

2020 SWIMMING NSW RETURN TO COMPETITION PLAN



swimming
new south wales

nsw.swimming.org.au

SWIMMING POOLS



All water activities permitted

Classes limited to 20 participants



Must not exceed **1 person per 4 sqm** on the premises



Maximum people per pool

(max 1 person per 4 sqm) and does include staff



Implement **measures** to prevent crowding and physical distancing for adult classes



Caregiver spectators must keep 1.5 metres distance where possible



Communal changing rooms and shower facilities **are open**.



Businesses must complete a **COVID-Safe Plan** and keep a record of attendees



Contact teaching is permitted under duty of care.

From 1 July the following will be allowed:

- Kids sport and community sports competitions for those aged 18 years and under.
- Adult community sport.

The [NSW government website](#) will be updated as further information is available.

The NSW Government recently announced that Community Sport could return from July 1 following the COVID-19 pandemic.

There has also been an easing of restrictions to allow swimming pools to re-open provided they follow certain criteria.

Swimming NSW recognises that pool managers have interpreted the easing of restrictions differently and are managing the return-to-swimming risk in different ways. As a result, at the time of writing, few clubs have returned to full training and many have not been able to return to training at their local club at all.

Whilst we are confident that all clubs will be back to full pool access over the coming months, we recognise that the varying speed of return throughout our state is creating unfairness and uncertainty within our community.

As such, Swimming NSW has been working with its various stakeholders to map out a fair and safe return to competition in NSW. In considering this return, we have also been mindful that many of our members have spent considerable time out of the pool and the chance of injury by rushing back to training and competition is much higher than normal.

In the interest of fairness, to provide clarity our parents, swimmers and coaches, and reduce the chance of injury for our swimmers, Swimming NSW is providing the following guidance to our community by proposing a staggered return to competition over the coming months as a lead into the 2020/21 Summer Season. We believe this approach will allow swimmers to return to training as and when they can, reconnect with their swimming friends and enjoy racing again without the pressure of Championship events.

Swimming NSW have therefore decided to cancel the following Short Course Championships in 2020:

- Metropolitan SC Championships
- Country SC Championships
- Senior State Age SC Championships
- Junior State Age SC Championships

**At this stage, Swimming Australia have indicated that Short Course Nationals will still be held possibly in late November, however the details of this event are still be confirmed.*

Return to Competition Plan

June/ July

Return to
Training

August

Return to
Club Racing

September

Swim League
September

October

Return to
Competition
Long Course

November

Return to
Championship
Events

RETURN TO COMPETITION PLAN

The following high-level plan represents the monthly focus that Swimming NSW is recommending for our members. This phased approach to normality culminating with the start of summer season and traditional carnivals commencing in October.

- **June/ July - Return to Training**

During this period, we recommend a gradual return to training following the recommendations of your coach and the pool managers.

- **August – Return to Club competition**

This is an opportunity for swimmers to return to racing at their home Club and continue to re-build their training routine.

- **September – Swim League September**

Swimming NSW aims to run numerous Swim League Gala Days across the State, to allow swimmers to return to racing in a fun, team based, exciting format. These events will be open to all ages and abilities and will be a chance for swimmers to practice racing ahead of the Summer season.

RETURN TO COMPETITION PLAN

- **October – Return to Long Course Competitions**

Swimming NSW will run a Long Course Qualifying Meet to assist swimmers in gaining Qualifying Times for the upcoming Long Course Season. At the end of the month, Areas will begin to commence their Long Course Championship Competitions.

- **November – Return to Championship Competitions**

The Swimming NSW 2020/21 Summer Championship season will commence with the NSW Junior Metropolitan Championships, NSW Senior State Age Championships and the NSW Open Water Championships.

**Please note, all dates are subject to government restrictions and based on the assumption there is a continuation in the easing of restrictions that will allow for these events to proceed*

SWIM LEAGUE SEPTEMBER

Swimming NSW will run numerous Gala Days across the State during the month of September.

All new 2020 Dates are now available at the Swim League website
www.swimleague.com.au

Check the Calendar for an event near you and register now



2020/2021 SWIMMING NSW CALENDAR

DATE	MEET	VENUE
10 & 11th October 2020	SNSW Long Course Qualifying Meet	SOPAC
17th October 2020	SNSW MC Championships	SOPAC
24th - 25th October 2020	Metro South East Championships*	SOPAC
31st Oct – 1st Nov 2020	Metro North West Area Championships*	SOPAC
7th - 8th November 2020	Metro South West Championships*	SOPAC
14th- 15th November 2020	Metro North East Championships*	SOPAC
28th – 29th November 2020	SNSW Junior Metropolitan Championships	SOPAC
12th – 17th December 2020	SNSW Senior State Age Championships	SOPAC
19th – 20th December 2020	SNSW Open Water Championships	SIRC
23rd – 24th January 2021	SNSW Country Regional Meets	TBC
19th – 21st Feb 2021	SNSW Country Championships	SOPAC
27th – 28th Feb 2021	SNSW Senior Metropolitan Championships	SOPAC
6th March 2021	SNSW Speedo Sprint Series Finals	SOPAC
7th March 2021	SNSW MC Meet #1	TBC
18th – 21st March 2021	SNSW State Open Championships	SOPAC
27th – 28th March 2021	SNSW Junior State Age Championships	SOPAC
13th – 16th May 2021	SNSW Sydney Open	SOPAC

*Metropolitan Area Dates are proposed only and will be confirmed by the respective Areas.

** This Summer Speedo Sprint Area Heats can be held when best suits the individual Areas.