

Swim Ireland ‘Living & Swimming with COVID-19’ Framework (December 2020) – Version 2

Introduction

Swim Ireland’s ‘Living & Swimming with COVID-19’ Framework is our plan to align with the Government of Ireland’ and the Northern Ireland Executive’s risk management strategy for the next 6-9 months. It is designed to allow individuals, families, clubs and facilities to better understand, anticipate and prepare for the measures that either Government might introduce to stop escalation of the transmission of the virus. It recognises the need for society, sport and business to be allowed to continue as normally as possible. The Framework is designed so that we can respond to both national or county/local level restrictions which may be applied. Our strategy, in line with public health advice both north and south of the border is that of suppression. The return to training and competition is on an opt-in basis for all Swim Ireland members, with participants taking personal responsibility to decide whether or not they are happy to return to their clubs and to their sport. High Performance sport is given Governmental exemption through much of the plan and our definition of what constitutes high performance (swimming and diving) is detailed on pages 6 & 7. Additional information and further detail will be provided to the aquatics community through discipline specific documentation.

ROI Level Number	Level 1	Level 2	Level 3	Level 4	Level 5
NI Level Definition	Restrictions		Additional Restrictions		
<i>The progression/regression between Levels may differ either side of the Irish border and between Counties/localities from time to time</i>					
Focus Area					
GOVERNMENT OF IRELAND & NORTHERN IRELAND EXECUTIVE DIRECTIVES					
All Sports Training (Republic of Ireland)	<ul style="list-style-type: none"> Normal training (indoors & outdoors) with protective measures in place 	<ul style="list-style-type: none"> Indoors pods of 6 & contact permitted Outdoors pods of 15 & contact permitted High performance can continue with protective measures in place 	<ul style="list-style-type: none"> Indoors individual training only Outdoors pods of 15 with no contact High performance can continue with protective measures in place 	<ul style="list-style-type: none"> Outdoors pods of 15 with no contact High performance can continue with protective measures in place 	<ul style="list-style-type: none"> High performance can continue with protective measures in place
All Sports Training (Northern Ireland)	<ul style="list-style-type: none"> Normal training (indoors & outdoors) with protective measures in place 		<ul style="list-style-type: none"> Indoors individual training only 15 people maximum for non-contact activities. Content of coaching sessions specifically designed to ensure that individuals do not get out of breath High performance can continue with protective measures in place 		
Competitions & Events (Republic of Ireland)	<ul style="list-style-type: none"> Up to 100 people permitted indoors (depending on venue size) Up to 200 people permitted outdoors (depending on venue size) 	<ul style="list-style-type: none"> Up to 50 people permitted indoors (depending on venue size) Up to 100 people permitted outdoors (depending on venue size) 	<ul style="list-style-type: none"> No competitions to take place other than Senior Club Championships (National level for identified athletes/players) Competitions strictly for High Performance only are permitted 	<ul style="list-style-type: none"> No competitions to take place other than Senior Club Championships (National level for identified athletes/players) Competitions strictly for High Performance only are permitted 	<ul style="list-style-type: none"> No events to take place

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	<ul style="list-style-type: none"> Specific guidance to be provided for large purpose event facilities 	<ul style="list-style-type: none"> Specific guidance to be provided for large purpose event facilities 			
Competitions & Events (Northern Ireland)	<ul style="list-style-type: none"> Subject to individualised Risk Assessment process with the facility in question 		<ul style="list-style-type: none"> No spectators permitted 		
Pools, Gyms & Leisure Centres (Republic of Ireland)	<ul style="list-style-type: none"> Open with protective measures in place 	<ul style="list-style-type: none"> Open with protective measures in place 	<ul style="list-style-type: none"> Open for training for individuals only High performance can continue with protective measures in place 	<ul style="list-style-type: none"> Facilities closed High performance can continue with protective measures in place 	<ul style="list-style-type: none"> Facilities closed High performance can continue with protective measures in place
Domestic Travel (Republic of Ireland)	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> Remain in your own county/localised jurisdiction except in the specific circumstances detailed below High performance can continue with protective measures in place 	<ul style="list-style-type: none"> All members to remain in their own county/localised jurisdiction only High performance can continue with protective measures in place 	<ul style="list-style-type: none"> All members to remain in their own home and exercise within 5km of their home only High performance can continue with protective measures in place
SWIM IRELAND PROTOCOLS (GENERIC)					
Travel to/from Facility - Republic of Ireland	<ul style="list-style-type: none"> Car-pooling not encouraged but permitted if necessary Cycle or walk if possible Mandatory use of face coverings on public transport Use off peak hours on public transport where possible 	<ul style="list-style-type: none"> Car-pooling not encouraged but permitted if necessary and face mask should be worn in such instances Cycle or walk if possible Mandatory use of face coverings on public transport Peak hours of public transport restricted for essential workers only 	<ul style="list-style-type: none"> Car-pooling not permitted Cycle or walk if possible Mandatory use of face coverings on public transport 	<ul style="list-style-type: none"> Car-pooling not permitted Avoid public transport Cycle or walk if possible 	<ul style="list-style-type: none"> Car-pooling not permitted Avoid public transport Cycle or walk if possible
Travel to/from Facility - Northern Ireland	<ul style="list-style-type: none"> Car-pooling not encouraged but permitted if necessary Cycle or walk if possible Mandatory use of face coverings on public transport 				

