



Revisions from a previous document will be date stamped and highlighted in yellow

SPORT: Swimming & Diving

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Committee: Swimming & Diving Contingency Planning Committee Recommendations

Considering all recommendations by the General WIAA guidelines and the SMAC guidelines, the following are the specific guidelines for Swimming & Diving:

The NFHS has determined that Swimming & Diving individual events are low risk. Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

The NFHS has determined that Swimming & Diving relay events are moderate risk. Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. \*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

Special Considerations for the use of the following equipment:	Special Considerations for the use of the following components of the facility
<ul style="list-style-type: none"> <li>● Suits</li> <li>● Caps</li> <li>● Towels/Chamois</li> <li>● Water Bottles</li> <li>● Goggles</li> <li>● Tubing/Stretch Cords/Mats/Weights</li> <li>● Hand Paddles</li> <li>● Fins</li> <li>● Pull Buoys</li> <li>● Kickboards</li> <li>● Snorkels</li> </ul>	<ul style="list-style-type: none"> <li>● Starting Blocks</li> <li>● Diving Boards</li> <li>● Kickboards</li> <li>● Bleachers</li> <li>● Bathrooms</li> <li>● Locker Rooms</li> <li>● Outdoor Facilities (Air Supported Structure)</li> <li>● PA Systems</li> <li>● Recording Equipment</li> <li>● Timing Equipment</li> <li>● Drinking Fountains</li> </ul>

**Washington's Phase 2**

- No gathering of more than a total of 5 people (includes coaches and participants) at a time. A different coach could be involved with a separate 5 people.
- Locker rooms should not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same students always working out together. This ensures more limited exposure if someone develops an infection. Coaches can rotate between groups with a

buffer zone of 30 feet between pods; no physical contact allowed. Recommended 30 feet distance between pods.

- There must be a minimum distance of 6 feet between each individual at all times. Appropriate physical distancing will need to be maintained. Consider using tape or paint as a guide for students and coaches.
- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing.) Individual clothing, towels, etc. should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

***Washington's Phase 3 (Regular practice and competitions without relays may begin)***

**Up to 50 individuals may gather indoors or outdoors for workouts. (revised 6/25/20)**

- Workouts should be conducted in "pods" of students with the same 5-10 participants always working out together. This ensures more limited exposure if someone develops an infection.
- Workouts should be conducted in "pods" of students with the same students always working out together. This ensures more limited exposure if someone develops an infection. Coaches can rotate between groups with a buffer zone of 30 feet between pods; no physical contact allowed. Recommended 30 feet distance between pods.
- There must be a minimum distance of 6 feet between each individual at all times. Appropriate physical distancing will need to be maintained. Consider using tape or paint as a guide for students and coaches.
- Students should wear their own appropriate workout clothing (do not share clothing.) Individual clothing, towels, etc. should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

***Washington's Phase 4 (Relays may begin practice and competitions)***

- Gathering sizes of up to 50 individuals.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.
- Hydration stations may be utilized but must be cleaned after every practice or competition.
- No pre-swim/meet and post-swim/meet handshakes/high-fives/fist bumps.
- All equipment should be cleaned and sanitized after set up and before contest.
- Each school is responsible to bring towels (if necessary).
- Each team is responsible for its own hand sanitizer and its own med kit.
- Students should wear their own appropriate workout clothing (do not share clothing.) Individual clothing, towels, etc. should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

Considerations for Judges, Coaches, Other Personnel

- Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Steps 1 and 2 (Phase 2 and 3).
- Coaches, officials and other contest personnel must wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).
- No pre-game and post-game handshakes/high-fives/fist bumps.

- Officials must come dressed to officiate; a locker room will not be provided.
- A separate bathroom should be provided for officials when possible.
- Officials are recommended to bring their own food and water.
- Officials must be spaced 3-6 feet apart.
- Officials will not be expected to monitor the physical distancing; each person is responsible.
- Cleaning supplies should be available on site with devices sanitized between uses.
- Announcer's/Scorer's table – Announcers/Scorekeepers should be 3-6 feet apart when possible; each should have their own computer.
- Officials should bring their writing utensils to fill out any necessary paperwork.

### **NFHS Swimming and Diving Rule Considerations:**

**Conduct (1-3-2)** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.

**Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

**Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

**Referee and Starter (4-2, 4-3)** - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.

**Notification of Disqualification (4-2-2d, e)** - Notification shall occur from a distance via use of hand signals or the P.A. system.

**Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.

**Timers (4-9)** - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.

**Submission of Entries to Referee (5-2)** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

**Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.

**Diving Officials (9-6)** - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

**Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.

**Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.

**Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.

**Preparing Athletes for Competition** - Athlete clerking areas should be eliminated