
**SWIM
IRELAND**

Return to Water

Framework for Swimming Lessons

Issued 20th July 2020

Foreword

The enforced global closure of Swimming Pools has had, what can only be described as an unparalleled impact on our aquatic community. The cessation of operations for Swim Ireland Clubs, cancellation of training for our Performance Athletes and interruption to recreational swimming for the 290,000 adults who swim each week across the island of Ireland, has been an experience that we hope to see only once in a lifetime.

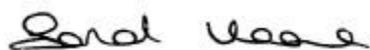
For many of you this has been the longest time ever having been out of the water. As we begin to emerge from lockdown and navigate the new normal brought on by the COVID-19 pandemic, Swim Ireland has worked alongside industry experts to ensure we can provide you with the best guidance and recommendations for your Return to the Water. A series of four frameworks has been produced for the Aquatic Industry, supporting Facilities and Operators, Swimming Pool Users and Swimming Lesson Providers, in both the public and private sectors to map out a Return to Water.

With the safety of all pool users at the forefront of our minds, the following documents will guide you through your much anticipated Return to Water;

- Return to Water Framework for Pool Operators
- Return to Water Framework for Swimming Lessons
- Return to Water Framework for Community Swimming and Instructor Led Activity
- Return to Water Framework for Pool Users

Following the advice from the Irish Government and the Northern Ireland Executive, these documents will be updated to ensure you are provided with the most up to date guidance and recommendations. We encourage you to engage with us by attending our virtual [Return to Water Training](#) opportunities and by contacting our Education Department to seek further advice or guidance.

Swim Ireland will support you on your journey of Returning to Water and Getting Ireland Swimming again.



Sarah Keane

CEO Swim Ireland

Guidance for Swimming Lessons

Introduction

The following has been developed in cooperation with industry partners. Each week over 290,000 adults in Ireland swim – it is the second highest participation sport on the island of Ireland with over 400 swimming pools catering for Learning to Swim.

This document aims to support Swimming Teachers, Swim Schools and Swimming Pool Operators who have children taking part in swimming lessons on their return to swimming facilities, following the period of closure due to COVID-19. It also provides guidance on reducing the risk of COVID-19 transmission within the swimming pool environment.

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

Other sections will provide guidance for pool operators and practical advice relating to the control of COVID-19 in swimming facilities and during various activities. Links to best practice and other industry standard guidance will be provided where appropriate.

As with all environments, there is still a level of risk of COVID-19 transmission in aquatic settings that requires 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 Ireland Framework for Pool Users](#) before attending.

Please Note: This document has been created with both the Republic of Ireland and Northern Ireland in mind. Where reference is given to a specific piece of legislation or government guidance, information specific to both Republic of Ireland and Northern Ireland will be given.

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 children and assessing risk in the pool as set out in [Swim Ireland Framework for Pool Operators](#) and [Swim Ireland Safe Supervision](#) document.
- Teachers should deliver from the pool deck.
- Teachers should adhere to government guidance on social distancing.
- Providers should evaluate the number of personnel on deck to ensure adequate and current social distancing can be observed.
- Only one parent/carer per child should be allowed to supervise and spectate their child's swimming lessons. Lesson Providers should consider the use of face masks in spectator areas where social distancing cannot be maintained.
- Providers should review their 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. A robust cleaning schedule should be introduced to ensure adequate disinfection.
- 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.

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Guidance for Operators on the Running of 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.

Please note: This document has been created with both the Republic of Ireland and Northern Ireland in mind. Where reference is given to a specific piece of legislation or government guidance, information specific to both Republic of Ireland and Northern Ireland will be given.