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Entry/Exit (Building) – Republic of Ireland	<ul style="list-style-type: none"> Individuals complete self-report screening form once per day Adhere to social distancing requirements on entry & exit Avoid loitering or congregating at facility entrance On entry & exit, individuals use the hand sanitizer provided 	<ul style="list-style-type: none"> Individual complete self-report screening form once per day Adhere to social distancing requirements on entry & exit Avoid loitering or congregating at facility entrance On entry & exit, individuals use the hand sanitizer provided Face coverings to be worn when entering & exiting the facility 	<ul style="list-style-type: none"> Individuals complete self-report screening form once per session Adhere to social distancing requirements on entry & exit Avoid loitering or congregating at facility entrance On entry & exit, individuals use the hand sanitizer provided Face coverings to be worn when entering & exiting the facility Clubs formulate a staggered entry & exit system with their athletes Sufficient buffer time to be planned between different participants entering & exiting facility 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed
Entry/Exit (Building) – Northern Ireland	<ul style="list-style-type: none"> Individuals complete self-report screening form once per day Adhere to social distancing requirements on entry & exit Avoid loitering or congregating at facility entrance On entry & exit, individuals use the hand sanitizer provided Face coverings to be worn when entering & exiting the facility 				
Transit To Pool – Republic of Ireland	<ul style="list-style-type: none"> Adhere to social distancing requirements when moving through the facility Parents/carers follow public access guidelines as required by the facility and clubs inform parents/carers of these protocols On arrival on pool deck athletes follow coach 	<ul style="list-style-type: none"> Face coverings to be worn when moving through the facility until athletes enter the water Adhere to social distancing requirements when moving through the facility Clubs plan training sessions to ensure there is no crossover between different groups/pods 	<ul style="list-style-type: none"> All persons on deck to wear face coverings until all participants have entered the water Adhere to social distancing requirements when moving through the facility Clubs plan training sessions to ensure there is no crossover between athletes arriving/leaving 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed

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	<p>instructions to enter the water</p> <ul style="list-style-type: none"> Once changed, athletes leave the facility without delay 	<ul style="list-style-type: none"> Athletes proceed to changing room/pool deck following directions and movement flow as dictated by the facility Coaches/teachers proceed directly to poolside On arrival on pool deck athletes follow coach instructions to enter the water On completion of session, athletes exit the pool in a similar (but opposite manner) to the entry requirements For showering & changing after a session, athletes should proceed to this area following the directions & movement flow as dictated by the facility Once changed, athletes leave the facility without delay 	<ul style="list-style-type: none"> Athletes proceed to changing pool deck following directions and movement flow as dictated by the facility Where possible, a one-way system should be implemented for transit through the facility (facility dependent) Coaches/teachers proceed directly to poolside On arrival on pool deck athletes follow coach instructions to enter the water No spectators permitted into sessions On departure, athletes follow the directions & movement flow as dictated by the facility Once changed, athletes leave the facility without delay 		
Transit To Pool – Northern Ireland	<ul style="list-style-type: none"> Face coverings to be worn when moving through the facility until athletes enter the water Adhere to social distancing requirements when moving through the facility Clubs plan training sessions to ensure there is no crossover between different groups/pods Athletes proceed to changing room/pool deck following directions and movement flow as dictated by the facility Coaches/teachers proceed directly to poolside On arrival on pool deck athletes follow coach instructions to enter the water On completion of session, athletes exit the pool in a similar (but opposite manner) to the entry requirements For showering & changing after a session, athletes should proceed to this area following the directions & movement flow as dictated by the facility Once changed, athletes leave the facility without delay 				
Changing Rooms – Republic of Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 	<ul style="list-style-type: none"> Social distancing to be prevalent at all times Face coverings to be worn 	<ul style="list-style-type: none"> Social distancing to be prevalent at all times Face coverings to be worn 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed

