI should continue to adopt ‘*Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment.’*

Clubs must be happy that the Covid-19 policies being implemented by a facility are acceptable to them in advance of use. If the facility does not meet the minimum standards as advised by the club, then resumption of training/use of facility should not begin. Clubs must ensure they follow national and local guidelines at all times, not just what is being implemented/enforced within facility they are attending. There should be ongoing monitoring of all current guidance.

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

## **General Overview**

* Participants may travel to train as individuals in their club setting.
* 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.
* It is recommended that individuals start with shorter training sessions to re-acclimatise to training, i.e., less than one hour sessions for the first 2-3 weeks.
* Risk in facility/pool setting is linked to time spent out of the pool (arrival, registration, changing, showering, exiting etc.) compared to time spent in the pool. Clubs and individuals should minimise their time out of the pool, limit interactions, remove potential for congestion etc.
* Where possible, a one-way system should be implemented for transit through the facility (facility dependent)
* No spectators are permitted at this time.
* 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.
* When using showers post-pool, the function is to clean off chlorinated water and time spent in showers to be limited. COVID-19 officer should ensure protocols of showers adhered to fully.
* Clubs should engage with their facilities to agree a well managed, appropriate, and safe use of shower area.

## **Club Activity (Swimming)**

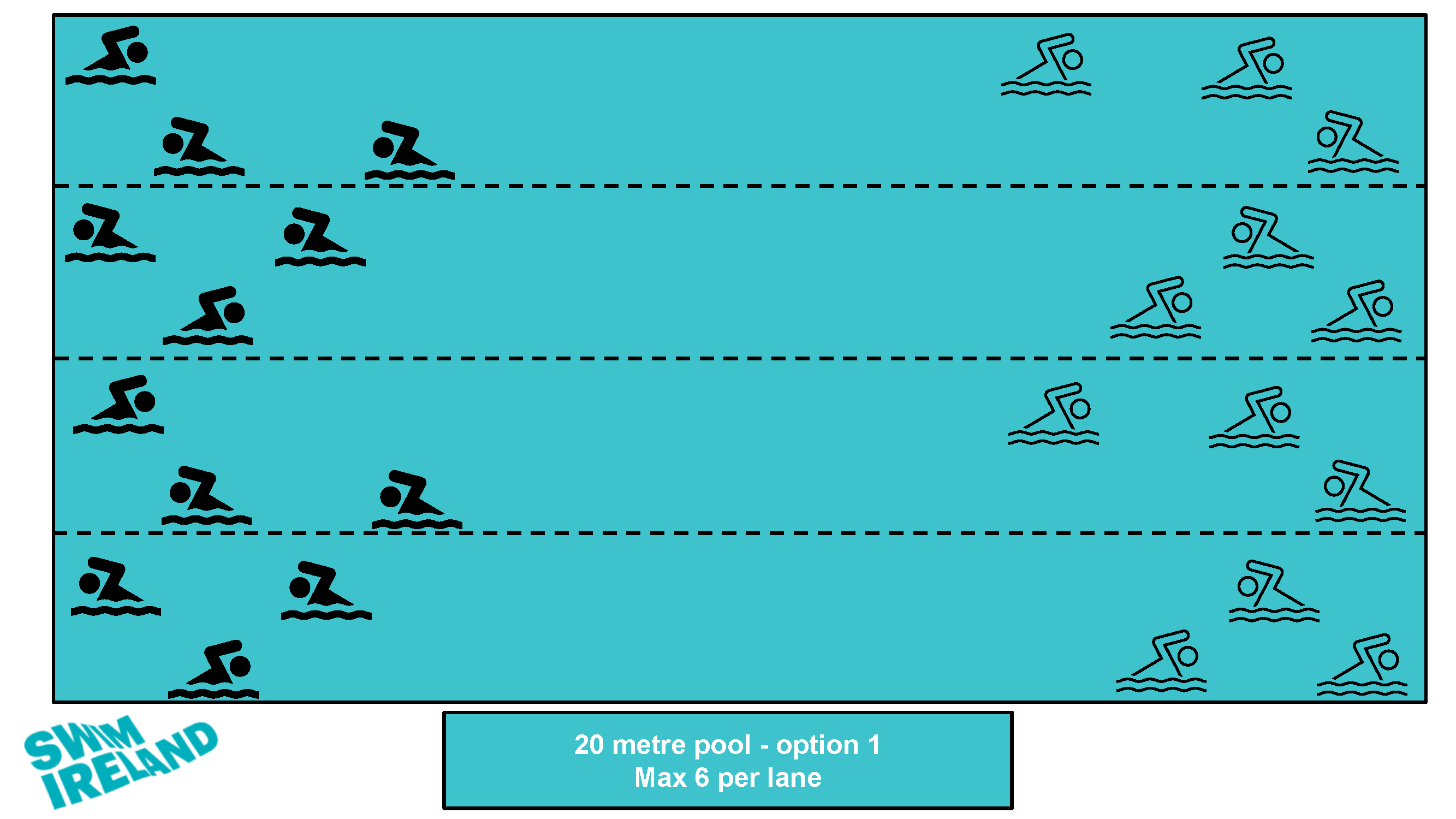
* Coaches to ensure that sessions are individualised rather than group or pod based.
* 1 coach per 2 lanes of activity recommended per session.
* Clubs should conduct a risk assessment to decide how many athletes is suitable be in each lane. This may vary between squad and sessions depending on:
  + - 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)**

* Coaches ensure that sessions are individualised rather than group or pod based.
* Individual lane swim training can take place, see Club Activities (Swimming) for more information.
* Social distancing (2 metres) to be maintained throughout individual practise of sport specific skills:
* Individuals can use their own ball within a training session.
* Balls to be used for individual skills and shooting.
* Use of rebounders and similar equipment to practise individual skills.
* Individuals to work on defence and attack skills.
* Individuals allowed to move around within the pool practicing Water Polo drills and ball skills.
* Use of Water Polo goals and goalkeeper for shooting drills.

## **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.



Chart, diagram

Description automatically generated

Diagram

Description automatically generated

Timeline

Description automatically generated with medium confidence

Chart

Description automatically generated

Graphical user interface, chart

Description automatically generated