

# Guidelines On How To Best Alleviate Potential Spread Of COVID-19 Within The Swimming Programmes And Clubs

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MAY 18

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St. Lucia Aquatics Federation  
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# Introduction

## Overview

Sport is a vital part of our society. It contributes to the physical, psychological and emotional well-being of individuals globally. Aquatics, being no exception to this reality. Not to mention also that the economic impact of Covid-19 has been devastating. However, as we attempt to re-establish and adjust to the ever-changing post Covid-19 environment we need to revisit and establish our protocols and procedures for our day to day operations.

This document serves as a discussion point so that we can eventually adopt and implement procedures, protocols and stands for our sport. The principles outlined in this document will apply to the high performance level, competitive level, learn to swim level, recreational level in group and individual settings to include private and club sessions.

Our approach is based on the review of documents furnished to the Federation by UANA that included protocols and frameworks from the Australian Institute of Sport, British Swimming Coaches Association, USA Swimming, UANA and FINA.

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## Recommendations

1. Swimmers to be dropped off and collected outside training facilities. Whilst we would ask parents to remain in their vehicles and at a safe distance, it is likely that sessions may be shorter to begin with so we would ask them to remain, especially in case there should be an emergency and immediate exiting is required. Generally, Parents / guardians do not attend or observe training or swim sessions. Social distancing would still apply in such circumstances.
2. Hand hygiene (hand sanitizers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training at home.
3. Entry and exit methods to the facility has to be reviewed to accommodate two separate locations.
4. Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>). Social distancing protocols of 6ft apply.
5. Agree with facility owners/managers the numbers to be allowed in respective pool at any one time and any amended movement protocols required around the space. A quota of 25 persons per hour or per hour and a half can be established.
6. Agree with facility owners/managers the numbers to be allowed per lane and consider swimmers starting at opposing ends of the pool, whilst in the same lane.

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It is our view that the likely areas of spread will be when swimmers congregate together around whiteboards, in changing areas and at pool ends between sets & reps, hence the advice above & below. It is important that this is done in partnership with your pool manager to ensure liability cover is maintained, following a full risk assessment. (See attached diagrams.)

7. Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available before going to the pool.
8. No sharing of exercise equipment.
9. Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitizers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).
10. Spitting and clearing of nasal/respiratory secretions on gutters or other sport settings must be strongly discouraged
11. Limit the amount of equipment to be brought into the pool hall at this time and we certainly ask members whether snorkels for example are required

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12. All equipment to be taken home after each session, maintained and cleaned at home. No equipment should be left at any facility, if this was previously your normal practice.
  13. All Club and personal equipment must be sanitized after each session.
  14. Consider how best to ensure that water bottles are not shared and are safely positioned and marked, so that someone else does not consume in error.
  15. We recommend swimmers do not share equipment, swim clothing, hats and goggles at this time. Please bring ample extras, in case replacements are required
  16. Swimmers to shower at home pre and post sessions and not at training pools.
  17. Ensure swimmers do not congregate in changing area, on deck or the stands. Social distancing protocols apply.
  18. Coaches, Swimmers and Parents to not congregate in hallways, the stands and corridors outside of the reception area of the facilities.
  19. Coaches ensure that they maintain appropriate distance from colleagues, staff, swimming members, lifeguards etc. and make good use of alternative safe communication means.

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20. Coaches ensure they do not have any physical contact with swimmers. Use hand signals, gestures, demonstrations, where applicable and equipment to teach swimmers.
  21. Coaches should not share hand held equipment such as stopwatches, clipboards or stationery, with colleagues or others.
  22. Any swimmer who has a new cough or a temperature does not train for 14 days.
  23. Any swimmer who lives with anyone who is ill does not train for 14 days.
  24. Any swimmer or a family member who lives with them, who is confirmed as having COVID -19, should confidentially advise their club to allow contact tracing to take place.
  25. Clubs should have accurate attendance records for each session to ensure the above is being adhered to.
  26. Temperature checks to be conducted by facility staff and staff must be provided with basic protective equipment especially in changing rooms and toilet areas.
  27. Sanitizers must be provided before entering and upon leaving toilets and changing rooms.

