

Guidance for clubs undertaking land training under new tier restrictions

This position is current as of 21 December 2020 but will be amended in light of new information emerging.

This guidance applies to England. The government is reviewing the tier system on a regular basis so you should check the restrictions for your particular area before organising or attending a session.

In tiers 1-3 disabled athletes and those aged under 18 (including those under 18 on 31 August 2020) are exempt from all restrictions.

Indoor activity and/or land training for adults: In tier 1 areas, formally organised exercise classes and personal training sessions can continue in larger numbers, provided that participants are in separate groups of up to six people that do not mix.

In tier 2 areas, they can continue as long as there's no mixing between people from different households or support bubbles.

In tier 3 and 4 areas group activity is not permitted indoors. Indoor exercise classes should not take place unless all participants are from the same household or support bubble.

Outdoor activity and/or land training for adults: In all tier areas club members can continue to attend and deliver outdoor group activity, personal training or land training sessions with groups of more than six, as long as the activity is formally organised by the club and all participants remain socially distanced.

The number of athletes allowed to exercise will vary dependant on the following:

- Space available.
- Activity being performed – is it exercise where minimal movement occurs or are they mobile.
- What is the ventilation like? – ensure windows are open and doors if possible to improve the ventilation and stop the Covid-19 spread.
- If gym equipment is being used it should be single use only and sanitised between users.
- If possible the floor should be marked with tape and clearly marked exercise areas should be produced.
- Social distancing should apply at all times.

The club and coach must continue to risk assess their sessions to ensure that the appropriate coach/athlete ratios are in place relative to the participants and the nature of the activity.

Our position must be considered against our remit as the recognised national governing body. Swim England continues to closely monitor the Covid-19 Pandemic through official sources, including the Department for Health and Social Care (DHSC), Public Health England (PHE) and the Chief Medical Officer (CMO).

For further information can be found within the [Providers of Grassroots Sports and Gym Leisure Facilities](#).

Swim England Guidance for Clubs

The following guidance should be adhered to.

1. Planning and COVID-19 Awareness

The club must appoint a Covid-19 Lead (preferably a person with Health and Safety experience) who will be responsible for:

- Oversight of the Covid-19 risk assessments and recording/storage of these.
- Ensuring the necessary level of risk mitigations are in place.
- Ensuring compliance with social distancing guidance.
- Participants, staff and any partners/hosts adhere to this guidance.
- Ensuring adherence to this guidance document.
- Ensuring any facility/space used is following Government guidelines.

All participants or their parents should sign a consent/release waiver acknowledging the additional risks related to Covid-19 whilst taking part in club land training/activities.

2. Level of coach*

Coaches should only deliver activity for which they are trained. In all of the instances below, coaches should apply good coaching practice. They should risk assess the activity, ensuring that it is appropriate for the developmental stage of participants and also take into account the fact that they will need to maintain distance from athletes and athletes need to do so from each other. Adjustments should be made accordingly.

a) Coaches with a recognised land training or strength and conditioning qualification

These coaches can deliver land training activity as long as they risk assess the activity appropriately, ensure as far as possible safe practice on behalf of the participant and work within the level for which they are trained. Extra care should be taken to ensure the activity is safe for the athlete.

b) Coaches with a recognised aquatic qualification (but not a land-training qualification)

If the coach is trained to deliver pre and post pool dryland activity, or discipline specific dryland activity, then they can use this in their training, ensuring that they deliver appropriate technique/exercises and ensuring that the volume and intensity is within healthy limit for the participant.

c) Coaches with no recognised qualification

These individuals should not be delivering land-training sessions.

d) Activity outside of the scope of the qualification

If the club wants to utilise techniques that are out of the scope of their coach's qualification then ideally they would use a person with a relevant qualification to deliver this as per (a). If this is not possible, then they could refer the participant (or their parent if under 18-years-old) to relevant and reputable training opportunities available elsewhere (nb. these are not covered by Swim England insurance).

