

SWIM WALES
NOFIO CYMRU

RETURN TO WATER

GUIDANCE

LEARN TO SWIM

FIRST PUBLISHED IN JULY 2020

GUIDANCE DOCUMENT FOREWORD

Our sector has faced a significant challenge over the past few months and the closure of well over 300 pools in Wales has affected many people.

Thankfully we are now seeing some easing of restrictions by Welsh Government and Swim Wales is at the centre of this process ensuring that all of our user groups are supported. To do this, we have created a suite of key guidance documents that aim to support the aquatic community in Wales in their journey back to the water.

The Swim Wales Return to Water Plans will be living and evolving documents and have been created with insight from a number of consultation and working groups in order to develop a safe return to teaching people to learn to swim and school swimming for all. We would like to point out that any guidance that we produce will be in step with Welsh Government and Public Health Wales and will be done to safeguard our participants, staff and the public while giving due consideration to the local communities in which we exist and operate.

We want to say thank you to our volunteers, member clubs, swim schools, staff and facility partners for your understanding and professionalism over the last few months. We hope this guidance document helps you with a safe return to what we all believe in which is Aquatics for Everyone, for life.

Simon Clarke

Head of Aquatic Development
Swim Wales

LEARN TO SWIM & SCHOOL SWIMMING

INTRODUCTION

The following has been developed in co-operation with industry partners. Each year over 70,000 people learn to swim in Wales.

This document aims to support teachers, swim schools and operators in re-establishing swimming lessons following the period of closure and provides guidance on reducing the risk of COVID-19 transmission within the swimming pool environment

It will highlight the continued requirements for social distancing and enhanced hygiene regimes, along with guidance on how this will impact on the different experience the pool user will have. The guide will include details on booking, what to do before leaving home, on arrival at the pool, in the water itself and leaving the pool and facility.

As with all environments there is still a level of risk of Covid-19 transmission in aquatic settings that require control measures to be implemented. Providers must create their own risk assessment per activity before implementing any of the activities listed below.

Anyone taking part in a swimming lesson should also familiarise themselves with the [Swim Wales RTW Guidance](#) for Users before attending.

SWIMMING LESSONS

The following guidance relates to swimming lessons for all ages, including school swimming.

- Providers should have a dedicated officer responsible for Covid-19 considerations, making sure that they are up to date with central or local government recommendations. This person should be aware of the rules and guidance set out by the facility.
- When determining the capacity of classes, providers should consider the advice on users and assessing risk in the pool as set out in the Swim Wales RTW Guidance for Operators.
- Teachers are advised to deliver from poolside, with participants utilising fixed aids where appropriate.
- Teachers should adhere to government guidance on social distancing.
- Providers should evaluate the number of personnel on poolside to maintain social distancing.
- Providers should consider limiting spectating to only an accompanying adult who is responsible for their child at swimming lessons to maintain social distancing.
- Providers should review available pool space to allow for correct social distancing, including entry and exit points.
- Allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups.
- All equipment should be sanitised before and after each activity. This can be achieved simply and effectively by rinsing equipment in the pool.
- Where possible participants should bring their own equipment.
- Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.
- Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout.

Detailed guidance for swimming lessons can be found below,



SWIM WALES
NOFIO CYMRU

WELSH GOVERNMENT CORONAVIRUS CONTROL PLAN REGULATIONS

- Welsh Government regulations must be complied with in conjunction with NGB guidance.
- Organised activity in simultaneous groups of up to 15 people (alert levels 2 and 3) and up to 50 people (alert level 1) can exercise indoors as long as the capacity is aligned to the UK Active and NGB Guidance and the groups can be separated throughout the customer's journey.
 - Children aged under 18 are not included within the group limits on numbers if they are participating or facilitating a sporting activity organised and supervised by a responsible body for the development or well-being of children. Constraints on the total number of participants allowed is based upon the capacity aligned to the UK Active and NGB Guidance and the need for sufficient adults to be present to supervise.
 - Coaches and Teachers over the age of 18 would generally be regarded as participants and would be included within the group limit for organised Sport Activity. Any individuals organising and supervising the activity such as volunteers (e.g. Covid Officer) and facility staff, are exempt from the numbers allowed to participate in organised activity.
 - Any adult not directly participating in or facilitating the activities, should not stay in the area where the activity is taking place unless they are parents or guardians of children who require their attendance for health or safeguarding reasons.
- Bookable individual activity (e.g. community/public swim) will continue to follow the UK Active Guidance to determine the capacity on both wet and dry side activities.
- Organised activity in groups of up to 30 people (alert levels 2 and 3) and up to 100 people (alert level 1) can exercise outdoors.

UK Active Guidance:

<https://swimwales.org/pages/supporting-resources>

Welsh Government Coronavirus Control Plan:

<https://gov.wales/sites/default/files/publications/2020-12/coronavirus-control-plan-alert-levels-in-wales.pdf>

WELSH GOVERNMENT LEISURE GUIDANCE UPDATES

ALL AREAS OF THE CUSTOMER JOURNEY MUST COMPLY WITH WELSH GOVERNMENT, PUBLIC HEALTH WALES AND NGB SPECIFIC GUIDANCE, RISK ASSESSMENTS AND LEGISLATION



PHYSICAL/SOCIAL DISTANCING

It is less important to rigidly maintain a continual 2m distance from other children and adults if the child is of primary school age or younger. However, they should still be encouraged to maintain this wherever possible.

For further information on this, please follow the link:

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>



TEST, TRACE & PROTECT (TTP)

For swimming pools, indoor fitness studios, gyms, spas or other indoor leisure centres or facilities, it is a legal requirement to collect and retain contact information for 21 days, and in exceptional circumstances, for a longer period, e.g. where police ask for information 20 days after collection. Operators must implement an appropriate record keeping system to support the Welsh Government's TTP strategy which complies with the associated GDPR and data protection regulations.

