

# Back to the Water Route Map

A Framework for Returning to  
Aquatics in Scotland

# Foreword



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**Chief Executive  
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We welcome the long-awaited news today, 20<sup>th</sup> August that swimming pools have the green light to reopen from 31<sup>st</sup> August 2020. This is fantastic news for the whole aquatics community: the children learning to swim; the club members and athletes for whom swimming and aquatic disciplines are a major part of life; the dedicated army of volunteers involved in the sport and the local communities who come together at pools for health, fitness and fun. We have updated this Back to the Water route map to reflect the latest Government announcement (20 August 2020) and outline the impact on different areas of our sport, on the decision-making processes and on the facilities that will make a return to water possible. This is very much a living and evolving document created with flexibility to allow for movement forward or backward if necessary through the phases in reaction to Government advice or our partners who run the swimming pools and facilities. Our route map has two key parts:

- 1. Back to the Water: Facilities and Participation**
- 2. Back to the Water: Club Training and Competition**

Our consultation and working groups have progressed plans to develop a safe return to swimming and aquatic sports for all. However, any plans and decisions will be made and adjusted in the best interests of the health and safety of our members, and will be based on the ongoing advice issued by the Scottish Government and NHS Scotland. We started small in Phase 2, following Scottish Government guidelines to resume training for performance athletes at the National Swimming Academy, taking learnings from the process to inform future planning and to help address potential challenges when club activity becomes a reality.

In collaboration with partners across the sector Scottish Swimming developed clear, thorough and robust guidance that has helped to influence and give confidence that pools can open earlier than initially planned by the Government. It is clear that while pools can open from 31 August most will open at a later date to give time for guidance to become embedded into practice and for staff to be fully trained. We thank our members, volunteers, staff and partners for your continued patience as pools gradually open up in a phased approach and for all your valued contributions to develop guidance that ensures a safe return for our sport.

# Context

The 'Back to the Water' route map on the following two pages outlines our approach, the decision-making processes and the impact of the COVID19 lockdown and subsequent phases on aquatics. The tables explore the possible route back to swimming and all aquatic disciplines from the perspective of pool operators, workforce, clubs, members and the impact on participation, training and competitions. Further detailed guidance will be published in due course for each of the phases. It cannot be assumed that any progress will be linear or that there will be a simple transition from one phase to the next. Smaller steps may be taken between phases and there may be regressive steps but the approach is designed to be flexible based on Government advice and announcements, and in consultation with facilities across Scotland.

The decision-making process that will influence the content of this outline plan and our approach will cascade from Government and all detailed guidance that sits behind this overview are subject to Government and sportscotland approval. Please note it may take time to gain approval following any Government announcement and Scottish Swimming guidance must be followed before taking to the water.

## KEY AND DEFINITIONS



SS

CPD

H&S

PHS

SS Connect

Azolve Database

= the current phase

= Scottish Swimming

= Continuing Professional Development

= Health and Safety

= Public Health Scotland

= Scottish Swimming Online content and courses

= Bespoke Scottish Swimming database



Scottish  
Swimming

# Back to the Water: Facilities and Participation



What the Government might say



What this means for Pool Operators



What this means for People Development



What this means for Aquatic Participation



Complete Lockdown

	LOCKDOWN	PHASE 1	PHASE 2	PHASE 3C	PHASE 4
What the Government might say	Physical distancing requirements apply. Can not meet with any other household. Only essential travel and activity outside the home. Schools and universities are closed.	Physical distancing requirements apply. Can meet with one household outdoors at a time (maximum 8 people). Permitted to travel 5 miles to exercise outdoors. School staff return, universities closed. Outdoor exercise e.g. safe outdoor swimming permitted utilising guidelines.	Physical distancing requirements apply. Can meet with two households at one time outdoors (maximum 8 people). Travel distance restriction relaxed 3 July. (Localised restrictions may still apply). Outdoor sports courts can open. Professional sport can resume with public health restrictions remaining in place.	Physical distancing requirements apply. Can meet with two other households indoors with physical distancing. Up to five households can meet outdoors up to a maximum of fifteen people. (This does not apply to those under 18). Confirmed date of 31 August for swimming pools and gyms reopening.	Government lockdown restrictions and physical distance requirements updated with scientific advice. Further relaxation of restrictions around live events and meeting people. Increased opening of public facilities in line with public health advice.
What this means for Pool Operators	Pools are closed following recommended guidelines. Pool maintenance to be considered. Staff might be furloughed or redeployed.	Pools are closed following recommended guidelines. Pool maintenance to be considered. Staff might be furloughed or redeployed. Consultation process with Leisure Trusts and Local Authorities established and underway.	In line with a return for "professional sport", Step 1 of the "Back to the Water" for aquatics. Learning from the process to be utilised in subsequent phases for other venues. Operators to consider latest H&S requirements. Staff trained to ensure safe environment for future phase return.	Confirmed date of 31 August for swimming pools and gyms reopening. Return for "professional sport", Step 1, extended to additional venues with learning used to inform future activity. Operators to consider modified programmes and implement latest H&S requirements. Staff will be trained to ensure safe environment.	All pools may open. New hygiene practices become the norm and are embedded into facility procedures.
What this means for People Development	All face-to-face Education and Training opportunities suspended. CPD courses for Scottish Swimming workforce and members delivered remotely through SS Connect.	All face-to-face Education and Training opportunities suspended. CPD and coaching courses for Scottish Swimming workforce and members delivered remotely through SS Connect.	All face-to-face Education and Training opportunities suspended. CPD and coaching courses for Scottish Swimming workforce and members delivered remotely through SS Connect.	Digital education and training opportunities provided for Scottish Swimming workforce and members to ensure latest guidelines are followed: <ul style="list-style-type: none"> <li>- a safe environment for returning to aquatics</li> <li>- Increase in Qualifications and CPDs delivered</li> </ul>	Education and Training courses may continue to run virtually however face-to-face courses may also resume.
What this means for Aquatic Participation	No aquatics activity.	No indoor aquatics activity. Outdoor swimming is permitted adhering to relevant Scottish Swimming and public health guidelines.	Outdoor swimming is permitted adhering to relevant Scottish Swimming and public health guidelines. No indoor recreational swimming. Providers to consider latest H&S requirements for programmed activities in future phases. People who feel unwell must stay home.	Confirmed date of 31 August for swimming pools and gyms reopening. Providers will be considering implementing latest H&S requirements for programmed activities. People who feel unwell must stay home.	Increased return of modified aquatics programmes and recreational swimming with increased hygiene and implementation of latest H&S requirements. Increased hygiene practices stay in place.

