



## SVIMJISAMBAND FØROYA

Faroe Islands Swimming Association  
Fédération des Îles Féroé de Natation

Limaskapur/Affiliation:  
Ítróttasamband Føroya (ÍSF)  
Nordic Swimming Federation (NSF)  
Ligue Européenne de Natation (LEN)  
International Life Saving Federation (ILS)  
Fédération Internationale de Natation (FINA)

Toftir 16 April 2020

# Training Recommendations during COVID-19

As developed from swim club proposals and agreed by the Faroe Islands corona counsel

- Maximum 10 must be practicing together at the same time
- It is always the same group that practices together
- The minimum distance of 2 meters must be kept everywhere, as in the reception, the dressing room, in the showers, on deck, and in the pool
- If swimmers swim after each other, the minimum distance must be 4 meters between each swimmer, in the direction that they swim
- Everybody uses only personal equipment, and lends nothing to others, as for instance goggles, fins, snorkel, hand plates, water bottles, caps, stopwatches and clothes
- Everything personal is being kept with a minimum distance of two meters from other items, and preferably in a personal bag or personal locker
- Sauna and similar are not to be used
- If the swimmer is feeling sick, he or she must stay at home
- If the swimmer has a fever or dry cough (symptoms of COVID-19), the swimmer must be tested before joining practice again
- Swimmers must be clearly instructed in these training recommendations, before the first practice
- All attendance must be carefully registered, so it can be seen who attended when

On behalf of the Faroe Islands Swimming Federation

Rókur í Jákupsstovu, president