

**SWIM  
IRELAND**

**Swim Ireland**  
**‘Return to Water’**  
**Roadmap of Reopening Phases**  
(Version 1 - 15<sup>th</sup> May 2020)

# Swim Ireland – ‘Return to Water’

## Roadmap of Reopening Phases – Version 1 (15<sup>th</sup> May 2020)



### Introduction

Following the Government of Ireland’s publication of the ‘Roadmap for Reopening Society & Business’ on Friday 1<sup>st</sup> May 2020 and the Northern Ireland Executive’s publication of the ‘Coronavirus Executive Approach to Decision-Making’ on 12<sup>th</sup> May 2020, this Roadmap document details Swim Ireland’s views (rather than the approved government position) as to how aquatic activities may be resumed on the island of Ireland on a phased basis. As Swim Ireland gain clarity on a number of issues within each Government’s published guidelines, it is likely that the recommendations and guidelines within this Roadmap will be updated accordingly. Swim Ireland works closely with Sport Ireland, Sport Northern Ireland, Ireland Active (the industry body for leisure and fitness) and relevant Northern Ireland governmental departments and has reviewed documentation from other nations and considered advices, including those of the HSE and HSC in relation to the preparation of this Roadmap and other associated documentation. Swim Ireland accepts that it is not possible for any sport to eliminate the risk of the spread of the virus completely and will work with all stakeholders to minimise risk; this concept must be fully understood and accepted by all Swim Ireland members and the parents of our members who are minors. Updates, recommendations and documents in relation to the individual aspects of our sport will issue from time to time as required

### Fundamental to a ‘Return to Water’

The following are some practical aspects that Swim Ireland clubs and members should take into account before contemplating a return to water. This list is not to be treated as exhaustive and each club and member may consider further practical aspects as needs require and as circumstances warrant

1. **COMPLIANCE WITH CURRENT COVID-19 RESTRICTIONS** – Swim Ireland clubs and members need to make themselves aware of COVID-19 restrictions that exist at the time of returning to water
2. **PERSONAL RESPONSIBILITY** – Each person is to take personal responsibility for their own health, safety and decision making
3. **RISK ASSESSMENT** – Individuals, clubs and the associated workforce must ensure that they have assessed the risks associated with the conditions, the equipment, and the experience which lies with individuals, clubs and facilities before making the decision to return to water. A Risk Assessment template, an information webinar and associated guidance will be provided by Swim Ireland in due course
4. **OPEN WATER SWIMMING** – It is highly recommended that this is only to commence once it is confirmed that beaches and relevant open water swimming areas are open for use and where it is confirmed that the relevant emergency and rescue services are back in operation. Such activity is only to be considered by experienced Open Water swimmers and is not to be seen as an entry-level opportunity/time for members of the public to commence this activity
5. **SWIMMING POOLS** – Bearing in mind that further clarity needs to be received in relation to the phased re-opening of swimming pools, a strong emphasis must be placed upon working closely and in a timely fashion with both the relevant facility/s and Swim Ireland prior to such pools re-opening. Swim Ireland do not own any pools and as such, negotiations with pool providers are key to the success of this Roadmap, enabling pools to open where possible and practicable
6. **GOVERNMENT OF IRELAND ‘PHASE 3’** – The Government of Ireland Roadmap in the ‘Cultural & Social Measures’ section states that sporting activities can be permitted ‘behind closed doors’ where arrangements are in place to enable participants to maintain social distancing. Although swimming pools are not specifically mentioned until Phase 4, Swim Ireland’s interpretation is that this is for public use rather than controlled club use and, as such, specific criteria regarding a return to water for some clubs is detailed within Phase 3. We await Government guidance as to whether this interpretation is correct
7. **NORTHERN IRELAND EXECUTIVE ‘STEP 4’** – The Northern Ireland Executive outlines that Leisure Centres will open during STEP 4 in their ‘Approach to Decision Making’ Guidance. Step 2 and 3 discusses return to team sport training. Further consultation will be required to facilitate clubs’ resident within Northern Ireland returning earlier than Step 4