Further guidance on keeping records and test, trace and protect can be found in the following places:

<https://gov.wales/test-trace-protect-coronavirus>

<https://gov.wales/keeping-records-staff-customers-and-visitors-test-trace-protect>

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>

<https://gov.wales/sites/default/files/publications/2020-07/test-trace-protect-process-summary-english.pdf>



ISOLATION

If any individual feels unwell and displays symptoms of Coronavirus, they should immediately self-isolate (as well as their household), follow the Welsh Government's [self-isolation guidelines](#), and apply for a [Coronavirus test](#). Individuals should only seek a Covid-19 test if they have symptoms or have been instructed to do so by TTP.

Displaying symptoms is not a diagnosis and any symptoms could be due to any number of other causes. It is the responsibility of TTP to contact those who may be affected. It is not lawful for anybody else to do this.



CONTACT TRACING

NHS Wales Test, Trace & Protect Service will notify other participants, not the operator itself. TTP will contact the operator's Covid-19 Lead for a list of contacts who attended shared sessions, but will contact each person who attended those sessions individually. This should protect the operator from the responsibility of handling any medical data for members, which has significant GDPR and data protection regulations. TTP may not name the person who has tested positive, and instead ask for the list of attendees of a time/dated session so as to avoid breaching medical confidentiality.

For more information, follow this link:

<https://gov.wales/contact-tracing>



COVID-19 TESTING

If an individual has received a positive test result for Covid-19 infection, they will be informed to self-isolate at home in line with the UK Government self-isolation guidance: <https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

If an individual has received a negative test result for Covid-19 infection and has been identified as a contact of someone who has tested positive of Covid-19 (with symptoms or without), they must continue to self-isolate until the 14 day incubation period is over.

If an individual has received a negative test result for Covid-19 infection, has not displayed any symptoms and has not had a known contact of someone who has tested positive of Covid-19, there is no need to self-isolate. If they subsequently become unwell, they should self-isolate, and may need a further test.

For more information, please follow this link:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/information-for-individuals-tested-for-covid-19-infection/>



FACE COVERINGS

Face coverings must be worn in all indoor public places. This requirement applies to everyone aged 11 and over unless an exception applies.

If you are preparing to exercise, changing, or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.

However, there may be circumstances where the layout of the premises and the nature of the exercise you are doing mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventative measure during exercise is to maintain physical distance from others.

When in the aquatic environment (poolside), a risk assessment to determine if Teachers, Coaches and Lifeguards are required to wear face-coverings, must be completed. The warm and humid environment (which may cause sweating) coupled with regular communication will provide greater risks and should be assessed in conjunction with the mitigating risk factors both in water and air. All other users on poolside will be expected to wear face coverings.

For more information on face coverings, please follow this link:

<https://gov.wales/face-coverings-frequently-asked-questions>



GATHERINGS INDOORS

Where people exercise together indoors at a fitness studio, gym, swimming pool, other indoor leisure centre, facility or any other open premises, gatherings must be compliant with Welsh Government regulations and physical distancing must be maintained. Examples of people exercising together include a group swimming lesson or fitness class, and swimming or gym sessions open to the general public.

Simultaneous gatherings of individuals and groups must be compliant with Welsh Government regulations. These are allowed within a large space such as a swimming pool, a gym, or a sports hall, as long as the space allows for physical distancing, with groups and individuals separated and managed safely. This should only be considered where space is sufficient to allow 100sqft per person on land or 3sqm per bather in a pool as set out in UK Active Guidance, where entry and exit for individuals and groups can be managed, and where the space can be partitioned so individuals and groups do not interact, without limiting the ability to allow appropriate ventilation and control environmental factors such as humidity in each space.

This will allow for more efficient usage of spaces that are large enough to operate strict physical distancing and ensure that the venue otherwise remains 'COVID safe'.

This information can be located on this link:

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-49640>

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

Provided within this section is further detail on how to implement the guiding principles for the delivery of swimming lessons, as outlined in the guidance for operators. This includes practical ideas and additional considerations for the implementation of the guidance, along with links to supporting resources and examples of best practice.

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>1. ALLOCATE A DESIGNATED OFFICER FOR THE MANAGEMENT OF SWIMMING LESSONS POST COVID-19.</p>	<p>EXPLANATION Providers should have a dedicated officer(s) responsible for Covid-19 considerations, making sure they are up to date with central or local government recommendations this person should be aware of the rules and guidance set out by the facility. This will give a consistent approach across your swimming lesson programme.</p> <p>CONSIDERATIONS</p> <p>1.1. Providers should consider limiting spectating to one accompanying adult who must maintain social distancing. Designated officer should be aware of government, Swim Wales and other relevant guidance that will impact the operational procedures. Individuals may require additional support to fulfil this function.</p> <p>1.2. Designated officer(s) to consider alternative ways of briefing and debriefing teaching staff such as;</p> <ul style="list-style-type: none"> • Team meetings • One to ones • Appraisals.
<p>2. PRIOR TO A LESSON HAVE A CHECK LIST TO ENSURE THE WORKFORCE IS READY TO DELIVER AND ADAPT TO CHANGES IN A COVID-19 ENVIRONMENT.</p>	<p>EXPLANATION Learn to Swim providers to consider implementing a checklist of actions their workforce need to complete to ensure they are Covid-19 compliant and ready to deliver.</p> <p>CONSIDERATIONS</p> <p>2.1. Provide Swimming Teachers updated Pool Safety Operating Procedures (PSOP) which should include Risk assessments, Normal Operating Procedures (NOP) and Emergency Action Plans (EAP). Swimming teachers should familiarise themselves with relevant guidance including Swim Wales' returning to the pool toolkit.</p> <p>2.2. Read and apply where applicable RLSS UK guidance for swimming teachers providing safety cover for swimming lessons.</p> <p>2.3. Teachers should be provided with access to online training available through Swim England on the delivery of lessons post Covid-19 available here: www.swimming.org/ios/returning-covid-19-training.</p> <p>2.4. Implement procedures for swimming teachers starting their shift, for example;</p> <ul style="list-style-type: none"> • Registers – collection of, availability of devices if used and sanitation of devices if shared. • Setting up equipment • Entering and exiting the building • Hand washing and hygiene
<p>3. WHEN DELIVERING SWIMMING LESSONS TEACHERS AND ASSISTANT TEACHERS SHOULD DELIVER FROM THE POOLSIDE.</p>	<p>EXPLANATION Teachers should adhere to government guidance on social distancing. The delivery approach by teaching staff should be from poolside to support current social distancing guidance. Teaching from poolside will mean adaptations will need to be made to ensure effective delivery.</p> <p>CONSIDERATIONS</p> <p>3.1. Complete a new risk assessment for any Covid-19 changes to delivery of swimming lessons.</p> <p>3.2. Swim Wales recommend all teachers deliver from poolside where possible in line with current social distancing guidance, with participants utilising appropriate aids which may include, fixed buoyancy aids where necessary. However, if there is a specific need for a teacher to deliver from within the water, it is both the teacher's personal and operator's professional responsibility to thoroughly risk assess this and ensure that correct safety measures are followed.</p> <p>3.3. Read and apply, where applicable, RLSS UK guidance for swimming teachers providing safety cover for swimming lessons.</p> <p>3.4. Use of assistant teachers - Swim Wales recommends all assistant teachers also support from the poolside. Ensure positioning is in accordance with social distancing guidelines and supports the level 2 teacher to supervise teaching area/sub group (e.g. opposite side of teaching area) and to reinforce the class management of social distancing. Assistant teacher can support with delivery of demonstrations, activities, class organisation and communication to ensure the lessons run efficiently.</p> <p>3.5. Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout to reduce the likelihood of cross contamination.</p> <p>3.6. Choosing the most effective method(s) of communication when teaching from poolside will depend on the following factors;</p> <ul style="list-style-type: none"> • Size of the pool or area of the pool being used • Size of the group • Ability of the group • Type of activities being performed • Best position for you to be able to oversee and supervise the whole group. • Best position so that all the participants can hear and see you.

