

Return to the Pool FAQs – Diving

Who do you recommend becomes Covid-19 liaison officer?

The clubs should look to use members of the committee, regular volunteers/chaperones/team managers/parents etc.

It would be better to have a separate person allocated as the Covid-19 liaison officer who has the sole role of monitoring the athletes' ability to adhere to the rules. However, at last resort this could be a coach.

Covid-19 Lead must be a member, we'd suggest a committee member would be best practice

Do we have to do our own risk assessments or can we use venues?

Depends who is liable. If a club, then the club will need to do their own risk assessments as best practice which should be agreed by the operator. If you are in an operator programme, then use the venues.

A club must have its own risk assessment specific to Covid-19 risk mitigation and not rely on the venues risk assessment. Risk assessments need to be specific

Who is responsible for providing social distancing markers, sanitiser- club or venue?

Discussion with the pool operator to understand what they have in place. Certain things might be in place for all users, but important for the club to understand if they need to provide any further measures in accordance with their risk assessment. Sport England are creating a "walk through" in leisure centres of what this could look like

When do we need to carry out survey of members/coaches?

As soon as you like, coming up towards the date of 4th July and before the club starts
As soon as possible so that the required water time / pool bookings can be secured.

Can the COVID 19 Liaison for each session/squad be numerous people on a rota?

Yes

Do we need to produce an amendment to our behaviour policies to incorporate Covid-19 guidance, as this is an ever changeable situation we could be forever updating?

This is not a requirement of the Swim England Return to the Pool Guidance, however individual clubs may choose to produce Covid-19 specific behaviour policies/code of conduct, to help enforce the social distancing measures. For example, your club may wish to set out clear consequences for athletes if they are unable to adhere to the rules, but this would be down to individual clubs to decide. The continued review of such policies within your club could be appointed to the Covid-19 Lead.

Get all connected with the club to complete the declaration form before returning to training.

As they will be on poolside regularly does a covid-19 officer or covid-19 lead need a DBS and/or safeguarding?

No, as they will not be with children alone. However, if they are in an instance where they are left alone, this should be in the risk assessment.

Does a covid-19 officer need to be at the land training?

If you are following the outdoor training guidance, no, but the covid-19 lead does need to sign off what is happening.

Inside, yes they will need to be present.

Do we need to complete the healthy survey at every session?

It is advisable that the Health Survey is completed by all athletes before they return to training to ensure that athletes are 'fit' for training. A register could then be signed at the beginning of each session to attest that the details contained within the submitted health survey remain correct, rather than requiring the athlete to complete a Health Survey before every session. Use the new resource the declaration form, but then important attendance of all sessions is recorded.

Does the club have to have a Covid-19 officer if the leisure centre will have one or the council will have one? If so for the case of small clubs can this be an extra responsibility of an existing executive committee officer.

Yes ideally – to link with the operator or council covid-19 lead, remember this is strongly recommended practice to have this role, in accordance with the risk assessment.

As well as coaching the divers I also lifeguard my sessions, what guidance and training will I need before returning to coaching and if training is required will this be funded in any way.

You will need to liaise with your pool operator to find out what their protocol for training/assessing lifeguards will be before you return to the pool.

Please note the RLSS has produced some guidance for swimming teachers – providing safety cover for swimming lessons during Covid-19 (<https://www.rlss.org.uk/Handlers/Download.ashx?IDMF=0ba52f7c-d7f1-48ef-a43f-fc74b341f989>)

Are coaches expected to wear gloves & masks on poolside?

This will depend on the government advice regarding the reopening of leisure facilities and requirements of the pool operators.

As things stand the use of PPE is only recommended for those that normally use PPE for their role. So this is unlikely but we will need to review government advice when pools are allowed to open.

Dryland training virtually is unsupervised, similar to home schooling. We have good dry facilities allowing us to provide safe social distancing for more divers than in the pool. Would this be acceptable providing we submit a risk assessment?

This is on page 40 of the guidance, dry land training and usage of dry land facilities should be reviewed at each facility. For dry land activities that cannot be undertaken at home, a review and risk assessment of the dry land facilities available at your venue must be undertaken.

For stage 1, back to training is there a minimum level of qualification needed?

As detailed in the guidance, there is an emphasis on ensuring that your clubs are financially capable of reinstating your coaching team. If at the initial phase, a club is only able to bring back one coach then that coach would need to be qualified diving coach (Level 2+).

Participants should be “grouped” and then continue to train only with that group, does this apply for coaches too?

For the purposes of tracing possible transmission, it would be advisable that a group/squad is coached by the same individual(s). This would be used as a bubble for an agreed period of time. The coaches will be at a 2m distance so they can deliver other sessions safely.

As a club, are we allowed to travel to a different venue if our pool is not opening yet?

As per page 11, the guidance promotes collaboration and encourages local clubs to work together. However, this would be subject to the agreement of the pool operator. It will need to be risk assessed with the operator to mitigate risk

What is the advice with the use of handrails to climb up into diving boards? As Shipley pool, is fairly old and the access to boards is via a ladder rather than stairs divers have to use the handrails to get onto 3m & 5m. Would this limit the use of these boards during training, could more than one diver use these during a training session?