Guidance	Explanation and Practical Considerations	Training & Resources
<p>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>Please Note: a COVID-19 Officer does not need to be present for all swimming lessons, but should ensure that staff on shift have the appropriate training to ensure that all COVID-19 related procedures are implemented and adhered to throughout their shift. It would be recommended to have a dedicated person each shift responsible for COVID-19 duties.</p>	<p>We would recommend seeking COVID-19 Officer training from one of the below providers:</p> <ul style="list-style-type: none"> • Sport Ireland • Ireland Active • Sport NI • UK Active <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Considerations</p> <p>Providers should evaluate the number of personnel on deck to give effect to social distancing. The designated officer should be aware of government, Swim Ireland and other relevant guidance that will impact the operational procedures, and these should be regularly reviewed.</p> <p>Consider if this individual requires additional support to fulfil this role.</p> <p>A designated officer is 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>Prior to a lesson have a check list to ensure the workforce is ready to deliver and adapt to changes in a post COVID-19 environment.</p>	<p>Explanation</p> <p>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>Provide Swimming Teachers with an updated Pool Safety Operating Procedure (PSOP) which should include Risk Assessments, a Normal Operating Procedure (NOP) and an Emergency Action Plan (EAP). Swimming teachers should</p>	<p>Checklist for Operational Pool Staff</p> <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Swim Ireland Return to Water Framework for Pool Operators</p>

	<p>familiarise themselves with relevant guidance including Swim Ireland Return to Water Framework for Pool Operators.</p> <p>Read and apply where applicable RLSS UK/Water Safety Ireland guidance for swimming teachers providing safety cover for swimming lessons.</p> <p>Teachers should be provided with access to online training available through Swim Ireland on the delivery of lessons post COVID-19.</p> <p>Lesson providers should also consider the requirement to implement procedures for swimming teachers starting their shift, for Example:</p> <ul style="list-style-type: none"> - collecting registers - setting up equipment - entering and exiting the building - hand washing <p>Lesson providers may also consider parent education prior to returning to the pool. For Example, encourage parents to start practicing with the child to put their own swimming hat and goggles on, as Teachers will be unable to do this.</p>	<p>RLSS Safe Supervision</p> <p>Water Safety Ireland</p>
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Guidance	Explanation and Practical Considerations	Training & Resources
<p>When delivering swimming lessons teachers and assistants should deliver from the pool deck.</p>	<p>Explanation Teachers should adhere to government guidance when social distancing. The delivery approach by your teaching staff should be from the pool deck to support current social distancing guidance. Teaching from the pool deck will mean adaptations will need to be made to ensure effective delivery.</p> <p>Considerations Complete a new risk assessment for any post COVID-19 changes to delivery of swimming lessons.</p> <p>Where possible, Swim Ireland recommend all teachers are to deliver from the pool deck in line with current social distancing guidance. 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. Read and apply where applicable RLSS UK and Swim Ireland guidance for swimming teachers providing safety cover for swimming lessons.</p> <p>Use of Level 1 Assistant Swimming Teachers; Assistant Teachers should also support from the pool deck. Ensure positioning is opposite the Level</p>	<p>Pool Layout Examples</p> <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Temporary Lesson Structure Example – Younger Swimmers</p> <p>Temporary Lesson Structure Example - Beginners</p> <p>Temporary Lesson Structure Example - Improvers</p> <p>Temporary Lesson Structure Example - Advanced</p> <p>RLSS UK Guidance for Swimming Teachers Providing Safety Cover For Swimming Lessons During COVID-19</p>

	<p>2 Swimming Teacher and should reinforce the class management through social distancing. Assistant Swimming Teachers can support with the delivery of demonstrations, activities, class organisations and communication to ensure the lessons runs efficiently.</p> <p>Where possible, Swimming Teachers should remain at 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>Choosing the most effective method(s) of communication when teaching from the pool deck will depend on the following factors:</p> <ul style="list-style-type: none"> -The size of the pool or area of the pool being used -The size of the group -The ability of the group -The type of activities being performed -The best position for overseeing and supervising the whole group -The best position so that all the participants can hear and see the Swimming Teacher <p>Consider how Teachers can continue to motivate and praise learners without physical contact. For Example:</p> <ul style="list-style-type: none"> - Visual Resources - Non-verbal cues; air high fives, ok's & thumbs up 	<p><u>Swim Ireland Safe Supervision</u></p>
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	<p>- Diagrams for learners</p> <p>Consider the use of a speaker system if this would be beneficial.</p> <p>When adapting to teaching in deep water, a risk assessment should be completed alongside the following considerations:</p> <ul style="list-style-type: none"> - Delivery of all stages in alternative depths to the usual delivery areas - Equipment needed due to increased depth range - Confidence & safety introduction to changing depth of lesson station - The support of a parent in the water. This could be suitable as moral support & encouragement - Education of parents in the safe delivery methods being applied by the swimming teacher team for deep water lessons. 	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>When teaching swimming lessons, teachers should adhere to government guidance on social distancing</p>	<p>Explanation Where possible, teachers should remain at 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 Teachers should be aware of the number of personnel on deck to give effect to social distancing.</p>	<p>Social Distancing Guidance Republic of Ireland Northern Ireland</p> <p>Pool Layout Examples</p>