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>(CONTINUED...)</p> <p>3. WHEN DELIVERING SWIMMING LESSONS TEACHERS AND ASSISTANT TEACHERS SHOULD DELIVER FROM THE POOLSIDE.</p>	<p>3.7. Consider how your teachers can continue to motivate and praise the learners without compromising social distance guidelines, for example;</p> <ul style="list-style-type: none"> • Visual resources • Non-verbal cues; air high fives, ok's and thumbs up • Aqua Passport or similar interactive technology • Learn to Swim Wales Awards • LTSW Recognition Stickers • Diagrams for learners. <p>3.8. When adapting to teaching in deep water a risk assessment should be completed alongside the following:</p> <ul style="list-style-type: none"> • Delivery of all ability levels in alternative depths to the usual delivery areas. • Equipment needed due to increased depth range, such as fixed buoyancy aids. • Confidence and safety introduction to changing depth of lesson station. • The support of an accompanying adult in the water. This could be suitable as moral support and encouragement. • Educate accompanying adults in the safe delivery methods being applied by the swimming teacher team for deep water lessons
<p>4. WHEN DELIVERING SWIMMING LESSONS TEACHERS SHOULD ADHERE TO GOVERNMENT GUIDANCE ON SOCIAL DISTANCING.</p>	<p>EXPLANATION Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout to reduce the likelihood of cross contamination.</p> <p>CONSIDERATIONS</p> <p>4.1. Teachers should be aware of the number of personnel on poolside to give effect to social distancing.</p> <p>4.2. Consider the overall pool layout and where practical, each swimming teacher to deliver from alternate sides of the pool. Avoid overlap of patrolling on poolside whilst delivering. Where appropriate, consider splitting your teaching team into specific staffing rotas so that wherever possible, teaching staff are always working with the same person/people, this could coincide with other operational teams. This will help safeguard the delivery team.</p> <p>4.3. Consider having a consistent way of moving around poolside to reduce staff cross-overs and promote social distancing practice, for example learners and teacher to all move in a clockwise route. Please refer to the example pool layout provided.</p> <p>4.4. Provide hand cleaning stations and additional waste bins on poolside for tissues.</p>
<p>5. ALLOW SUFFICIENT TIME BETWEEN LESSONS FOR CLEANING AND TO REDUCE THE CHANCE OF CLUSTERING GROUPS.</p>	<p>EXPLANATION Ensure you allow sufficient time for a new appropriate cleaning schedule and to allow time for groups to disperse. Refer to the Swim Wales RTW Guidance for Operators for further details.</p> <p>CONSIDERATIONS</p> <p>5.1. Only one accompanying adult per child to be allowed to supervise their child at swimming lessons.</p> <p>5.2. Allow time in between activities for cleaning and changeover of participants.</p> <p>5.3. To avoid clustering ensure different entry and exit points of your pool for all swimmers where possible.</p> <p>5.4. Teachers should prioritise delivering the climb out over the side exit rather than using the steps where possible. This will reduce the amount of contact to equipment.</p> <p>5.5. Share pool user guidance with advice for participants on what to bring and time frame for when to arrive.</p> <p>5.6. Prepare guidance/interactive video on the customer journey from entry to the building, onto poolside, and exit, so participants know what to expect.</p> <p>5.7. Review pool programme to avoid multiple user groups entering the facility at the same time if possible.</p> <p>5.8. Consider staggering lesson start times if possible.</p> <p>5.9. Consider alternative weeks for swimming lessons to give all swimmers the opportunity to learn if programme capacity is reduced.</p> <p>5.10 Consider alternative delivery times throughout the week, such as increased provision at weekends, one to one lessons or intensive courses in the school holidays.</p>