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		<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols 	<ul style="list-style-type: none"> Arrive ready for sport (beach ready) or staggered use of changing area following sporting activity 		
Changing Rooms – Northern Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 				
Showers – Republic of Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 	<ul style="list-style-type: none"> Shower usage not encouraged 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed
Showers – Northern Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 				
Water Fountains – Republic of Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 	<ul style="list-style-type: none"> No water fountains permitted 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed
Water Fountains – Northern Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols Adhere to social distancing requirements 				
Use of Personal Protective Equipment (PPE) – Republic of Ireland	<ul style="list-style-type: none"> Use according to facility Risk Assessment Protocols 	<ul style="list-style-type: none"> Pool users use face coverings at all times except when in the pool Workforce use face coverings at all times until pool users are in the pool 	<ul style="list-style-type: none"> Pool users use face coverings at all times except when in pool Workforce use face coverings at all times until pool users are in the pool & when users are out of the water 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed
Use of Personal Protective Equipment (PPE) – Northern Ireland	<ul style="list-style-type: none"> Pool users use face coverings at all times except when in the pool Workforce use face coverings at all times until pool users are in the pool 				

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NI Level Definition	Restrictions		Additional Restrictions		
<i>The progression/regression between Levels may differ either side of the Irish border and between Counties/localities from time to time</i>					
Focus Area					
SWIM IRELAND PROTOCOLS (DISCIPLINE SPECIFIC)					
High Performance Swimming & Diving (National Centre Tier 1/PE Squad & Tier 2/PP Squad Athletes, National Squad Athletes, 2021 Olympic Long List Athletes & 2021 Paralympic Long List Athletes) – Republic of Ireland	<ul style="list-style-type: none"> Adhere to social distancing requirements 50m Pool – up to 8 athletes per lane 25m Pool – up to 6 athletes per lane 	<ul style="list-style-type: none"> Adhere to social distancing requirements 50m Pool – up to 6 athletes per lane 25m Pool – up to 5 athletes per lane 1 coach per 2 lanes of activity permitted per session 'Home points' within lanes to be utilised where other forms of social distancing during rest intervals are not possible Only personal training equipment to be utilised in sessions and not to be shared with others No spectators permitted into sessions other than COVID Officer/POD 	<ul style="list-style-type: none"> Performance staff, coaches, practitioners & athletes who live in a Level 1/2 jurisdiction may travel to train with a National Centre in a Level 3 jurisdiction Performance staff, coaches, practitioners & athletes who live in a Level 3 jurisdiction may travel to train with a National Centre in a Level 1/2 jurisdiction Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group based 50m Pool – up to 5 individual athletes per lane 25m Pool – up to 4 individual athletes per lane Staff will numbers will be appropriate to the session content, working where possible from opposite sides/ends of the pool. Strict use of 'home points' within lanes as start and finish points for athletes 	<ul style="list-style-type: none"> Potential Olympic & Paralympic 2021/2024 athletes only access training via National Centre (Dublin), National Centre (Limerick) or Bangor Aurora as a Performance hub only Performance staff, coaches, practitioners & athletes who live in a Level 1/2/3 jurisdiction may travel to train with a National Centre in a Level 4 jurisdiction Performance staff, coaches, practitioners & athletes who live in a Level 4 jurisdiction may travel to train with a National Centre in a Level 1/2/3 jurisdiction Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group based 50m Pool – up to 2 individual athletes per lane 25m Pool – up to 2 individual athletes per lane 	<ul style="list-style-type: none"> Potential Olympic & Paralympic 2021 athletes only access training via National Centre (Dublin), National Centre (Limerick) or Bangor Aurora as a Performance hub only Performance staff, coaches, practitioners & athletes who live in a Level 1/2/3/4 jurisdiction may travel to train with a National Centre in a Level 5 jurisdiction Performance staff, coaches, practitioners & athletes who live in a Level 5 jurisdiction may travel to train with a National Centre in a Level 1/2/3/4 jurisdiction Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group based 50m Pool – up to 2 individual athletes per lane 25m Pool – up to 2 individual athletes per lane

