

SAFE RETURN TO PARA SWIMMING GUIDELINES



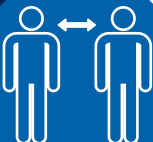
PLAY BY THE RULES

Adhere to any guidance, rules and regulations produced by your national and local governments and to the health regulations in place in your country and local area



CLEAN YOUR HANDS

Wash your hands thoroughly (minimum 20 seconds) or sanitize before and after practice



KEEP YOUR DISTANCE

In general, keep a minimum 1 meter distance from other people or any such required distance according to regulations in your area, if different



WEAR MASKS

Masks should be worn as per local health guidelines.



THINK GRADUAL

Resumption of physical activity must be progressive in duration and intensity in order to readjust the body to the effort (heart, muscles, tendons) applying a gradual return to training



GET IN, TRAIN, GET OUT

Follow the 'Get in, train and get out' process (arrive to the training facility wearing sports clothes, ready to train, and leave quickly after practice)



DISINFECT YOUR KIT

Clean and disinfect your personal mobility device(s) such as wheelchair, prostheses, mobility cane etc. at the end of the training session before leaving the facility



TRAINING FACILITY

Ensure physical distancing is maintained around the pool and in the facility by defining maximum number of people in a facility and adding physical barriers and outlining routes



COACHES

Always maintain social distancing when giving feedback, while athletes are resting, and at all other times



COACHES: BUILD TIME

Implement a 15-minute buffer between participants



COACHES: TRAIN ONLINE

Organise online training sessions and use of online resources (videos) where possible



GUIDES

As far as possible, let swimmer use their own guide/assistant or have the same person guiding/assisting them at all times.