



Swimming Queensland Return to Swimming Members Information Session

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Return to Swimming

Reasoning



- Sport makes an important contribution to the physical, psychological and emotional well-being of children
- There should be no shortage of socially isolated, home-schooled children desperate to get back to training, mixing with their team mates and where they can exert some pent-up energy
- Returning to training has allowed our athletes to return to a some form of normality, as athletes, they are used to routine
- Equally important is to have a meaningful competition. Athletes need to have goals and have something to train and strive to achieve
- The driving factor for SQ to recommence competitions is for athletes/coaches to reconnect with their sport



Return to Swimming

Reasoning



- As a sport, we need to ensure there does not become a “black hole” in participation; we do not wish to lose any athletes from swimming. Without a meaningful competition, athletes may lose interest and abandon their club or sport itself during these restrictions
- Athletes also need to continue their progression in swimming with skill acquisition, technical development, stroke development, capacity building, and overall performance development
- The recommencement of competitions is not about the times or medals, it’s about the athletes testing themselves. It’s the love of racing and the implementation and execution of training effects, race skills and race plans



Return to Swimming

Reasoning



- As we speak, the majority of athletes have had the longest break of their careers, some 12 to 15 weeks out of the water
- However, throughout the restrictions many athletes have remained active through land based activities, running, gym, circuits etc.
- We need to ensure that path back to sport-specific training is measured and controlled
“there is No Rush”
- Days until Age National - 284 – 12 week training cycle – 3.3 preparations
- Days until Olympic Trials – 355 – 12 week training cycle – 4.2 preparations



Return to Swimming

Reasoning



- SQ Coach and Club Development officers will provide guidance to all coaches as to the best way to recommence training for each level of athlete
 - Two coach SQ workshops:
 - Brant Best and Barry Prime, will be discuss recommencing training – steps to get Junior, Youth and Open Swimmers back training and competing
 - Assessing your athletes current status
 - Structuring the return to full load
- Bec Pahl, SQ Sports Scientist and Grant Jenkins, SQ's Athletic Development Coordinator officers will discuss Technique and Athletic Development
- Advantages/disadvantages for extended time off
 - Where do you (re)start



Swimming Qld Short Course Season

Dates:

SQ Preparation Short Course Meet: 29-30 August

9 weeks Preparation

4 weeks

Qld Short Course Championships: 25-27 September

13 weeks Preparation

- Qualified period will be from 1 Jan 2019
- Age will be as of first day of the meet (we understand the original date has moved)
- Qualifying Times will be released next week



Regional Meet Window of Opportunity

Dates:

Transition and/or Preparation Meets – 15 to 30 August

8 to 9 weeks Preparation

Regional Short Course Championships – 20 August – 13 September

9 to 11 weeks Preparation

Each region will make their own decision as to if and when they recommence with meets in the Short Course Season window

Regions must consider how they can manage the safe environment for their members

SQ will consult with each region to help facilitate and plan return to competition



Return to Swimming



How to:

- As we reach Qld government Stage Three on 10 July, we know that under the proposed restrictions club nights and competition can resume. We also know that the situation is very fluid and may change at times (e.g. Victoria)
- What we DON'T know - finer details due in the coming days including FAQ will be communicated once approved
- What we DO know - non negotiables:
 - Venue capacity limits (e.g. indoor 1:4sqm)
 - Social distancing (e.g. shopping centre, school pick up, parks, playgrounds)
 - Strict hygiene and cleaning protocols
 - Group management (100 people/group) and contact details of all people/group
 - Contact tracing
- Why? In the event of a positive COVID-19 case, you will need to provide contact details of those affected for tracing, testing and isolation purposes.



Return to Swimming



Example:

At your facility, you run your club night and have 250 people at the venue, racing, spectating, timekeeping, interacting, canteen operational.

Someone from this event presents as a positive COVID case and initiates contact tracing process.