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>6. EQUIPMENT</p>	<p>EXPLANATION All equipment will need to be sanitised before and after each activity.</p> <p>Ensure equipment usage is controlled within a lesson environment and ensure each teacher is responsible for their lesson equipment and cleaning procedure.</p> <p>CONSIDERATIONS</p> <p>6.1. Ensure you have an adequate cleaning rota in place for all lesson equipment. Before, during and after is suggested.</p> <p>6.2. Cleaning of most lesson equipment can be achieved simply and effectively by rinsing equipment in correctly treated pool water.</p> <p>6.3. Consider which activities require equipment.</p> <p>6.4. Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.</p> <p>6.5. Allocate one set of equipment per teacher for the entire shift. Teachers can use a box or kit bag to keep the same equipment together and ready to be cleaned after each lesson and at the end of the full shift before being stored. See Figures 1-3 for practical examples.</p> <p>6.6. Consider encouraging swimmers to bring their own clearly labelled equipment to lessons for their personal use. E.g. Fixed buoyancy aids, a small kickboard, a bath toy.</p> <p>6.7. Each swimming teacher to have access to a bucket or scoop to rinse teacher area as appropriate.</p> <p>6.8. Do not allow learners to share equipment, you could number each float and allocate a float per learner at the start of the lesson. Consider numbering or colour coding the equipment. Encourage learners / accompanying adults to rinse equipment in the pool water prior to use.</p> <p>6.9. Stop the loaning of goggles, hats and equipment. Consider selling basic equipment (where appropriate) for learners to bring to their lesson.</p> <p>6.10. Where appropriate have two sets of equipment per station to allow for rotation and sanitation of the equipment in a timely manner.</p> <p>6.11. Consider games and activities that do not require equipment and how these could be adapted to reduce the contact and overlap of equipment usage. For example, allocate one ball per learner to use and collect.</p> <p>6.12. Encourage site specific guidance for swimmers to understand appropriate equipment (if they can put on and adjust themselves) that they can bring to lessons to reduce contact and cleaning times.</p>
<p>7. RE-EDUCATE BOTH SWIMMERS AND ACCOMPANYING ADULTS OF THE IMPORTANCE OF POOL SAFETY IN A COVID-19 ENVIRONMENT.</p> <p>THIS WILL ALSO INCLUDE WATER SAFETY INFORMATION AND ASSESSMENT OF ABILITY.</p>	<p>EXPLANATION Children returning to the pool for the first time after a prolonged period of time will need to recap the areas of water safety as a priority area of delivery. This should include both swimming pool safety rules and water safety information.</p> <p>CONSIDERATIONS</p> <p>7.1. Swimmers have been out of the water for a significant amount of time, it is crucial to revisit and reinforce pool safety rules and water safety messaging. Please refer to Swim Wales' Water Smart Delivery Plan.</p> <p>7.2. Reassess swimmers ability against relevant outcomes to establish their current level of performance and where you need to prioritise your lesson.</p> <p>7.3. Ensure that you are up to date with the latest water safety messaging and embed these as part of your lessons.</p> <p>7.4. Consider how you will educate and inform your swimmers parents/guardians that teachers maybe delivering differently. For example;</p> <ul style="list-style-type: none"> • Social media • Customer emails • Posters • Q&A opportunities • FAQ's communicated

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>8. POOL LAYOUT AND ORGANISATIONAL METHODS WILL NEED TO BE AMENDED TO SUPPORT THE DELIVERY OF SWIMMING LESSON AND ADHERENCE TO SOCIAL DISTANCING GUIDELINES.</p>	<p>EXPLANATION It is less important to rigidly maintain a continual 2m distance from other children and adults if the child is of primary school age or younger. However, they should still be encouraged to maintain this wherever possible.. Considering this with the guidance set out above, any programmed session in the pool for children of this age group should be supervised at all times and measures should be introduced to minimise contact between children, staff should continue to follow social distancing guidelines. You may need to revise your pool layout and pool set up requirements.</p> <p>CONSIDERATIONS</p> <p>8.1. Review and risk assess maximum bather loads and teacher to swimmer ratios.</p> <p>8.2. Implement teaching positions that follow current government guidance on social distancing.</p> <p>8.3. There are a variety of methods you may use to organise your swimming lessons, which will be determined by different factors:</p> <ul style="list-style-type: none"> • The needs and ability of your participants. • The teaching method you are using. • The pool space you have available. • Safety considerations. <p>8.4. Swimmers are to remain in their allocated swimming lesson for example:</p> <ul style="list-style-type: none"> • Use zone markers for each swimming station to show a clear entry and exit point. • Use Markers to indicate swimmers position when awaiting instruction • Do not change teaching areas. • Do not allow swimmers to move across to another class at any time. • Consider if you can merge ability levels and suggest children from the same household to swim in the same group where ability is appropriate.
<p>9. ADULT AND CHILD (IN WATER SUPPORT).</p> <p>APPLICABLE FOR ANY ABILITY LEVEL THAT REQUIRES ADDITIONAL SUPPORT IN LESSONS.</p>	<p>EXPLANATION An accompanying adult may be beneficial to support a swimmer in the water through the duration of their lesson. This would be under the guidance and delivery of a Level 2 Swimming Teacher and where pool space allows.</p> <p>It is less important to rigidly maintain a continual 2m distance from other children and adults if the child is of primary school age or younger. However, they should still be encouraged to maintain this wherever possible..</p> <p>CONSIDERATIONS</p> <p>9.1. Ratios and risk assessments must be reviewed.</p> <p>9.2. Larger pool spacing could be provided to support government guidance for social distancing.</p> <p>9.3. Consider using a Level 1 Assistant Teacher to support the Level 2 Teacher, it is both the teacher's personal and operator's professional responsibility to thoroughly risk assess this and ensure that correct safety measures are followed.</p> <p>9.4. Consider encouraging swimmers to bring their own equipment, for their personal use as detailed in the equipment section</p> <p>9.5. Safeguarding: Allowing an accompanying adult to come into the water does not require them to have a DBS, however Swim Wales recommends all accompanying adults follow the instruction of the qualified Level 2 Swimming Teacher. Accompanying adults should only have responsibility for their own child and should maintain an appropriate social distance between themselves and other swimmers and adults.</p>
<p>10. ADAPTATIONS WILL NEED TO BE MADE FOR BOTH ADULT AND CHILD AND EARLY YEARS LESSONS. (BUBBLES, SPLASH AND EARLY WAVE LESSONS)</p>	<p>EXPLANATION Adaptations for adult and child and early years swimming lessons may need to be applied due to the nature of delivery dependent on site specific set up.</p> <p>It is less important to rigidly maintain a continual 2m distance from other children and adults if the child is of primary school age or younger. However, they should still be encouraged to maintain this wherever possible.. Considering this with the guidance set out above, any programmed session in the pool for children of this age group should be supervised at all times and measures should be introduced to minimise contact between children, but staff should continue to follow social distancing guidelines. You may need to revise your pool layout and pool set up requirements.</p> <p>CONSIDERATIONS</p> <p>10.1. Review and risk assess maximum bather loads and teacher to swimmer ratios.</p> <p>10.2. When using a lying entry and exit for lessons, clean the mat between each swimmer. Cleaning of most lesson equipment can be achieved simply and effectively by rinsing equipment in correctly treated pool water.</p> <p>10.3. Consider reducing the use of equipment with babies and toddlers. This will encourage the reduction of cross contamination of equipment being put in their mouths.</p> <p>For example;</p> <ol style="list-style-type: none"> a) Encourage accompanying adult to bring a suitable sensory bath toy to use throughout lesson activities for personal use. b) Allocate specific equipment for use by each Adult and Child pair that can be sanitised in the pool between classes. c) If it is normal for a child in a Splash class to not have an accompanying adult to support them, consider introducing this as a temporary measure. <p>10.4. Appropriate fixed buoyancy aids (for example arm bands, discs, belts) can be used to increase safety and allow independence in the water.</p> <p>10.5. Consider the pool depth; it may be possible to deliver the lesson in a deeper area of the pool if using fixed buoyancy aids and/or having accompanying adults in the water.</p> <p>10.6. Safeguarding: Allowing an accompanying adult to come into the water does not require them to have a DBS, however Swim Wales recommends all accompanying adults follow the instruction of the qualified Level 2 Swimming Teacher. Accompanying adults should only have the responsibility for their own child/ren and maintain social distancing from other swimmers and adults. It may be possible for one accompanying adult to supervise more than one child depending on site specific Pool Safety Operating Procedures.</p>