	<p>Consider each swimming teacher delivering from alternate sides of the pool. Avoid overlap of patrolling on the pool deck whilst delivering.</p> <p>Where appropriate, consider creating two or more groups of teaching staff to safeguard the delivery team. For Example: Split teams into specific staffing rotas. This could coincide with other operational teams.</p> <p>Consider having a consistent way of moving around the deck to reduce cross over of staff 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>Provide hand cleaning stations and additional waste bins on the pool deck for tissues.</p> <p>Further consideration should also be given to the procedure for children requiring the toilet during their lesson. It is recommended that a risk assessment is completed, and procedures are in place. Consider class location, walkways, age of swimmer, safeguarding etc.</p>	
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Guidance	Explanation and Practical Considerations	Training & Resources
<p>The use of face masks and/or face shields</p>	<p>At present it is not a mandatory requirement in either the Republic of Ireland or Northern Ireland to wear a face mask in a sporting environment.</p> <p>Lesson Providers should ensure that throughout ALL lesson delivery (and the spectating of), social distancing is the primary concern and that maintaining social distancing is paramount. The use of face masks/ shields should NOT be seen as an alternative to social distancing. Where the use of face masks are being considered, it is recommended to reassess the environment in the first instance.</p> <p>Where Lesson Providers risk assess and deem that social distancing is not possible between teachers, parents and spectators, cloth face coverings should be worn.</p> <p>Note:</p> <ul style="list-style-type: none"> • Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). • Face coverings are NOT recommended to be worn by children under 13 years. 	<p>Guidance on safe use of face coverings is available here.</p>

	<ul style="list-style-type: none"> • People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. Information should be provided to all employees and parents on the safe use of face coverings. • If masks are worn they should be clean and they should not be shared or handled by other colleagues. Employers and workers should keep up to date with the latest Public Health advice issued. • Face masks should NOT be worn in the water. 	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups.</p>	<p>Explanation Ensure sufficient time is allowed for an appropriate cleaning schedule and to allow time for groups to disperse. Refer to the Swim Ireland Framework for Pool Operators for further details.</p> <p>Considerations Only one parent/guardian per child should be allowed to supervise their child during swimming lessons.</p>	<p>Swim Ireland Framework for Pool Operators</p> <p>Swim Ireland Return to Water Training Schedule</p>