Where we want to be: New Normality

# Back to the Water: Club Training & Competition



What the Government might say



What this means for Club Management



What this means for Club Training



What this means for Aquatic Sports Competition



Complete Lockdown

	LOCKDOWN	PHASE 1	PHASE 2	PHASE 3C	PHASE 4
What the Government might say	Physical distancing requirements apply. Can not meet with any other household. Only essential travel and activity outside the home. Schools and universities are closed.	Physical distancing requirements apply. Can meet with one household outdoors at a time (maximum 8 people). Permitted to travel 5 miles to exercise outdoors. School staff return, universities closed. Outdoor exercise e.g. safe outdoor swimming permitted utilising guidelines.	Physical distancing requirements apply. Can meet with two households at one time outdoors (maximum 8 people). Travel distance restriction relaxed 3 July. (Localised restrictions may still apply). Outdoor sports courts can open. Professional sport can resume with public health restrictions remaining in place.	Physical distancing requirements apply. Can meet with two other households indoors with physical distancing. Up to five households can meet outdoors up to a maximum of fifteen people. (This does not apply to those under 18). Confirmed date of 31 August for swimming pools and gyms reopening.	Government lockdown restrictions and physical distance requirements updated with scientific advice. Further relaxation of restrictions around live events and meeting people. Increased opening of public facilities in line with public health advice.
What this means for Club Management	Limited club management and development operating remotely. Supporting and engaging with members, coaches & partners remotely.	Limited club management and development operating remotely. Supporting and engaging with members, coaches & partners remotely. SS and Clubs considering 'Back to Water' plans and needs analysis.	Club management and development operating remotely. Clubs consider best approach to ensure sustained return to the water. Club guidance and operational procedures developed for Phase 3.	Confirmed date of 31 August for swimming pools and gyms reopening. Club management and development operating remotely. Supporting and engaging with members, coaches & partners. Work on modified squad structures based on SS and public health guidelines.	Progression towards normal or evolved squad structures and full training can begin. Improved hygiene practices remain in place.
What this means for Club Training	No aquatic sports training taking place. Dry land activities delivered remotely. Team building exercises delivered remotely.	No aquatic sports training taking place. Dry land activities delivered remotely. Outdoor swimming is permitted adhering to relevant SS and public health guidelines. Consultation with coaches around 'Back to Water' plans. Team building exercises delivered remotely.	Step 1 of the "Back to the Water" for the sport. Learning to be utilised in subsequent phases. Limited return to training for identified athletes, restricted to agreed facilities. Protocols and guidance signed off by key stakeholders. Athlete "Back to Training" advice for coaches considered and piloted. People who feel unwell must stay home.	Finalise "Back to the Water" Guidance for club training. Confirmed date of 31 August for pools and gyms reopening. SS and Clubs to consider and implement latest H&S requirements for programmed activities utilising learning from Phase 2. Phase 3 Outdoor swimming guidance for clubs issued following Public Health advice. People who are unwell must stay home..	Club training returning with increased hygiene. Clubs to consider and implement H&S requirements for programmed activities. Restrictions on travel and contact outside community are eased. People who feel unwell must stay home..
What this means for Aquatic Sports Competition	No aquatic sports meets or competitions taking place.	No aquatic sports meets or competitions taking place. Consultation group established and underway.	No aquatic sports meets or competitions taking place. Plans in place ready for an adaptable return to competition.	No aquatic sports meets or competitions taking place. Plans in place ready for an adaptable return to competition.	Aquatic sports meets and competitions restricted within club or community. Virtual competitions may be introduced.

Where we want to be: New Normality