On page 32 swimmers who require a hoist to enter/exit the water should continue to use the hoist for best practice and safety. We recommend that the rails should be cleaned after each session and divers are reminded not to touch their face as per government advice.

On returning to training (dry or pool) are we still insured with the current insurance?

As a club, yes. As long as you have a risk assessment

Do you recommend that coaches delivering sessions are not responsible for lifeguarding/first aid?

This would not be for us to comment. This is general practice and down to the operators and the clubs to agree as appropriate.

What is the normal set up of the club? Again speak with the pool operator in accordance with booking pool time.

Is the Covid-19 liaison expected to be on poolside during a pool session? Is the balcony suitable?

The Covid-19 Liaison should attend training sessions and position themselves in a suitable position so that they can suitably monitor social distancing and wellbeing. It would be for the club to decide where they feel this can be best achieved from i.e. pool deck or balcony.

Key point is that the liaison is in affect a spotter, to make sure the social distancing measures set by the club are working and being adhered to, and to recommend improvements where necessary.

If a child experiences symptoms and self isolates, what is the impact on the rest of the group/cluster, coach and club?

As per page 23 of the guidance, participants and workforce must be briefed that they must not attend training if they have any Covid-19 symptoms or know they have been in contact with others that have symptoms.

Is there any advice on cleaning diving boards between groups/sessions? Correct practices would be helpful

Page 4 explains equipment should be cleaned in-between use. Submerging equipment in adequately disinfected swimming pool water will reduce the risk of transmission of enveloped viruses. Therefore, bucketing down boards, rails, steps and pool deck with pool water after each session would be advisable. Again, don't use a stronger chlorine based product to clean them

Discussion around dry dive use would be good, expected cleaning of equipment: between people or between sessions?

This is page 40 guidance. I would think that asking divers to bring their own yoga mat would be a good idea to relieve the strain on coaches/staff cleaning/disinfecting mats.

Will club training and lessons start at the same time?

This is dependent on government guidance – whether they say elite or grassroots to go in first. Also, what is financially viable for the club and also what the operators want to put in place.

Where it states on risk assessment "if you are shielding or live in a household with those shielding you must not attend training" - is this a mandatory?

Ultimately this is guidance, we are not stating it is mandatory. Again the declaration for all participants is really important, as you're returning to training knowing the risks involved to you and family / household.

Have NHS GP's been made aware this is something legitimately being requested and do we know if they are even willing to provide such a document

This has now been removed from the club guidance document, so therefore no longer applicable. But the point of it was for those unsure was to seek a second opinion before returning to training.

I have noticed that on the Health Survey it states that if you have any underlying conditions that you need a medical consultation to confirm they are able to exercise and they are aware of the risk. Firstly would this apply to coaches? Are we really asking athletes to visit a GP if they have Asthma to get authorised to exercise when GP's are so busy? Do GP's know what the risk is by each condition in order to pass this info on to athletes?

This is based on individual's risk, and a decision of whether it is low or moderate risk. If it is low risk, this is an individual's choice.

We are working on some amends for the Health Survey, it's again about any participants that are unsure to get a 2nd opinion before returning to training.

The Health survey also states that if you live with someone who is shielding you should not be able to train due to the risk to the shielding person. Does this also apply to coaches?

This is guidance. Yes - If a coach is confident that they can keep to the recommended 2m distance and other coaching recommended spots, along with completing a risk assessment. Use the declaration form for workforce as well as participants.

The health survey also asks the athlete to accept the risks due to Covid-19 on returning to training - what is the risk?

The information is accessible on the NHS website and highlights some people who are at moderate risk. The risk is related to catching the virus and therefore the impact it might have for anyone with underlying health conditions. Hence social distancing measures for the club is to try and mitigate the risk of transmission as much as possible. But all risk cannot be excluded, so ensure the declaration form is used and signed by all.

Are there likely to be any more Q&A's we gain more information from the government and our operator?

Yes, I will use the same contact list so if there are any changes, depending on if you have a Covid-19 officer/lead in place please let me know. Swim England is keeping up with all Covid-19 advice from government, so if their advice changes then so will ours to reflect any changes in government advice.

Could each new version of the Return to Pool's Guidance also be provided with a Comparison version showing all of the consolidated changes made when compared to V1 published on 15 June 2020?

There is a link at the front of the document that if clicked on will take you to the back of the document where all updates will be highlighted.

Do we have any guidance on how long we should be doing basic drills for? (Weeks rather than individual sessions)

Every individual will be different, each session should be organised based on an individual need. Start slowly and rebuild. Need to rebuild and recondition regardless of the sport.

Can a coach deliver sessions to other groups?

Yes as long as they keep within the guidance for distance etc.

How would you clean the ladders?

By using the pool water and not any other product. This needs to be agreed with the pool operator and added to the risk assessment. This also includes the handrails going to the boards

How many divers in a bubble?

The normal ratio you would use as a coach for your group and as long as it is safe practice to do so. There will need to be enough space for social distancing as said in the government guidance

Do divers need to wear socks in the dryland?

This is up to the diver, and does not carry a risk with or without

Do coaches need to wear PPE?

This is not necessary if you follow the guidance document guidelines

Do you need to complete risk assessments for the different sites used?

Yes and discuss it with the operator as per the guidance document

Is there the possibility of a consolidated version of the guidance document?

No, the whole document is important to read fully