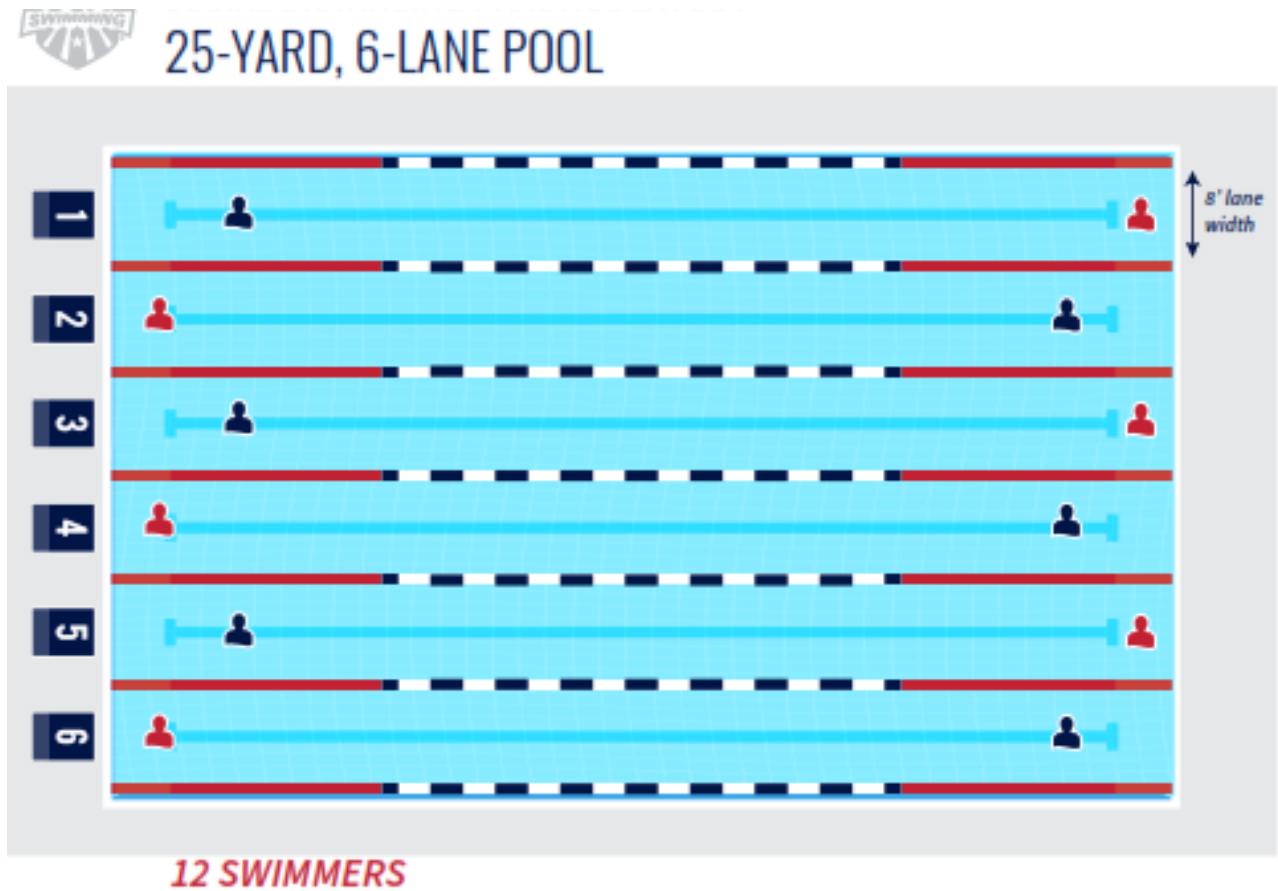
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28.It is imperative that coaches, Clubs and providers ensure that they are cognizant of any advice, conditions and rules set by their respective governments, public health authorities and National Governing Body.

In addition to the protocols/guidelines mentioned above please note that beaches and riverbanks can be infected by adjoining bodies of water (sea, river, etc.) into which sewage has been dumped, as well as by infected bathers. Be mindful of where you conduct classes and conduct aquatic recreational activities. Covid-19 protocols are to be adhere to at all times at beaches and rivers.