If you are unable to provide details around the process in place for group management and knowing who was where and when during the event, all 250 people will require isolation, testing, no work, no school until cleared.

The onus and risk will be on the host/operator to have appropriate measures in place for group management, contact details, social distancing, cleaning/hygiene etc. As restrictions are eased, more people will be out and about, more cases will appear. Our job is to ensure our events and activities are done with this in mind and having processes to mitigate and minimise the number of people affected.

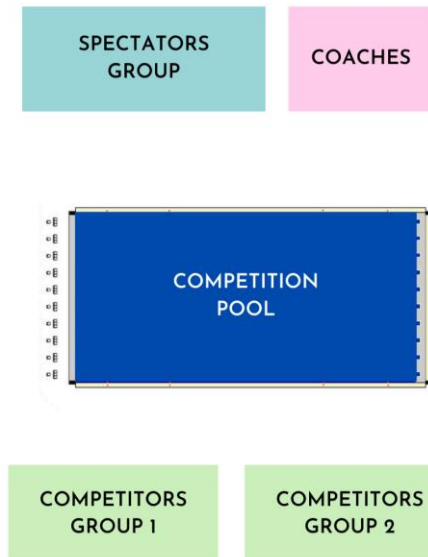
All relevant information and guidelines will be in the Aquatic Industry Document – Stage 3



Return to Swimming

How this might look:

EXAMPLE - GROUP MANAGEMENT



Return to Swimming

What Clubs Can Do:

- Recommence Club Nights
- Hold Time Trials
- Run Interclub Team based meet
- Invite another club to compete at your club night
- Run an Skills based Technique sessions
- Interclub Relays based meet
- Virtual Meet against other clubs

Consideration - non negotiables:

Venue capacity limits (e.g. indoor 1:4sqm)

Social distancing

Strict hygiene and cleaning protocols

Group management (100 people/group) and contact details

Contact tracing

SQ Return to Development



State Teams Championships

- Swimming Australia has made the decision to cancel the 2020 State Teams Championships due to the current COVID-19 landscape that we find ourselves in
- We understand this is a disappointing announcement for many of our aspiring athletes' and coaches' as this event is traditionally a highlight of the swimming calendar
- However, SQ are excited to announce that we have arranged a meaningful, team-based competition against Swimming NSW in place of STSC

Duel in the Pool

- Combined age groups – 8 swimmers each
- Girls 14/15 to 16/17yrs
- Boys 15/16 to 17/18yrs
- Competition over 4 days – 28 September to 1 October
- Regional NSW
- Swimmers will be selected based on performances between 1 Jan 2019 to 14 September 2020
- **Queensland Short Course is Not a Selection Event**



SQ Return to Development



SQ Development

- SQ will be implementing Development activities for 2020
- All athletes have been informed of their 2020/2021 SQ Squad levels
- We understand that athletes didn't have the opportunity to compete at a seasoning ending championship meet
- Any athlete that went to a lower SQ Squads level in 2020/2021 compared to 2019/2020 will be invited to any SQ activity based on their highest SQ squad level
- SQ and the Coach and Club Development Officers are also in discussions with Regional Associations in the planning of their development activities



Return to Swimming



What SQ are doing:

- Involved and invested in keeping up to date with the restrictions in place
- Actively advocating to the Qld Government for our sport, clubs, coaches and members for safe resumption of all activities where possible
- Running events with processes in place to mitigate and manage risk inline with restrictions enforced at the time
- Available to answer questions or seek clarification where uncertainty and confusion is present with **Jade Edmiston the best contact for COVID related queries**
 - Call 0426280261
 - Email jade.edmiston@swimming.org.au



Return to Swimming

Questions:

- Questions on the information presented
- Questions regarding specific individual situations can be answered one to one with SQ



Aquatic Industry plan Stage 3 will also provide FAQ's

Remember
...there is
always
more than
one way to
arrive at the
same
destination !