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>11. SPECTATOR AREAS WILL NEED TO BE REVIEWED AND RECONFIGURED TO ENSURE SOCIAL DISTANCING IS ADHERED TO.</p>	<p>EXPLANATION Depending on the size of the spectator area, access to the area may need to be reviewed. This may mean reducing the previous maximum capacity to observe lessons.</p> <p>CONSIDERATIONS</p> <p>11.1. One accompanying adult to escort the swimmer if required to all activities.</p> <p>11.2. Participants encouraged to only turn up for their lesson time.</p> <p>11.3. Clear communication of the social distancing measures you put in place with parents/guardians. Display signage and use directional arrows to demonstrate the changes to parents/guardians. Consider closing spectator areas.</p> <p>11.4. Where maintaining social distancing in the spectator areas is problematic, consider alternative ways to manage the viewing of lessons. For example:</p> <ul style="list-style-type: none"> • Consider alternative ways of observing lessons, example via TV screens in larger areas where available. • Consider priority viewing for lower ability levels or SEND • Consider a rota system on a week by week basis. • Consider an alert system for those parents who may have to wait outside of the facility. • Consider your site specific admissions policy regarding parents/guardians required to stay within the facility.
<p>12. IMPLEMENT A PHASED RETURN TO SWIMMING LESSONS.</p>	<p>EXPLANATION As swimming pools begin to reopen you may consider your lessons restarting with a phased return. This will allow for a safe return to the water and may help to accommodate more of your customers.</p> <p>CONSIDERATIONS</p> <p>12.1. Review and risk assess all teaching stations on poolside during swimming lessons. See below information and Figures 1-3 for examples of pool layouts.</p> <p>12.2. Consider how you can utilise vacant pool time for your lessons. For example:</p> <ul style="list-style-type: none"> • Off peak time slots. • Replacement of sessions that cannot run. • External pool hire slots that haven't returned. <p>12.3. Consider alternative delivery times throughout the week during weekends and school holidays, such as week-long crash courses or 121 lessons.</p> <p>12.4. Consider merging ability levels (for example Wave 2 and 3, Wave 4 and 5, Wave 6 and 7) to overcome low attendance numbers. Ensure that a risk assessment and appropriate measures are taken.</p> <p>12.5. Consider the phased return to lessons, starting with the higher ability swimmers who wouldn't require the same amount of support. For example: swimmers may return on a bi-weekly basis and over time move back to a weekly basis.</p> <p>Other ideas include:</p> <ul style="list-style-type: none"> • Family swimming lessons.
<p>13. MAKE SUITABLE ADJUSTMENTS FOR SWIMMERS WITH SPECIAL EDUCATIONAL NEEDS AND/OR A DISABILITY AND/OR HEALTH CONDITIONS IN A COVID-19 COMPLIANT ENVIRONMENT.</p>	<p>EXPLANATION Swimmers with Special Educational Needs and/or a disability, and/or health conditions may require further adjustments to lesson provision when returning to the pool. Use the guidance above and the considerations below to make any reasonable adjustments to lesson delivery.</p> <p>CONSIDERATIONS</p> <p>13.1. Ratios and risk assessments must be reviewed.</p> <p>13.2. In water support provided by an accompanying adult where applicable. Providers should be conscious of ensuring enough pool space is available so that appropriate social distancing is maintained.</p> <p>13.3. Bookable time slots for swimmers and accompanying adults to visit the pool ahead of lessons restarting. For example:</p> <ul style="list-style-type: none"> • Consider a virtual walk through of your centre • Allow for a supervised walk through of any procedure changes in regards to access to changing rooms and poolside. <p>13.4. Consider using a Level 1 Assistant Teacher to support the Level 2 Teacher, it is both the teacher's personal and operator's professional responsibility to thoroughly risk assess this and ensure that correct safety measures are followed.</p> <p>13.5. Consider how your teachers can continue to motivate, communicate and praise the swimmers without compromising social distance guidelines, for example;</p> <ul style="list-style-type: none"> • Visual cards. • Non-verbal cues; air high fives, OK's and thumbs up.