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			<ul style="list-style-type: none"> ensuring social distancing is in place Only personal training equipment to be utilised in sessions and not to be shared with others No spectators permitted into sessions other than COVID Officer/POD 	<ul style="list-style-type: none"> A maximum of 2 coaches per session, working from opposite sides/ends of the pool. Only personal training equipment to be utilised in sessions and not to be shared with others No spectators permitted into sessions other than COVID Officer/POD 	<ul style="list-style-type: none"> A maximum of 2 coaches per session, working from opposite sides/ends of the pool. Only personal training equipment to be utilised in sessions and not to be shared with others No spectators permitted into sessions other than COVID Officer/POD
High Performance Swimming (National Squad Athletes, 2021 Olympic Long List Athletes & 2021 Paralympic Long List Athletes) – Northern Ireland	<ul style="list-style-type: none"> Adhere to social distancing requirements 50m Pool – up to 8 athletes per lane 25m Pool – up to 6 athletes per lane for adolescent and adult athletes and up to 7 athletes per lane for young age group athletes working as a pod for that session 'Home points' within lanes to be utilised where other forms of social distancing during rest intervals are not possible Only personal training equipment to be utilised in sessions and not to be shared with others 				
Club Activities (Swimming) – Republic of Ireland	<ul style="list-style-type: none"> Clubs to keep spectators to a minimum where possible Adhere to social distancing requirements 50m Pool – up to 8 athletes per lane 25m Pool – up to 6 athletes per lane for adolescent and adult athletes and up to 7 athletes per lane for young age group athletes 20m Pool – up to 5 athletes per lane 	<ul style="list-style-type: none"> Clubs not to permit spectators where possible Adhere to social distancing requirements 50m Pool – up to 6 athletes per lane working as a pod for that session 25m Pool – up to 6 athletes per lane working as a pod for that session 20m Pool – up to 5 athletes per lane working as a pod for that session 1 coach per 2 lanes of activity permitted per session 	<ul style="list-style-type: none"> Other than those defined as National Senior Championships (National level only) athletes (*), athletes who live in a Level 1/2 jurisdiction may not travel to train with a club in a Level 3 jurisdiction Other than those defined as National Senior Championships (National level only) athletes (*), athletes who live in a Level 3 jurisdiction may not travel to 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed

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	<ul style="list-style-type: none"> Starts, turns and relay takeover practice to be permitted All four strokes to be permitted within sessions Training equipment to be utilised in sessions where appropriate 	<p>coaches allowed per sessions</p> <ul style="list-style-type: none"> 'Home points' within lanes to be utilised where other forms of social distancing during rest intervals are not possible Starts, turns and relay takeover practice to be permitted in outside lanes where social distancing measures can be enforced All four strokes to be permitted within sessions with social distancing measures to be incorporated into such planning Personal training equipment to be utilised in sessions where appropriate and not to be shared with others 	<p>train with a club in a Level 1/2 jurisdiction</p> <ul style="list-style-type: none"> Coaches who live in a Level 1/2 jurisdiction may travel to coach their club if it is in a Level 3 jurisdiction Coaches who live in a Level 3 jurisdiction may travel to coach their club if it is in a Level 1/2 jurisdiction Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group or pod based 50m Pool – up to 6 individual athletes per lane 25m Pool – up to 5 individual athletes per lane 20m Pool – up to 4 individual athletes per lane A maximum of 2 coaches per session, working from opposite sides/ends of the pool Strict use of 'home points' within lanes as start and finish points for athletes ensuring social distancing is in place No discrete starts, turns or relay takeovers practise to take place Freestyle swimming to form the primary content of all sessions 		
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			<ul style="list-style-type: none"> Personal training equipment to be restricted in usage to maintain social distancing at all times and not to be shared with others No spectators permitted into sessions other than COVID Officer/POD 		
<p>(*) - Definition of National Senior Championships (National level only) athletes are those who are 16 years of age or over (age as of 31/12/2020) who have qualified for the 2020 Irish National Winter Championships, the 2021 Irish Open Championships and/or the 2021 Irish Summer National Championships</p>					
<p>Club Activities (Swimming) – Northern Ireland</p>	<ul style="list-style-type: none"> Clubs to keep spectators to a minimum where possible Adhere to social distancing requirements 50m Pool – up to 8 athletes per lane 25m Pool – up to 6 athletes per lane for adolescent and adult athletes and up to 7 athletes per lane for young age group athletes 20m Pool – up to 5 athletes per lane Starts, turns and relay takeover practice to be permitted All four strokes to be permitted within sessions Training equipment to be utilised in sessions where appropriate Adhere to social distancing requirements 		<ul style="list-style-type: none"> No spectators permitted into sessions other than COVID Officer/POD (Parent on Duty) A maximum of 15 people within a coaching session only (regardless of length of pool or number of lanes within the pool) with a maximum of 6 athletes per lane in a 50m pool and 5 athletes per lane in a 20m/25m pool Content of coaching sessions to be specifically designed to ensure that they do not cause an individual to 'get out of breath' All four strokes to be permitted within sessions but only In low level aerobic repeats. Butterfly swimming to be conducted over short distances only Coaching sessions to be constructed at low intensity that do not cause an athlete's heart rate to rise significantly Skills, drills and technique development should be the primary construct of all coaching sessions Sprinting and high intensity swimming must not take place and rest intervals to be used wisely to ensure athletes are well-recovered before commencing another practice Starts and turns coaching may occur for technique development but not for power/speed development Training equipment to be utilised in sessions where appropriate Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group based 		
<p>Club Activities (Open Water) – Republic of Ireland</p>	<ul style="list-style-type: none"> Adhere to social distancing requirements Training equipment to be utilised where appropriate Number of participants to be aligned with Government restrictions for Outdoor events 	<ul style="list-style-type: none"> Adhere to social distancing requirements Training equipment to be utilised where appropriate and not to be shared with others Number of participants to be aligned with Government 	<ul style="list-style-type: none"> Adhere to social distancing requirements Up to 15 athletes per practice working as a pod for that session Personal training equipment to be restricted in usage to maintain social distancing at 	<ul style="list-style-type: none"> Adhere to social distancing requirements Up to 15 athletes per practice working as a pod for that session Personal training equipment to be restricted in usage to maintain social distancing at 	<ul style="list-style-type: none"> No organised group activity permitted