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<i>The progression/regression between phases will be aligned to those of the Government of Ireland/Northern Ireland Executive and may differ either side of the Irish border from time to time</i>					
Aquatic Discipline/Facet					
<b>Performance Swimming &amp; Diving</b>	<ul style="list-style-type: none"> <li>▪ Subject to agreement, the National Aquatic Centre &amp; Bangor Aurora (in line with the UK Government’s guidance released on 13/05/2020) to open for potential Olympic &amp; Paralympic athletes sole use (pool &amp; gym)</li> <li>▪ Sport Ireland and/or Sport Northern Ireland risk assessment to be submitted and approved</li> <li>▪ Clear protocols finalised, agreed and adhered to by coaches, athletes &amp; lifeguards</li> <li>▪ Official 5km travel waiver required for all travelling athletes &amp; staff. This is not a requirement in Northern Ireland</li> <li>▪ Athletes and coaches to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ No spectators permitted into the venue</li> </ul>	<ul style="list-style-type: none"> <li>▪ Subject to agreement, the University of Limerick to open for potential Olympic &amp; Paralympic athletes sole use (pool &amp; gym)</li> <li>▪ Sport Ireland and/or Sport Northern Ireland risk assessment to be submitted and approved</li> <li>▪ Clear protocols finalised, agreed and adhered to by coaches, athletes &amp; lifeguards</li> <li>▪ Official 20km travel waiver required for all travelling athletes &amp; staff. This is not a requirement in Northern Ireland</li> <li>▪ Athletes and coaches to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ No spectators permitted into the venue other than the Designated Parent on Duty</li> </ul>	<ul style="list-style-type: none"> <li>▪ Subject to pools re-opening, potential Olympic &amp; Paralympic athletes can commence coaching sessions in ‘behind closed doors’ club environments where they are one of a limited number of users a private pool/gym</li> <li>▪ Pools only to open where effective cleaning can be delivered</li> <li>▪ Clear protocols finalised, agreed and adhered to by coaches, athletes &amp; lifeguards</li> <li>▪ Swim Ireland risk assessment to be completed</li> <li>▪ Official 20km travel waiver required for all travelling athletes &amp; staff. This is not a requirement in Northern Ireland</li> <li>▪ Athletes and coaches to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ No spectators permitted into the venue other than the Designated Parent on Duty</li> </ul>	<ul style="list-style-type: none"> <li>▪ Subject to pools re-opening, potential Olympic &amp; Paralympic athletes can commence coaching sessions in club environments</li> <li>▪ Pools only to open where effective cleaning can be delivered</li> <li>▪ Swim Ireland risk assessment to be completed</li> <li>▪ Clear protocols finalised, agreed and adhered to by coaches, athletes &amp; lifeguards</li> <li>▪ No travel restriction</li> <li>▪ Social distancing requirements in and out of the water to be maintained</li> <li>▪ Public transport can be considered for small numbers travelling to/from coaching sessions</li> <li>▪ Remote working continues for all staff who are able to do so</li> <li>▪ No spectators permitted into the venue other than the Designated Parent on Duty</li> </ul>	<ul style="list-style-type: none"> <li>▪ No travel restriction</li> <li>▪ Social distancing requirements out of the water to be maintained</li> <li>▪ Numbers of participants within a coaching session can increase on a phased basis, with details to be provided</li> <li>▪ Spectators may be permitted into coaching sessions in a controlled and phased manner</li> <li>▪ Remote working continues for all staff who are able to do so</li> </ul>