3. Maintaining participant safety

Safety of the participant must be paramount. Delivering a session outdoors means that the coach may well be operating in a different environment than usual. We strongly recommend the coach and Covid-19 Lead visit the chosen venue prior to the first training session. This will aid session planning and health and safety considerations.

The club must ensure that it is allowed to use the outdoor space and has acquired the relevant permit for this if necessary.

The Covid-19 Lead and the coach must agree any necessary measures to ensure distancing is adhered to and to reduce the possibility of virus transmission. This should be communicated to athletes before the first session, at the start of all sessions and during sessions as necessary. This must also be documented within the risk assessments.

The club and the coach must ensure that those taking part are sufficiently fit and healthy to participate in the activity including considering any pre-existing medical conditions that athletes may have and if in any doubt, we recommend they do not train. If a participant has recovered from Covid-19 we strongly recommend they receive a medical check up to ensure they are fit to train before they start.

Athletes and coaches must make every effort to reduce risk of virus transmission e.g. including washing hands thoroughly before and after sessions and bringing and using hand-sanitizer as appropriate.

In addition, the coach should:

- Consider all of the usual safety considerations for the training they intend to deliver and carry out and record the appropriate risk assessments.
- Make sure that activity is safe and appropriate for all athletes and you can contact emergency services if needed.
- Consider the outdoor environment that is being used:
 - What is the ground like, is it suitable for the activities being undertaken?
 - Is the training area safe and free from intrusion from others?
 - Is the weather appropriate, is there enough shade from the sun etc?
 - Can the athletes be seen and supervised effectively?

- Consider equipment being used. Athletes should bring their own equipment and should not share it. It should be cleaned thoroughly before and after use. Additionally the coach should consider:
 - Is it safe and appropriate to be used in the environment? nb: dangerous equipment must be avoided (e.g. garden trampolines).
 - Can it be transported safely, and securely?
 - Equipment (e.g. balls) cannot be thrown or passed between athletes due to the risk of virus transmission.
- Ensure appropriate clothing is worn by athletes including suitable footwear, no jewellery etc.
- Consider the condition of athletes who may not have trained fully for some time – we strongly recommend a gradual return to training with particular attention taken to avoid unnecessary injuries through doing too much too soon.

The coach and participants should stay hydrated and remember to use appropriate sun-protection including sun-cream, caps etc.

4. Safeguarding

All clubs and coaches must operate in a safe and effective manner in accordance with the Swim England Club insurance policy and **Child Protection Policies and Procedures**, which are still in operation.

The Club Welfare Officer must be aware of the training that is being undertaken and undertake risk assessments and give guidance as appropriate. This should include assessing that the venue, activity and supervision is appropriate from a safeguarding point of view.

Coaches should ensure they do not put themselves in compromising positions, in particular ensuring that they are never left one-to-one with an under 18-year-old athlete.

Report child safeguarding concerns immediately to your designated safeguarding officer such as the Club Welfare Officer or Swim England's Child Safeguarding Team. The Swim England Child Safeguarding Team are still available during this period and can be contacted on **01509 640252**.

Please continue to visit the **Coronavirus (Covid-19) FAQs** for any further useful updates.

Thank you for helping to keep our members safe during these challenging times.

*Land-training awards and qualifications

Coaches should only practice what they have received training in. The knowledge of the RMAP warm-up and post pool mobility sessions are gained within the Swim England Swimming Coach and Senior Coach certificates but the skills required to teach and coach land training sessions are not.

It is recommended that swimming coaches that wish to implement a land training regime gain an appropriate land training via one of the following routes:

- REPS training – registered exercise professionals with insurance for people on the register.
- YMCA course.
- NSCA – online learning and examination.

There are many courses available for exercise professionals and personal trainers. Ideally pick the course with practical assessments and exams to ensure competency.

Weight training should always be performed under the guidance of a qualified weights coach. UKSCA qualification, NSCA or BAWLA (British Amateur Weight Lifting Award) are recommended qualifications for anyone wishing to teach weight training.