GUIDANCE FOR OPERATORS ON RUNNING SWIMMING LESSONS

GUIDANCE	EXPLANATION AND PRACTICAL CONSIDERATIONS
<p>14. MAKE SUITABLE ADAPTATIONS TO SWIMMING LESSONS DELIVERING THE AQUATIC DISCIPLINES.</p>	<p>EXPLANATION Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for the four aquatic disciplines; Competitive Swimming, Artistic Swimming, Water Polo and Diving from the Skills framework.</p> <p>CONSIDERATIONS</p> <p>14.1. Ratios and risk assessments must be reviewed.</p> <p>14.2. Read and understand how the club guidance relates to the delivery of the Skills Framework activities in each discipline.</p> <p>14.3. Use the pool layout example for setting up the pool delivery of lanes.</p>
<p>15. MAKE SUITABLE ADAPTATIONS TO ONE TO ONE SWIMMING LESSON DELIVERY.</p>	<p>EXPLANATION Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for any swimmers attending one to one lessons.</p> <p>CONSIDERATIONS</p> <p>15.1. Risk assessments must be reviewed.</p> <p>15.2. Consider how this could be implemented alongside the phased return approach.</p> <p>15.3. Consider your delivery method to adhere to government guidance for social distancing.</p> <p>15.4. Refer to earlier section of this guidance 'When delivering swimming lessons, teachers and assistant teachers should deliver from the poolside.'</p>
<p>16. MAKE SUITABLE ADAPTATIONS TO ADULT SWIMMING LESSON DELIVERY.</p>	<p>EXPLANATION Adaptations to adult lessons may be required. Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for any adult swimmers and additional needs they may have.</p> <p>CONSIDERATIONS</p> <p>16.1. Review ratios and risk assessment for any changes to pool spaces.</p> <p>16.2. For more advanced swimmers refer to the pool layout example for a lane set up.</p> <p>16.3. Consider the opportunity to open more adult lessons to a wider customer base as a bookable session.</p> <p>16.4. Consider own equipment being purchased and brought along to lessons.</p> <p>16.5. For nervous adult swimmers or those who may require manual support consider allowing them to bring an appropriate family member or a friend to support in the water.</p>

RESOURCES

[Learn to Swim Webinars](#) Developed by Swim England to support swimming teachers returning to poolside covering topics such as Delivering from poolside, Effective Communication and Deep water teaching.

[Supporting Documents](#). Checklist of considerations document for providers to use including temporary lesson structure.

Adult Learn to Swim Consultation Forms can be found within the [Consultation Form](#)

[Swim England Inclusion Hub](#)

Learn to Swim Games Resource (coming soon)

[Deaf Friendly Swimming Toolkit from NCDS](#)

[RLSS UK Guidance-Post Covid-19](#)

[UK Active – Framework for the Re-opening of gym, leisure centres and wider fitness industry during social distancing](#)

[PWTAG Guidance on Pool Water Treatment](#)

[LTSW Teacher Portal](#). For Learn to Swim Wales Providers and teachers including LTSW stroke standards, assessment outcomes and Water Smart messaging

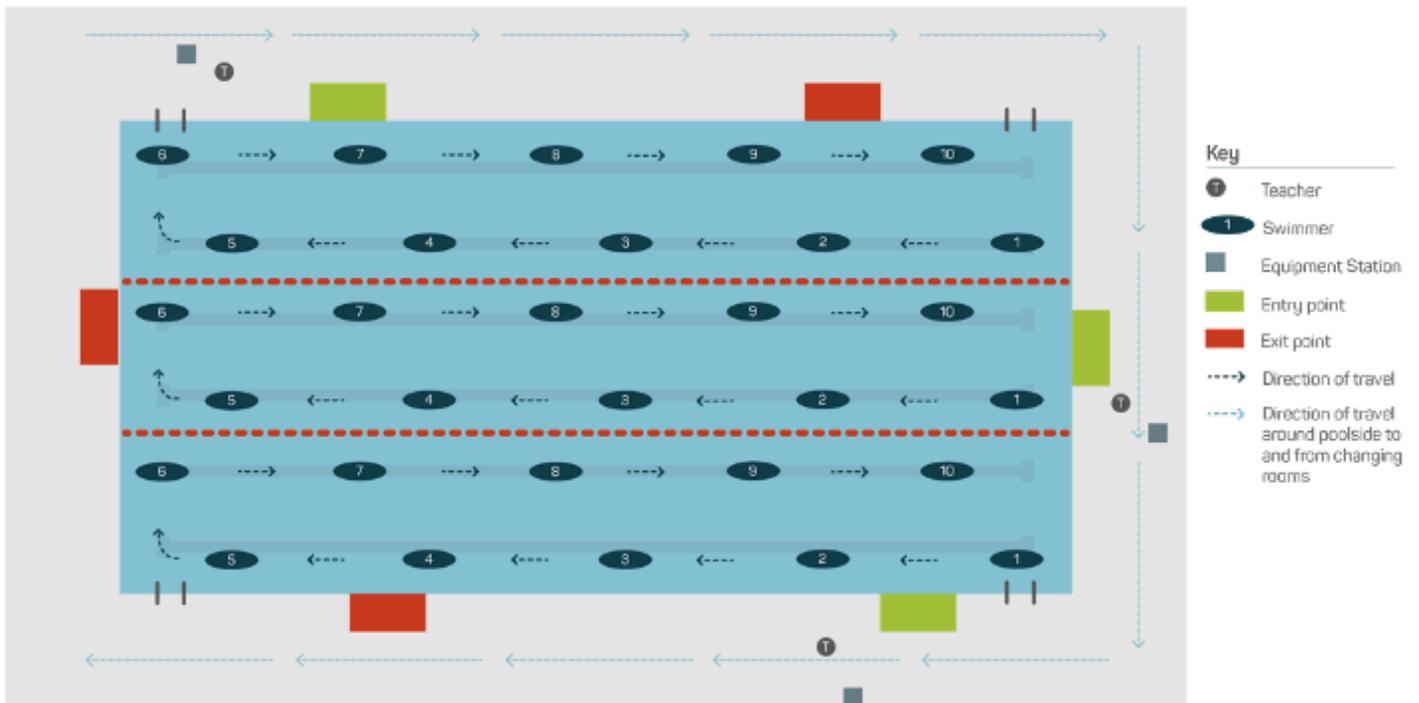
Learn to Swim Wales Awards. Available through [Swim Wales shop](#)