	<p>Allow time in between activities for cleaning and changeover of participants to avoid clustering</p> <p>Ensure different entry and exit points of your pool for all swimmers where possible.</p> <p>Teachers should prioritise delivering a 'climb out over the side' exit rather than using the steps where possible. This will reduce the amount of contact with equipment.</p> <p>Share the Swim Ireland Framework for Pool Users with advice for participants on what to bring and time frame for when to arrive.</p> <p>Prepare guidance/interactive video on the customer journey to and through the changing rooms on to the deck so participants know what to expect.</p> <p>Allow for suitable changing time and the overlap of lessons.</p> <p>Review the pool programme to avoid multiple user groups entering the facility at the same time.</p> <p>Consider alternative weeks for swimming lessons to give all swimmers the opportunity to learn due to reduced capacities.</p>	<ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Swim Ireland Framework for Pool Users</p>
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	<p>Consider alternative delivery times throughout the day during the summer months and summer holidays before schools return to full time. Also consider weeklong crash courses or One to One lessons.</p> <p>Consider promoting family lessons.</p> <p>Consider staggered start times to ease the number of swimmers accessing the pool deck at any one time.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>All equipment should be cleaned and sanitised before and after each activity.</p>	<p>Explanation 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 Ensure you have an adequate cleaning rota in place for all lesson equipment. Before, during & after is suggested.</p> <p>Considerations should be made in line with the PWTAG guidance on equipment disinfection, material properties of each piece of equipment and potential risk of infection should be assessed and the appropriate chemical and duration for disinfection identified.</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Foam equipment such as noodles, floats and foam armbands, should be submerged in a solution of 100mg/l available chlorine for one hour, then rinsed off with tap water before reuse.</p> <p>Equipment that cannot be sanitised in chlorinated water should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.</p> <p>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 pool layouts for a practical example.</p> <p>Consider encouraging swimmers to bring their own equipment. This could include a small kickboard that they can bring to lessons for their personal use.</p> <p>Each swimming teacher to have access to a bucket or scoop to rinse the teaching area as appropriate.</p> <p>Do not allow learners to share equipment. Teachers could number each float and allocate a float per learner at the start of the lesson. Consider numbering or colour coding the equipment.</p>	<p>Number Template</p>
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	<p>Stop the practice of loaning goggles, hats and equipment. Consider selling basic equipment to learners where appropriate for them to bring to their lessons.</p> <p>Where appropriate, have two sets of equipment per station to allow for rotation and disinfecting of the equipment in a timely manner.</p> <p>Consider games that 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>Encourage site specific guidance for swimmers to understand appropriate equipment that they can bring to lessons to reduce contact and cleaning times.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Re-educate both swimmers and parents of the importance of pool safety in a post COVID-19 environment. This will also include water safety information.</p>	<p>Explanation Children returning to the pool for the first time after a prolonged period will need to recap the water safety as a priority of delivery. This should include both swimming pool safety and localised open water safety.</p> <p>Considerations</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Temporary Lesson Structure Example – Younger Swimmers</p>

	<p>Swimmers have been out of the water for a significant amount of time, and it is therefore crucial to include pool safety rules and water safety messaging in your first lesson back. Please refer to Swim Ireland’s example of a Temporary Lesson Plan structure.</p> <p>Reassess each swimmers’ ability against relevant outcomes to establish their current level of performance and where you need to prioritise your lesson.</p> <p>Consider how you will educate & inform your swimmers and parents/guardians in respect of the fact that teachers may deliver differently.</p> <p>For Example:</p> <ul style="list-style-type: none"> - Social media - Customer e-mails - Posters - Parent Q&A 	<p>Temporary Lesson Structure Example - Beginners</p> <p>Temporary Lesson Structure Example - Improvers</p> <p>Temporary Lesson Structure Example - Advanced</p>
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Pool Layout & Organisational methods will need to be amended to support the delivery of swimming lessons whilst adhering to social distancing guidelines.</p>	<p>Explanations</p> <p>It is widely understood that early years and primary age children will find it difficult to remain 2m apart from each other. Therefore, when considering this, 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.</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Where possible, staff should continue to follow social distancing guidelines. Pool layout and pool set up requirements need to be revised accordingly.</p> <p>Considerations Review and risk assess maximum bather loads & teacher to swimmer ratios.</p> <p>Implement teaching positions that follow suitable government guidance for social distancing. For Example: teachers should be delivering from opposite sides of the pool.</p> <p>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 - The safety considerations <p>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 -Do not change teaching areas -Do not allow swimmers to move across to another class at any time 	<p>Pool Layout Examples</p>
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	<p>- Consider if you can merge lesson stages and suggest children from the same household to swim in the same group where their ability is appropriate.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>The use of 'pods' or 'bubbles' in Swimming Lessons</p>	<p>As Governments in the Republic of Ireland and Northern Ireland start to introduce the use of 'pods' or 'bubbles' in sporting environments and children's summer camps, Lesson Providers could consider the use of this concept in lesson delivery.</p> <p>Swim Ireland are recommending that the use of pods and bubbles are only introduced in pre school and beginner groups in the first instance and the recommended social distancing and structured lesson should be maintained throughout ALL other levels.</p> <p>In this instance, Teachers must maintain the recommended government social distance social distance from swimmers in the lesson. Due to the nature of their job and potentially teaching a number of groups throughout the week this is imperative.</p> <p>Children in pods/ bubbles can then move freely in the lesson space, but should still use their own equipment.</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Considerations should be made to consumer confidence and how happy your customers will be to this concept.</p> <p>Further consideration should also be made to the movement of children in and out of these classes. It would be recommended that a pod/ bubble remains together with no movement in or out for a set period of weeks. Once a child moves into a new group a new pod/bubble must be created.</p> <p>The introduction of pods/ bubbles will also require a thorough risk assessment and should be carefully considered before being introduced to a lesson structure.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Parent & Child (in water support) Applicable for any level that requires additional support through lessons post COVID-19.</p>	<p>Explanation A parent/guardian 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.</p> <p>Considerations Ratios & risk assessments must be reviewed.</p> <p>Larger pool spacing must be provided to support government guidance for social distancing.</p>	<p>Pool Layout Examples</p> <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD