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<i>The progression/regression between phases will be aligned to those of the Government of Ireland/Northern Ireland Executive and may differ either side of the Irish border from time to time</i>					
Aquatic Discipline/Facet					
<b>Open Water Swimming</b>	<ul style="list-style-type: none"> <li>▪ Participants must only partake in Open Water swimming where the 5km travel limit is not compromised. This is not a requirement in Northern Ireland</li> <li>▪ Swim Ireland risk assessment to be completed</li> <li>▪ Swim Ireland protocols to be circulated and adhered to by clubs, participants &amp; lifeguards</li> <li>▪ Participants to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ Other than lifeguards and/or a spotter, no coaches or spectators permitted</li> <li>▪ Remote working continues for all staff who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Participants must only partake in Open Water swimming where the 20km travel limit is not compromised. This is not a requirement in Northern Ireland</li> <li>▪ Swim Ireland protocols to be circulated and adhered to by clubs, participants &amp; lifeguards</li> <li>▪ Participants to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ Other than lifeguards and/or a spotter, no spectators permitted. Coaching permitted in Open Water club settings</li> <li>▪ Remote working continues for all staff who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Participants must only partake in Open Water swimming where the 20km travel limit is not compromised. This is not a requirement in Northern Ireland</li> <li>▪ Swim Ireland protocols to be circulated and adhered to by clubs, participants &amp; lifeguards</li> <li>▪ Participants to avoid all unnecessary journeys</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ Other than lifeguards and/or a spotter, no spectators permitted. Coaching permitted in Open Water club settings</li> <li>▪ Remote working continues for all staff who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swim Ireland protocols to be circulated and adhered to by clubs, participants &amp; lifeguards</li> <li>▪ No travel restriction</li> <li>▪ Social distancing requirements in and out of the water to be maintained</li> <li>▪ Public transport can be considered for small numbers travelling to/from coaching sessions</li> <li>▪ Later into the phase, competitions may be able to commence in line with Swim Ireland guidance and protocols at that time</li> <li>▪ Remote working continues for all staff who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>▪ No travel restriction</li> <li>▪ Social distancing requirements out of the water to be maintained</li> <li>▪ Numbers of participants within a group session can increase on a phased basis</li> <li>▪ Remote working continues for all staff who are able to do so</li> <li>▪ Competitions may be able to commence in line with Swim Ireland guidance and protocols at that time</li> <li>▪ Larger numbers of people can gather in this phase</li> </ul>

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Aquatic Discipline/Facet					
<b>Club Swimming &amp; Diving</b>	<ul style="list-style-type: none"> <li>Capacity/business planning by club committees via online methods</li> <li>Negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Engagement with club athletes through online methods</li> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>Social distancing requirements within all societal settings to be maintained</li> <li>All unnecessary journeys to be avoided</li> <li>Liaise with relevant Swim Ireland/Swim Ulster staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>Swim Ireland ‘Return to Water’ risk assessment to be completed</li> <li>Continued negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Attend a Swim Ireland ‘Return to Water’ webinar</li> <li>Club ‘Covid-19 Officer’ to be appointed</li> <li>Training/coaching protocols in place and delivered to membership for understanding</li> <li>Engagement with club athletes through online methods</li> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>Social distancing requirements within all societal settings to be maintained</li> <li>All unnecessary journeys to be avoided</li> <li>Liaise with relevant Swim Ireland/Swim Ulster staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, clubs can commence coaching sessions for senior/older athletes in ‘behind closed doors environments’ where they are one of a limited number of users a private pool and in accordance with Swim Ireland protocols</li> <li>Pools only to open where effective cleaning can be delivered</li> <li>Only feasible for participants who live within 20km of the pool. This is not a requirement in Northern Ireland</li> <li>Social distancing requirements within all societal settings to be maintained</li> <li>No spectators permitted into coaching sessions other than the Designated Parent on Duty</li> <li>Only one coach permitted per coaching session</li> <li>Public transport and/or car-pooling/lift sharing not to be utilised for travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, clubs can commence coaching sessions in pools in accordance with Swim Ireland and facility protocols</li> <li>Clubs to consider senior/older athletes returning before junior/younger athletes if access to pools/s is restricted</li> <li>Clubs can commence gym coaching sessions in ‘behind closed doors environments’ where they are one of a limited number of users of a private gym, complying with social distancing and cleaning requirements and in accordance with Swim Ireland protocols</li> <li>Pools only to open where effective cleaning can be delivered</li> <li>No spectators permitted into coaching sessions other than the Designated Parent on Duty</li> <li>Number of coaches per coaching session limited</li> <li>On-premises food &amp; beverage outlets can open, complying with social distancing and cleaning requirements</li> <li>No travel restriction</li> </ul>	<ul style="list-style-type: none"> <li>Clubs can commence gym coaching sessions, complying with social distancing and cleaning requirements and in accordance with Swim Ireland protocols</li> <li>No travel restriction</li> <li>Social distancing requirements out of the water to be maintained</li> <li>Numbers of participants within a coaching session and within a lane can increase on a phased basis</li> <li>Spectators may be permitted into coaching sessions in a controlled and phased manner</li> <li>Phased increasing of number of coaches permitted to a coaching sessions</li> <li>Competitions may be able to commence in line with Swim Ireland guidance and protocols at that time</li> <li>Car-pooling/lift sharing can be considered for travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> </ul>