**APPENDIX**  
**EXAMPLES OF SOCIAL DISTANCING PRACTICE LAYOUT**  
**ALL 25YD POOL 6 LANES (USA SWIMMING)**

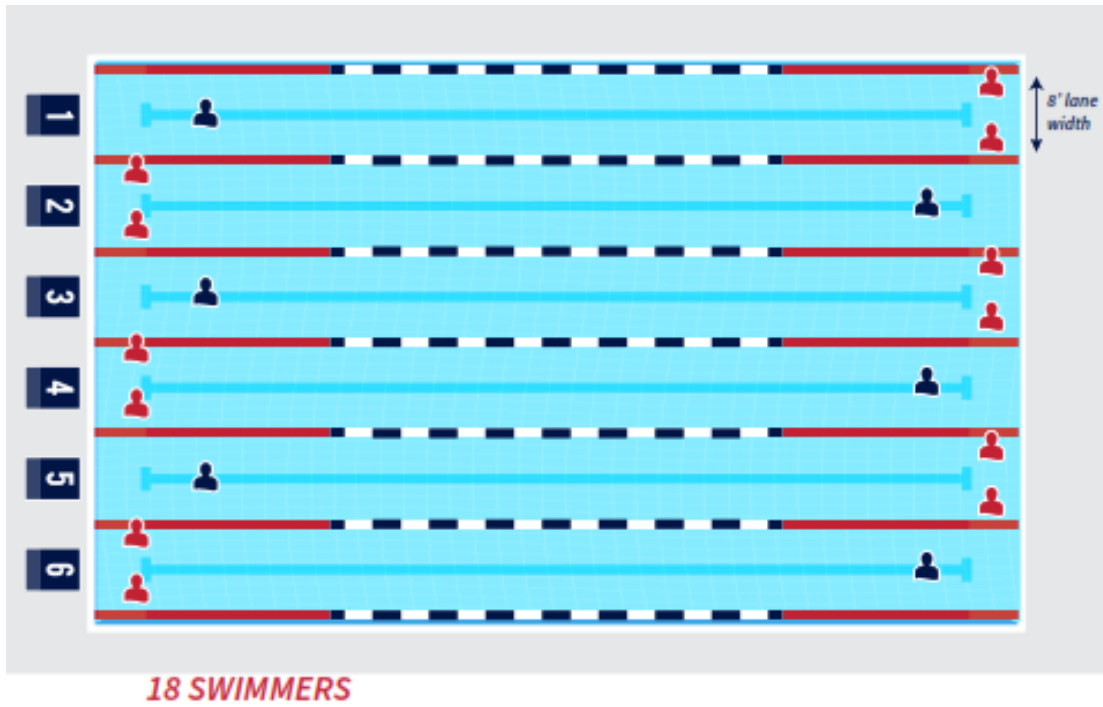
**FIGURE 1.**



There should be no congregation on either end. Two swimmers per lane. In the case of St. Lucia it would be 25m 8 lanes making it a total of **16 swimmers**. From the documentation presented it was also advised that family members can swim together.

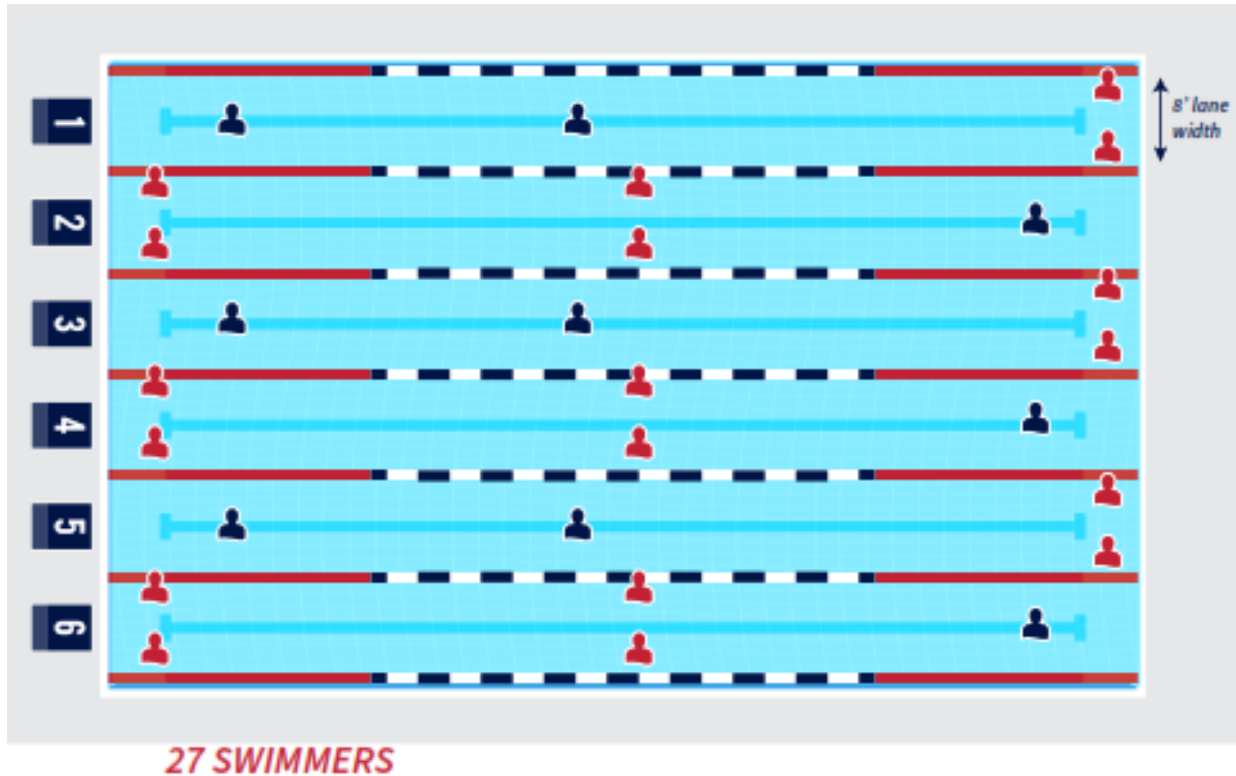


FIGURE 2.



This diagram shows 3 swimmers per lane. Again for St. Lucia 25m 8 lanes, it will be a total of **24 swimmers** in the pool at any one time.

FIGURE 3.



This diagram shows 4 and 5 swimmers per lane. Again for St. Lucia 25m 8 lanes, it will be a total of **36 swimmers** in the pool at any one time. Protocols adhered to.

**One thing we must note is that all documents advocate strongly that there should be ONE swimmer per lane. Anything above that the club and parents will operate at their own risks.**



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