	<p>Consider using a Level 1 Assistant Swimming Teacher alongside the Level 2 Swimming Teacher to provide further support over a larger teaching station.</p> <p>Consider encouraging swimmers to bring their own equipment such as a small kickboard they can bring to lessons for their personal use.</p> <p>Safeguarding:</p> <p>Allowing parents to come into the water does not require them to have a current completed Garda Vetting/AccessNI check. However, Swim Ireland recommends that all parents follow the instruction of the qualified Level 2 Swimming Teachers. Parents should only have the responsibility of their own child and adhere social distancing from other swimmers and parents.</p> <p>Please note, where a child is of pre school age or younger and requires FULL support from a parent/carer, this pair can be considered as one unit and not two swimmers for the purposes of bather load and social distancing.</p>	<ul style="list-style-type: none"> Return to Water Swimming Teacher Coffee Chats and Webinars
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Adaptations will need to be made for both Adult & Baby and Adult & Toddler lessons.</p>	<p>Explanation Adaptations for Adult and Baby / Toddler swimming lessons may need to be applied due to</p>	

	<p>the nature of delivery and dependant on a site-specific set up.</p> <p>It is widely understood that early years and primary age children will find it difficult to remain 2m apart from each other. Therefore, when considering this, 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. Where possible, staff should continue to follow social distancing guidelines. Pool layout and pool set up requirements need to be revised accordingly.</p> <p>Considerations Review and risk assess maximum bather loads & teacher to swimmer ratios.</p> <p>If using a lying entry and exit for lessons, clean the mat in the time between each swimmer entering a lesson. Please refer to the Swim Ireland Framework for Pool Operators for cleaning guidance.</p> <p>Consider reducing the use of equipment with babies & toddlers. This will reduce cross contamination of equipment due to children putting them into their mouths. For Example;</p>	<p>Pool Layout Examples</p> <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars
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	<ul style="list-style-type: none"> - encourage parents/guardians to bring a suitable sensory bath toy to use throughout lesson activities for personal use. <p>If normal practice for toddlers is to teach the child without parental support, consider introducing this as a temporary measure.</p> <p>Please note, where a child is of pre school age or younger and requires FULL support from a parent/carer, this pair can be considered as one unit and not two swimmers for the purposes of bather load and social distancing.</p> <p>Safeguarding:</p> <p>Allowing parents to come into the water does not require them to have a current completed Garda Vetting/AccessNI check. However, Swim Ireland recommends that all parents follow the instruction of the qualified Level 2 Swimming Teacher. Parents should only have responsibility of their own child and must adhere to social distancing from other swimmers and parents.</p> <p>Consider the pool depth, whether lessons can be delivered in standing or a deeper area of the pool.</p> <p>Learn to Swim Providers should also make reference to the recommended pool temperatures</p>	<p>Swim Ireland Safe Supervision</p>
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	for Baby and Toddler swimming as per the Swim Ireland Safe Supervision document.	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>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 and availability may need to be revised. This may mean reducing maximum capacity to observe lessons.</p> <p>Considerations If required, one parent/guardian only, should escort the swimmer to all activities.</p> <p>Parents should be encouraged to only attend for their child’s lesson time.</p> <p>Lesson Providers should consider if the use of face masks in spectator areas would be relevant.</p> <p>Clear communication of the social distancing measures should be shared with parents/carers. Display temporary signage and use directional arrows to demonstrate the changes to parents/carers.</p> <p>Consider closing spectator areas where appropriate or if it may be challenging to monitor.</p>	