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			<ul style="list-style-type: none"> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>All unnecessary journeys to be avoided</li> </ul>	<ul style="list-style-type: none"> <li>Social distancing requirements in and out of the water to be maintained</li> <li>Public transport can be considered for small numbers travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> </ul>	
<b>Phase Number &amp; Earliest Anticipated Start Date</b>	<b>Phase 1 18/05/20</b>	<b>Phase 2 08/06/2020</b>	<b>Phase 3 29/06/2020</b>	<b>Phase 4 20/07/2020</b>	<b>Phase 5 10/08/2020</b>
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<b>Aquatic Discipline/Facet</b>					
<b>Club Water Polo</b>	<ul style="list-style-type: none"> <li>Capacity/business planning by club committees via online methods</li> <li>Negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Engagement with club athletes through online methods</li> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>Social distancing requirements within all societal settings to be maintained</li> <li>All unnecessary journeys to be avoided</li> <li>Liaise with relevant Swim Ireland/Swim Ulster staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>Swim Ireland ‘Return to Water’ risk assessment to be completed</li> <li>Club ‘Covid-19 Officer’ to be appointed</li> <li>Attend a Swim Ireland ‘Return to Water’ webinar</li> <li>Continued negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Training/coaching protocols in place and delivered to membership for understanding</li> <li>Engagement with club athletes through online methods</li> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>Social distancing requirements within all</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, clubs can commence non-contact only coaching sessions for senior/older athletes in ‘behind closed doors environments’ where they are one of a limited number of users a private pool and in accordance with Swim Ireland protocols</li> <li>Pools only to open where effective cleaning can be delivered</li> <li>Only feasible for participants who live within 20km of the pool. This is not a requirement in Northern Ireland</li> <li>Social distancing requirements within all societal settings to be maintained</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, clubs can commence non-contact coaching sessions in pools in accordance with Swim Ireland and facility protocols</li> <li>Clubs to consider senior/older athletes returning before junior/younger athletes if access to pools/s is restricted</li> <li>Clubs can commence gym coaching sessions in ‘behind closed doors environments’ where they are one of a limited number of users of a private gym, complying with social distancing and cleaning requirements and in accordance with Swim Ireland protocols</li> <li>Pools only to open where effective cleaning can be delivered</li> </ul>	<ul style="list-style-type: none"> <li>Clubs can commence contact coaching sessions in accordance with Swim Ireland protocols</li> <li>Clubs can commence gym coaching sessions, complying with social distancing and cleaning requirements and in accordance with Swim Ireland protocols</li> <li>No travel restriction</li> <li>Larger numbers of people permitted to gather</li> <li>Social distancing requirements out of the water to be maintained</li> <li>Numbers of participants within a coaching session can increase on a phased basis</li> <li>Spectators may be permitted into coaching sessions in a controlled and phased manner</li> </ul>