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		restrictions for Outdoor events	all times and not to be shared with others <ul style="list-style-type: none"> No spectators permitted into practices other than COVID Officer/POD 	all times and not to be shared with others <ul style="list-style-type: none"> No spectators permitted into practices other than COVID Officer/POD 	
Club Activities (Open Water) – Northern Ireland	<ul style="list-style-type: none"> Adhere to social distancing requirements Training equipment to be utilised where appropriate Number of participants to be aligned with any restrictions in place for Outdoor events 				
Club Activities (Water Polo) – Republic of Ireland	<ul style="list-style-type: none"> Clubs to keep spectators to a minimum where possible in line with Government guidance on numbers permitted indoors Adhere to social distancing requirements Contact training/team play is permitted in coaching sessions in accordance with Swim Ireland protocols 	<ul style="list-style-type: none"> Adhere to social distancing requirements Training in pods of 6 with team play/training within the pod permitted Individuals can pass balls between pod members Team contact should be limited and social distancing within the water should be adhered to where practical No spectators permitted into sessions other than COVID Officer/POD 	<ul style="list-style-type: none"> Other than those defined as National Senior Championships (National level only) players in Division 1 & Division 2, players who live in a Level 1/2 jurisdiction may not travel to train with a club in a Level 3 jurisdiction Other than those defined as National Senior Championships (National level only) players in Division 1 & Division 2, players who live in a Level 3 jurisdiction may not travel to train with a club in a Level 1/2 jurisdiction Coaches who live in a Level 1/2 jurisdiction may travel to coach their club if it is in a Level 3 jurisdiction Coaches who live in a Level 3 jurisdiction may travel to coach their club if it is in a Level 1/2 jurisdiction Adhere to social distancing requirements 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed

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			<ul style="list-style-type: none"> • No spectators permitted into sessions other than COVID Officer/POD • Coaches ensure that sessions are individualised rather than group or pod based – see exemption in final point • Individual lane swim training can take place in relation to 'Club Activities – Swimming' • Individuals can use their own ball within a training session • Balls to be used for individual skills and drills only – see exemption in final point • Individuals must not mix or share a ball at any point – see exemption in final point • Senior League National level identified players in Division 1 & Division 2 are permitted to partake in contact training/team play in coaching sessions in accordance with Swim Ireland protocols 		
	<p><i>(*) - Definition of National Senior Championships (National level only) players are those who are 16 years of age or over who are named by clubs as part of a 15 person squad who will compete in Division 1 or Division 2 matches</i></p>				
<p>Club Activities (Water Polo) – Northern Ireland</p>	<ul style="list-style-type: none"> • Clubs to keep spectators to a minimum where possible in line with Government guidance on numbers permitted indoors • Adhere to social distancing requirements • Contact training is permitted in coaching sessions in accordance with Swim Ireland protocols 		<ul style="list-style-type: none"> • No spectators permitted into sessions other than COVID Officer/POD • A maximum of 15 people within a coaching session only (regardless of length or width of pool) • Swimming in lanes can occur with a maximum of 6 athletes per lane in a 50m pool and 5 athletes per lane in a 20m/25m pool • Content of coaching sessions to be specifically designed to ensure that they do not cause an individual to 'get out of breath' • Coaching sessions to be constructed at low intensity that do not cause a player's heart rate to rise significantly • Skills, drills and technique development should be the primary construct of all coaching sessions 		

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					<ul style="list-style-type: none"> • Sprinting and high intensity swimming must not take place and rest intervals to be used wisely to ensure athletes are well-recovered before commencing another practice • Adhere to social distancing requirements • Coaches to ensure that sessions are individualised rather than group based • Individual lane swim training can take place in relation to 'Club Activities – Swimming' • Individuals can use their own ball within a training session • Balls to be used for individual skills and drills only • Individuals must not mix or share a ball at any point
<p>Club Activities (Diving) – Republic of Ireland</p>	<ul style="list-style-type: none"> • Clubs/programmes to keep spectators to a minimum where possible • Adhere to social distancing requirements 	<ul style="list-style-type: none"> • Clubs/programmes not to permit spectators where possible • Adhere to social distancing requirements • Only one diver permitted onto a diving board at any one time • Subsequent divers wait in designated marked areas where the distance apart conforms to social distancing requirements • Platform divers to operate as one person per flight of stairs when accessing platforms, with no return down the stairs permitted 	<ul style="list-style-type: none"> • Athletes who live in a Level 1/2 jurisdiction may not travel to train with a club in a Level 3 jurisdiction • Athletes who live in a Level 3 jurisdiction may not travel to train with a club in a Level 1/2 jurisdiction • Coaches who live in a Level 1/2 jurisdiction may travel to coach their club if it is in a Level 3 jurisdiction • Coaches who live in a Level 3 jurisdiction may travel to coach their club if it is in a Level 1/2 jurisdiction • Adhere to social distancing requirements • Only one diver permitted onto a diving board or the steps leading to that diving board at any time • Subsequent divers wait in designated marked areas where the distance apart • Platform divers to operate as one person per flight of stairs when accessing platforms, 	<ul style="list-style-type: none"> • Facilities closed 	<ul style="list-style-type: none"> • Facilities closed

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			<ul style="list-style-type: none"> with no return down the stairs permitted No spectators permitted into sessions other than COVID Officer/POD 		
Club Activities (Diving) – Northern Ireland	<ul style="list-style-type: none"> Clubs/programmes to keep spectators to a minimum where possible Adhere to social distancing requirements Only one diver permitted onto a diving board at any one time 		<ul style="list-style-type: none"> No spectators permitted into sessions other than COVID Officer/POD A maximum of 15 people within a coaching session only (regardless of size of pool) Content of coaching sessions to be specifically designed to ensure that they do not cause an individual to 'get out of breath' Coaching sessions to be constructed at low intensity that do not cause an athlete's heart rate to rise significantly Skills, drills and technique development should be the primary construct of all coaching sessions Adhere to social distancing requirements Coaches to ensure that sessions are individualised rather than group based Only one diver permitted onto a diving board at any one time Athletes to climb steps to diving boards in a slow and relaxed manner Athletes to swim to the side of the pool and climb out after a dive in a slow and relaxed manner 		
Swimming Lessons – Republic of Ireland	<ul style="list-style-type: none"> Lesson providers to keep spectators to a minimum where possible 	<ul style="list-style-type: none"> All lessons to be delivered in pods of a maximum of 6 people Learners to arrive beach ready Lesson providers to operate a clear one way system where possible Lesson providers to keep spectators to a minimum where possible Where learners, parents/carers are entering and exiting the facility, it is recommended that face coverings are worn. This includes their use in changing and spectating areas 	<ul style="list-style-type: none"> Indoor 1:1 lessons permitted (one teacher and one learner only) with the teacher remaining on pool deck Swimming lessons may take place in outdoor pools and can be delivered in pods of a maximum of 15 people Where 1:1 lessons or outdoor lessons take place, the protocols for lessons outlined in Level 2 must be adhered to Further clarification on other forms of swimming lessons is being sought and will be confirmed in due course 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed

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Swimming Lessons – Northern Ireland	<ul style="list-style-type: none"> Lesson providers to keep spectators to a minimum where possible Where learners, parents/carers are entering and exiting the facility, it is recommended that face coverings are worn 		<ul style="list-style-type: none"> No spectators permitted into lessons A maximum of 15 people within a lesson only (regardless of length or width of pool); current Swim Ireland guidance would recommend a class of no more than 6 learners Content of lessons to be specifically designed to ensure that they do not cause a learner to 'get out of breath' Lessons to be constructed at low intensity that do not cause a learner's heart rate to rise significantly All activities delivered with a focus of core skills rather than swimming strokes Rest intervals to be used wisely to ensure participants are well-recovered before commencing another practice Teaching equipment to be utilised in sessions where appropriate Adhere to social distancing requirements Teachers to ensure that sessions are individualised rather than group based Where learners are entering and exiting the facility, it is recommended that face coverings are worn 		
Competitions (Swimming) – Republic of Ireland	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time Spectators to be kept to a minimum where possible Adhere to social distancing requirements 	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time No spectators permitted where possible Adhere to social distancing requirements Regional Championships, Inter Club Competitions & Intra Club competitions permitted Competition warm up in pods of a maximum of 6 Line up pre-racing while observing social distancing Overhead starts permitted 	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time Only National Senior Championships (National level only) may take place and may proceed to include athletes who currently train in Level 3 and/or Level 1/2 scenarios Athletes to arrive with competition suit already worn under clothing Pool warm ups to be restricted as per 'Club-Activities – Swimming' protocols above 	<ul style="list-style-type: none"> Facilities closed High performance can continue with protective measures in place 	<ul style="list-style-type: none"> Facilities closed High performance can continue with protective measures in place

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			<ul style="list-style-type: none"> No pre-race line up. Competitors transit to starting end only when it is their time to race Overhead starts not permitted No spectators permitted Minimal official numbers to be utilised Officials to wear face coverings at all times Athletes to wear face coverings when not competing 		
Competitions (Swimming) – Northern Ireland	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the facility at that time Spectators to be kept to a minimum where possible Adhere to social distancing requirements 		<ul style="list-style-type: none"> Competitions can only take place for High Performance Athletes. Competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the facility at that time No spectators permitted Adhere to social distancing requirements 		
Competitions (Open Water) – Republic of Ireland	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time Spectators to be kept to a minimum where possible Adhere to social distancing requirements whilst not competing All competitions permitted under Government maximum number quotas 	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time No spectators permitted where possible Adhere to social distancing requirements whilst not competing Competitions permitted on an application and risk 	<ul style="list-style-type: none"> All competitions must adhere to the current version of the Swim Ireland competition protocols Competitions must comply with the maximum participation numbers as stipulated by the Government at that time Only recognised National Senior Competitions (National level only) may take place Adhere to social distancing requirements whilst not competing 	<ul style="list-style-type: none"> No competitions permitted 	<ul style="list-style-type: none"> No competitions permitted

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		assessment basis to Swim Ireland	<ul style="list-style-type: none"> • Athletes to arrive with competition suit already worn under clothing • No spectators permitted • Minimal official numbers to be utilised • Officials to wear face coverings at all times • Athletes to wear face coverings when not competing 		
Competitions (Open Water) – Northern Ireland	<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • Spectators to be kept to a minimum where possible • Adhere to social distancing requirements whilst not competing • All competitions permitted under Government maximum number quotas 		<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • No spectators permitted • Adhere to social distancing requirements whilst not competing • All competitions permitted under Government maximum number quotas 		
Competitions (Water Polo) – Republic of Ireland	<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • Spectators to be kept to a minimum where possible • Adhere to social distancing requirements whilst not playing • All competitions permitted under Government maximum number quotas 	<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • Intra and inter club matches permitted • No spectators permitted where possible • Adhere to social distancing requirements whilst not playing • Regional Championships, Inter Club Competitions & 	<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • Only Senior League Inter-Club games (National level only for identified first team players and where the majority of the identified players are 18 years of age or over) in Division 1 & Division 2 may take place and may take place between clubs in 	<ul style="list-style-type: none"> • Facilities closed 	<ul style="list-style-type: none"> • Facilities closed