[Aqua Passport](#)

[Government guidance on social distancing](#)

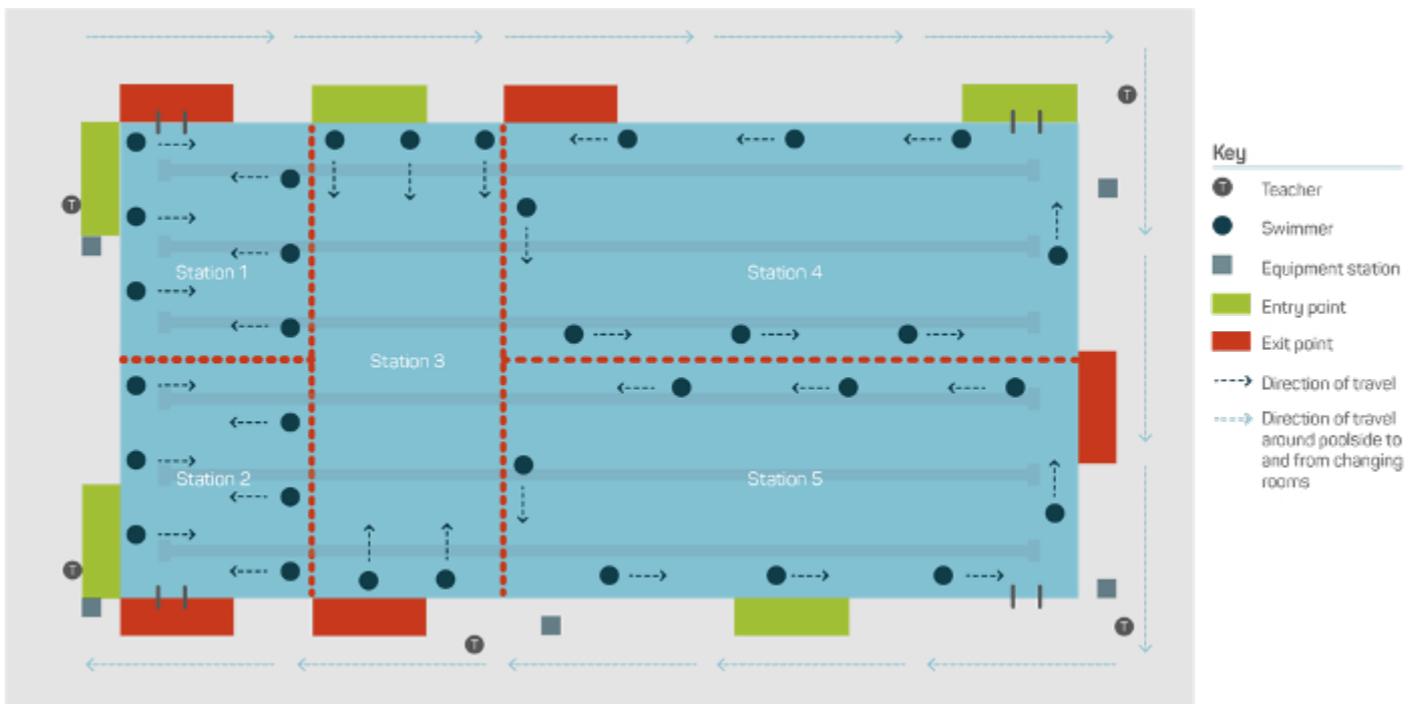
EXAMPLE POOL LAYOUT

FIGURE 1



N.B. Indication of potential configuration. Must be in conjunction with social distancing guidelines