	<p>Where social distancing is near impossible in the spectator area, consider alternative ways to manage the viewing/observing of lessons. For Example;</p> <ul style="list-style-type: none"> -Via TV screens in larger areas where available. -Consider priority viewing for lower stages or children with Additional Support Needs -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. <p>Providers should also consider site specific admissions policy regarding parents/carers who are required to stay within the facility.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Implement a phased return to swimming lessons.</p>	<p>Explanation As swimming pools begin to reopen, you should consider restarting with a phased return. This will allow for a flexible return to meet your business needs and ensure COVID-19 compliancy.</p> <p>Considerations Review and risk asses all teaching stations on the pool deck during swimming lessons. See above information on pool layouts.</p> <p>Consider utilising current vacant pool times for your lessons. For Example:</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Off peak time slots or in replacement of another session that cannot run.</p> <p>Consider merging two stages/levels of a similar ability to overcome low attendance numbers. In this scenario, ensure that a risk assessment and appropriate measures are taken.</p> <p>Consider a staggered return to lessons, starting with the higher ability swimmers requiring less support.</p> <p>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>A further idea is to consider family swimming lessons.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Make suitable adjustments for swimmers with Additional Support Needs and/or a Disability in a COVID-19 compliant environment.</p>	<p>Explanation Swimmers with Additional Support Needs and/or a Disability may require further adjustments to lesson provision when returning to the pool post COVID-19. Use the guidance above and the considerations below to make any reasonable adjustments to lesson delivery.</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars