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		<p>Intra Club competitions permitted</p> <ul style="list-style-type: none"> • Competition warm up in pods of a maximum of 6 	<p>Level 3 and Level 1/2 scenarios</p> <ul style="list-style-type: none"> • No Regional games, junior games or other intra/inter club matches to take place • Adhere to social distancing requirements whilst not playing • Athletes to arrive with competition suit already worn under clothing • Pool warm ups to be restricted as per 'Club-Activities – Swimming' protocols above • No spectators permitted • Minimal official numbers to be utilised • Table officials to wear face coverings at all times • Athletes to wear face coverings when not playing 		
<p>Competitions (Water Polo) – Northern Ireland</p>	<ul style="list-style-type: none"> • All competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the Government at that time • Spectators to be kept to a minimum where possible • Adhere to social distancing requirements whilst not playing • All competitions permitted under facility maximum number quotas 		<ul style="list-style-type: none"> • Competitions can only take place for High Performance athletes. • Competitions must adhere to the current version of the Swim Ireland competition protocols • Competitions must comply with the maximum participation numbers as stipulated by the facility at that time • No spectators permitted • Adhere to social distancing requirements 		
<p>Strength & Conditioning (Clubs) – Republic of Ireland</p>	<ul style="list-style-type: none"> • Adhere to social distancing requirements • All equipment should be sanitised before and after use 	<ul style="list-style-type: none"> • Adhere to social distancing requirements • To take place in an outdoor area or a well-ventilated indoor facility • Adhere to social distancing requirements 	<ul style="list-style-type: none"> • Swim Ireland recommend that Clubs do not engage in any structured/club-based <u>indoor</u> S&C sessions during this Level 	<ul style="list-style-type: none"> • Facilities closed • High performance can continue with protective measures in place 	<ul style="list-style-type: none"> • Facilities closed • High performance can continue with protective measures in place

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		<ul style="list-style-type: none"> Where social distancing is not possible, individuals should use face coverings Equipment not to be shared between individuals All equipment to be sanitised before and after use 	<ul style="list-style-type: none"> High performance can continue with protective measures in place 		
Strength & Conditioning (Clubs) – Northern Ireland	<ul style="list-style-type: none"> Adhere to social distancing requirements All equipment should be sanitised before and after use Avoid the sharing of equipment where possible Individual based activity only 				
Instructor Led Activity (Aqua Aerobics) – Republic of Ireland	<ul style="list-style-type: none"> Organised classes can be delivered Activity providers to keep spectators to a minimum where possible Adhere to social distancing requirements 	<ul style="list-style-type: none"> Organised classes can be delivered Adhere to social distancing requirements Classes delivered in multiple pods of 6 people once sufficient space is available Space defined on a 6 metres square bather load and the relevant social distancing requirement 	<ul style="list-style-type: none"> No Instructor Led Aquatic Activity to be delivered at this time 	<ul style="list-style-type: none"> Facilities closed 	<ul style="list-style-type: none"> Facilities closed
Instructor Led Activity (Aqua Aerobics) – Northern Ireland	<ul style="list-style-type: none"> Organised classes can be delivered Activity providers to keep spectators to a minimum where possible Adhere to social distancing requirements 		<ul style="list-style-type: none"> No Instructor Led Aquatic Activity to be delivered at this time 		

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Additional Information

- *Parents/carers should understand the need for our clubs and facilities to increase the strict measures required for Level 3 to reduce the risk of transmission. Children may need to leave sessions at staggered times to facilitate the reduction in people congregating in areas*
- *Children under 13 years old and individuals are exempt from the use of face coverings as per HSE/PHA recommendations*
- *In a Republic of Ireland Level 3 scenario, club members are still able to engage in individual S&C sessions in public gyms, provided that they are adhering to HSE and the facility guidelines*
- *Swim Ireland understand that the use of face coverings with participants is not something that can be made mandatory under current Government legislation but where referred to above, Swim Ireland will be strongly endorsing and recommending their usage to members, clubs and facility operators*
- *Swim Ireland will review Framework on a regular basis in line with Government of Ireland/Northern Ireland Executive directives and other relevant announcements and advices as and when they occur*
- *This document is not a substitute for professional advice or any governmental advice*

15 December 2020