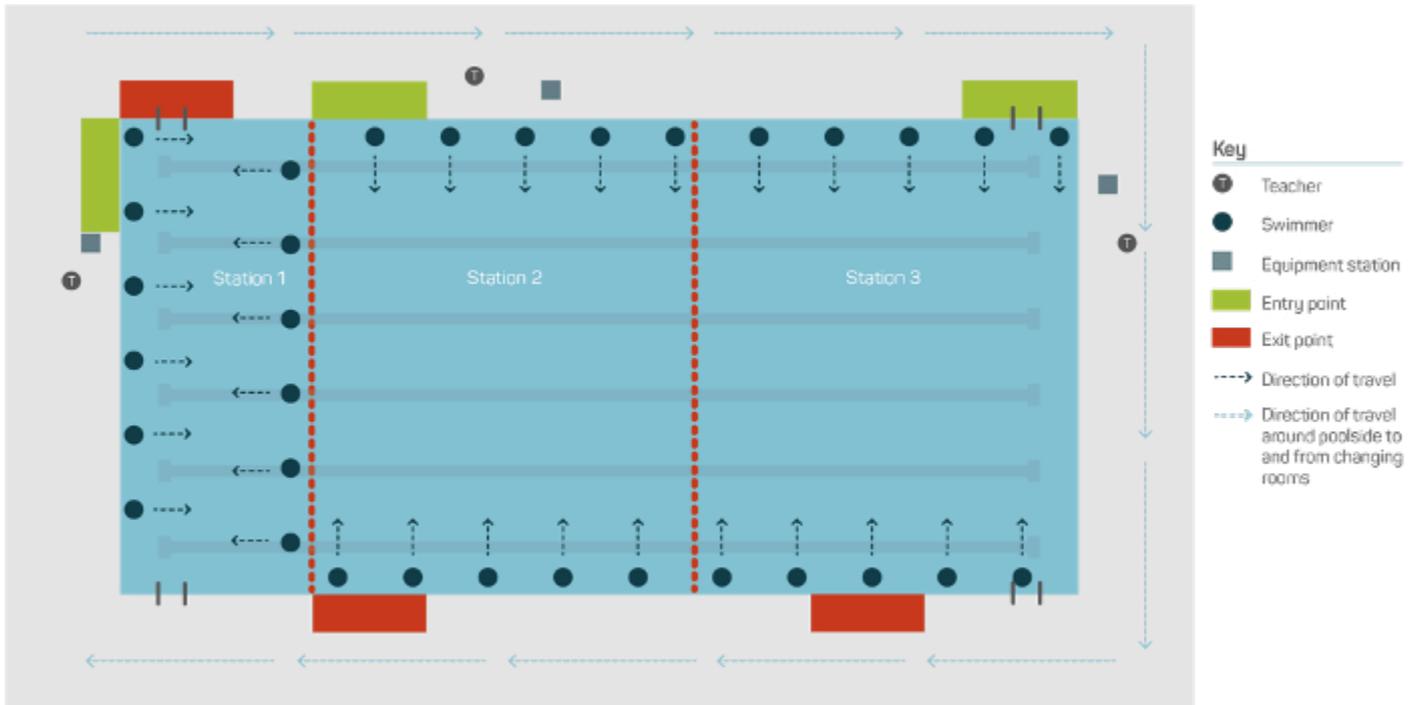
FIGURE 2



N.B. Indication of potential configuration. Must be in conjunction with social distancing guidelines

POOL LAYOUT

FIGURE 3



N.B. Indication of potential configuration. Must be in conjunction with social distancing guidelines

DISCLAIMER:

When referring to any documents and associated attachments in this guidance, please note the following:

1. Reliance upon the guidance or use of the content of this website will constitute your acceptance of these conditions.
2. The term guidance should be taken to imply the standards and best practice solutions that are acceptable to Swim Wales.
3. The documents and any associated drawing material are intended for information only.
4. Amendments, alterations and updates of documents and drawings may take place from time to time and it's recommended that they are reviewed at the time of use to ensure the most up-to-date versions are being referred to.
5. All downloadable drawings, images and photographs are intended solely to illustrate how elements of a facility can apply Swim Wales's suggestions and should be read in conjunction with any relevant design guidance, British and European Standards, Health and Safety Legislation and guidance, building regulations, planning and the principles of the Equality Act 2010.
6. The drawings are not 'site specific' and are outline proposals. They are not intended for, and should not be used in conjunction with, the procurement of building work, construction, obtaining statutory approvals, or any other services in connection with building works.
7. Whilst every effort is made to ensure accuracy of all information, Swim Wales and its agents, including all parties who have made contributions to any documents or downloadable drawings, shall not be held responsible or be held liable to any third parties in respect of any loss, damage or costs of any nature arising directly or indirectly from reliance placed on this information without prejudice.
8. The views expressed are not intended to take away or diminish the responsibility of the user to comply with appropriate current or future legislation or standards and if there are any conflicts between the views expressed in any of Swim Wales's design guidance material and other appropriate current or future legislation, the latter shall take precedence.

This guidance is provided for general information only. Swim Wales is not your adviser and any reliance you may place on this guidance is at your own risk. Neither Swim Wales, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance. Care has been taken over the accuracy of the content of this note but Swim Wales cannot guarantee that the information is up to date or reflects all relevant legal requirements. The information and drawings contained in this guidance note are not site specific and therefore may not be suitable for your project, facility or event. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action on the basis of information contained in this note. This guidance is not intended for, and should not be used in connection with, any procurement activities, or for obtaining planning or other statutory approvals.

ACKNOWLEDGEMENTS:

Swim Wales would like to thank everyone involved in the creation of this guidance, in particular:

UK Active
Sport Wales
Welsh Sports Association - WSA
Public Health Wales
Department of Culture, Media & Sport
PWTAG – Pool Water Treatment Advisory Group
Royal Life Saving Society - RLSS
Swim England
Scottish Swimming
Swim Ireland
Susie Osborne – Sport Wales Relationship Manager
Jennifer Huygen – Engagement and Policy Manager, Wales & Wales, Community Leisure UK (formerly Sporta)
Ian Jones – Deputy Head of Corporate Services, Gwynedd County Council & Swim Wales Non-Executive Director
Andrew Clark – GLL
Rhys Jones – GLL
Simon Gwynne – Halo
Gary Nicholas – Pembrokeshire County Council
Amy Brumby – Pembrokeshire County Council
Neil Sargeant - Newport Live
Tom Kivell – Aneurin Leisure Trust
Dyfed Davies - Byw n iach
Penny John-Pearse – Carmarthenshire County Council
Sian Jones – Caerphilly County Borough Council
Neil Williams – Conwy County Borough Council
Gareth Owen – Denbighshire Leisure
Colleen Tumelty – Parkwood Leisure
Darren Phillips – Cardiff International Pool
Jonathan Phillips- Rhondda Cynon Taff County Borough Council
Stephen DeAbreu – Sport Cardiff
Jamie Rewbridge – Swansea County Council
Sara Bickel – Wales National Pool Swansea

RETURN TO THE WATER

COVID-19 Guidance



Please adhere to social distancing guidelines

Cadwch at ganllawiau pellhau cymdeithasol



Follow operator guidance on changing facilities

Dilynwch gyfarwyddyd y gweithredwr ar gyfleusterau newid



Wash your hands & ensure good hygiene throughout

Golchwch eich dwylo a sicrhewch hylendid da drwy'r amser

#GETINTOWATER



Do not enter the facility if you are displaying any symptoms

Peidiwch a mynd i mewn i'r cyfleuster os ydych chi'n arddangos unrhyw symptomau



Face coverings must be worn in communal areas

Rhaid gwisgo gorchuddion wyneb mewn manau cymunedol



Follow all signage & guidance at facility

Dilynwch yr holl arwyddion a chanllawiau yn y cyfleuster



SWIM WALES
NOFIO CYMRU