	<p>Encourage swimming teachers to make informed adaptations to their lessons in line with social distancing guidelines to support all learners and use alternative methods of reward and recognition where necessary.</p> <p>Considerations Ratios & risk assessments must be reviewed.</p> <p>In water support provided by a parent/guardian/carer where applicable. Larger pool spacing must be provided to support government guidance for social distancing.</p> <p>Bookable time slots for swimmers and parents to visit the pool ahead of lessons restarting. For example: -Allow for a supervised walk through of any procedure changes regarding access to changing rooms and pool deck. -Consider a virtual walk through of your centre as an alternative option.</p> <p>Consider using a Level 1 Assistant Swimming Teacher to support the Level 2 Swimming Teacher.</p> <p>Consider how Swimming Teachers can continue to motivate, communicate and praise the swimmers without physical contact. For example: -Swimpix</p>	<p>Visual Resource Cards - SwimPix</p> <p>Emoji Card Samples</p>
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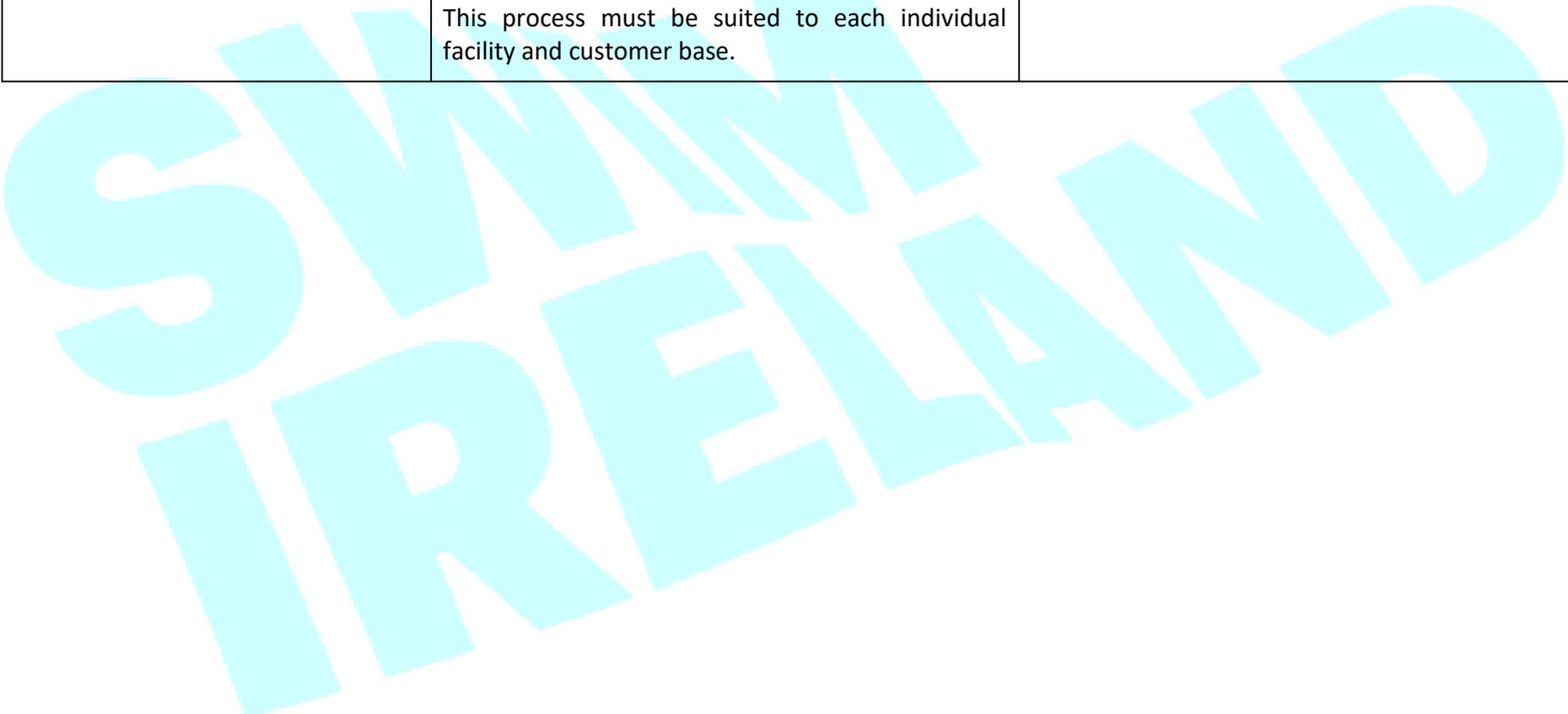
	<p>-visual cards -non-verbal cues; air high fives, OK's & thumbs up</p> <p>Swim Ireland recommend all teachers deliver from the pool deck where possible, in line with current social distancing guidance. However, if there is a specific need for a teacher to deliver from within the water, it is both the teacher's personal and the operator's professional responsibility to thoroughly risk assess this and ensure that correct safety measures are followed.</p> <p>Read and apply where applicable RLSS UK and Swim Ireland Safe Supervision guidance for providing safety cover for swimming lessons.</p>	
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Adaptations to delivery of Aquatic Discipline Lessons; Competitive Swimming Artistic Swimming Water Polo Diving Rookie Lifeguard</p>	<p>Explanation Using the guidance above and the considerations below, providers should make any reasonable adjustments to lesson delivery for the aquatic disciplines: Competitive Swimming, Artistic Swimming, Water Polo and Diving.</p> <p>Considerations Please refer to Swim Ireland Club Swimming Framework for specific guidance and more in-depth recommendations and considerations for teaching/coaching specific disciplines.</p> <p>Providers should also consider referring to guidance from the RLSS UK in relation to Rookie</p>	<p>Temporary Lesson Structure Example – Younger Swimmers</p> <p>Temporary Lesson Structure Example - Beginners</p> <p>Temporary Lesson Structure Example - Improvers</p> <p>Temporary Lesson Structure Example - Advanced</p> <p>Pool Layout Examples</p>