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		<p>societal settings to be maintained</p> <ul style="list-style-type: none"> <li>All unnecessary journeys to be avoided</li> <li>Liaise with relevant Swim Ireland/Swim Ulster staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>No spectators permitted into coaching sessions other than the Designated Parent on Duty Only one coach permitted per coaching session</li> <li>Public transport and/or car-pooling/lift sharing not to be utilised for travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> <li>Online education and professional development of coaches, teachers &amp; committee members</li> <li>All unnecessary journeys to be avoided</li> </ul>	<ul style="list-style-type: none"> <li>No spectators permitted into coaching sessions other than the Designated Parent on Duty Number of coaches per coaching session limited</li> <li>On-premises food &amp; beverage outlets can open, complying with social distancing and cleaning requirements</li> <li>No travel restriction</li> <li>Slightly larger numbers of people permitted to gather</li> <li>Social distancing requirements in and out of the water to be maintained</li> <li>Public transport can be considered for small numbers travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>Phased increasing of number of coaches permitted to a coaching session</li> <li>Numbers of participants per session can increase on a phased basis</li> <li>Competitions may be able to commence in line with Swim Ireland guidance and protocols at that time</li> <li>Car-pooling/lift sharing can be considered for travelling to/from coaching sessions</li> <li>Remote working continues for all club officers who are able to do so</li> </ul>
<b>Phase Number &amp; Earliest Anticipated Start Date</b>	<b>Phase 1 18/05/20</b>	<b>Phase 2 08/06/2020</b>	<b>Phase 3 29/06/2020</b>	<b>Phase 4 20/07/2020</b>	<b>Phase 5 10/08/2020</b>
<i>The progression/regression between phases will be aligned to those of the Government of Ireland/Northern Ireland Executive and may differ either side of the Irish border from time to time</i>					
<b>Aquatic Discipline/Facet</b>					
<b>Swimming Lessons &amp; Learn-to-Swim Programmes</b>	<ul style="list-style-type: none"> <li>Capacity/business planning by swimming lesson organisers via online methods</li> <li>Negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Online education and professional development of teachers</li> </ul>	<ul style="list-style-type: none"> <li>Continued negotiations with pool providers regarding a return to water &amp; associated costs</li> <li>Attend a Swim Ireland ‘Return to Water’ webinar</li> <li>Club ‘Covid-19 Officer’ to be appointed</li> <li>‘Return to Water’ risk assessment to be completed</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, swimming lessons can commence with very limited numbers/small groups in ‘behind closed doors environments’ where they are one of a limited number of users a private pool and in accordance with Swim Ireland protocols</li> </ul>	<ul style="list-style-type: none"> <li>Subject to pools re-opening at this time, swimming lessons can commence on a small group basis in accordance with Swim Ireland, Ireland Active and facility protocols</li> <li>Teachers not to deliver lessons from within the water</li> </ul>	<ul style="list-style-type: none"> <li>Swimming lessons numbers can gradually increase in a controlled and phased manner in accordance with Swim Ireland, Ireland Active and facility protocols</li> <li>No travel restriction</li> <li>Social distancing requirements out of the water to be maintained</li> </ul>

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	<ul style="list-style-type: none"> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ All unnecessary journeys to be avoided</li> <li>▪ Liaise with relevant Swim Ireland staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Swimming Lesson ‘Covid-19 Officer’ to be appointed</li> <li>▪ Teaching protocols in place and delivered to participants and families for understanding</li> <li>▪ Online education and professional development of teachers</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ All unnecessary journeys to be avoided</li> <li>▪ Liaise with relevant Swim Ireland staff to aid preparations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Teachers not to deliver lessons from within the water</li> <li>▪ Pools only to open where effective cleaning can be delivered</li> <li>▪ Only feasible for participants who live within 20km of the pool. This is not a requirement in Northern Ireland</li> <li>▪ Social distancing requirements within all societal settings to be maintained</li> <li>▪ A maximum of one spectator permitted per one-to-one lesson</li> <li>▪ Only one teacher permitted per session</li> <li>▪ Public transport and/or car-pooling/lift sharing not to be utilised for travelling to/from coaching sessions</li> <li>▪ Remote working continues for all swimming lesson staff who are able to do so</li> <li>▪ Online education and professional development of teachers</li> <li>▪ All unnecessary journeys to be avoided</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pools only to open where effective cleaning can be delivered</li> <li>▪ A maximum of one spectator permitted per participant</li> <li>▪ Only one teacher permitted per lesson</li> <li>▪ No travel restriction</li> <li>▪ Social distancing requirements in and out of the water to be maintained</li> <li>▪ Public transport can be considered for small numbers travelling to/from coaching sessions</li> <li>▪ Remote working continues for all swimming lesson staff who are able to do so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Increased numbers of spectators may be permitted into swimming lessons in a controlled and phased manner</li> <li>▪ Phased increasing of number of teachers permitted into swimming lessons</li> <li>▪ Car-pooling/lift sharing can be considered for travelling to/from coaching sessions</li> <li>▪ Remote working continues for all swimming lesson staff who are able to do so</li> </ul>
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1. Swim Ireland will review this Roadmap 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. Various versions may issue in due course
2. Before returning to water, each Swim Ireland club and swimming facility should undertake a risk assessment (and template documentation regarding this will be provided by Swim Ireland). Further information can be sought from Swim Ireland in relation to individual clubs and their environments. However, this cannot be taken as a substitute for professional advice (insurance and legal) which should be sought if unsure
3. A variety of measures, procedures, documentation and education will issue from us in due course to supplement this roadmap
4. This document is not a substitute for professional advice or any government advice