	Lifeguard programmes and the considerations required.	
Guidance	Explanation and Practical Considerations	Training & Resources
Adaptations to One to One lesson delivery	<p>Explanation Using the guidance above and the considerations below, providers should make any reasonable adjustments to the lesson delivery for any swimmers attending a One to One lesson.</p> <p>Considerations Review and risk asses all teaching stations on the pool deck during swimming lessons. See above information on pool layouts/pool layout Examples. Group Swimming Lesson principles should be applied as appropriate to a One to One setting.</p>	<p>Pool Layout Examples</p> <p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars
Guidance	Explanation and Practical Considerations	Training & Resources
Adaptations to Adult swimming lesson delivery	<p>Explanation Using the guidance above and the considerations below, providers should make any reasonable adjustments to the lesson delivery for any adult swimmer and any additional support needs they may have.</p> <p>Considerations Review ratios and risk assessment for any changes to pool spaces.</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Swim Ireland Adult Learn to Swim Consultation Form</p>

	<p>For more advanced swimmers, refer to the pool layout example for a lane set up.</p> <p>For Masters swimmers, refer to the Swim Ireland Return to Water Club Swimming Framework.</p> <p>Consider the opportunity to open more adult lessons to a wider customer base as a bookable session.</p> <p>Consider own equipment being purchased and brought along to lessons.</p> <p>For nervous adult swimmers or those who may require physical support, consider allowing them to bring an appropriate family member or a friend to support in the water.</p>	<p>Swim Ireland Return to Water Club Swimming Framework</p>
Guidance	Explanation and Practical Considerations	Training & Resources
<p>Disclaimers and Wellness Checks</p>	<p>Swimming Lesson Providers should have a robust disclaimer process in place. It is important that Operators implement a track and trace system where all swimmers complete a disclaimer prior to entering the facility.</p> <p>Customers should be encouraged to use Government track and trace apps but must also complete the relevant disclaimer.</p> <p>For improved customer experience, it is recommended that each swimmer completes a full</p>	

	<p>disclaimer upon first visit. Every visit thereafter should be a confirmation that their circumstances have not changed, that they are not experiencing signs or symptoms of COVID-19 and that they have not travelled outside of Ireland in the last 14 days.</p>	
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This process must be suited to each individual facility and customer base.



School Swimming Lesson Guidance

This section specifically expands on the guidance and gives practical recommendation specifically for school swimming. Please refer to all principles of the Swimming Lesson guidance.

Guidance	Explanation and Practical Considerations	Training & Resources
<p>Adaptations to the delivery of school swimming lessons (Inclusive of private school pool owners, facilities delivering a school swimming programme and providers who hire pool time from a facility)</p>	<p>Explanation School swimming providers should continue to follow the guidance above and further considerations below:</p> <p>Considerations Review ratios and risk assessment for any changes to pool spaces.</p> <p>Operators should work in partnership with the schools to outline an agreement and suitable approach for the delivery of school swimming lessons.</p> <p>School’s delivering lessons from a school pool, please read and apply the applicable information in the Swim Ireland Framework for Pool Operators document.</p> <p>For those children not achieving the required standards consider: - ‘Top up’ swimming lessons</p>	<p>Swim Ireland Return to Water Training Schedule</p> <ul style="list-style-type: none"> • Return to Water CPD • Return to Water Swimming Teacher Coffee Chats and Webinars <p>Swim Ireland Framework for Pool Operators</p>

	<p>- Integrating school swimmers into your core swimming lesson programme (in agreement with the school).</p>	
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For further information and guidance, please contact [Bethan Laker](mailto:bethanlaker@swimireland.ie) National Pool Partnerships & Programming Manager **Swim Ireland**
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