

GIRLS SWIMMING AND DIVING CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

Special Considerations for the use of the following equipment:

- Suits
- Caps
- Towels/Chamois
- Goggles
- Tubing/Stretch Cords/Mats/Weights
- Hand Paddles
- Fins
- Pull Buoys
- Kickboards
- Snorkels
- Water Bottles
- Each team is responsible for its own towels, hand sanitizer and med kit

Special Considerations for the use of the following components of the facility:

- Starting Blocks
- Diving Boards
- PA Systems
- Recording Equipment
- Timing Equipment
- Team Areas
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms
- Hydration stations
- Entry/Exit

Practices – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Participants should maintain the recommended six feet of distancing between individuals
- No sharing of equipment
- Limit group meetings
- Workouts/practices should be conducted in “pods” of participants with same girls working out together to limit overall exposure
- Avoid grouping of athletes at the start and end of practices and during transition times
- Staggered start times for meetings are recommended
- Face covering are strongly encouraged before and after practice for everyone (athletes and coaches)
- Avoid grouping of athletes at the start and end of practices and during transition times

Events - WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season meets will be limited to no more than three high school teams with a limit not to exceed 80 participants
- Establish multiple sessions for warm-up periods to limit number of competitors per lane

- Establish multiple sessions for warm-up periods with limited number of divers
- No pre or post-race handshakes or fist bumps should take place
- Teams should not mass collect at the starting or finish areas.
- Face coverings are not recommended while swimming or diving but are strongly encouraged before and after meets (when not racing or diving) for everyone (coaches and athletes).
- All event workers should utilize face coverings, and gloves when appropriate
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

Post Season:

If a conference decides to hold a Conference Meet, it must meet the guidelines of the regular season.

The State Meet will take place as scheduled with the time schedule adjusted to allow for appropriate cleaning and sanitizing between meets.

All NFHS Rules Considerations for Swimming and Diving should be utilized as appropriate.



2020-21 Swimming and Diving Rule Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Swimming and Diving Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

1. 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 foot 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.

2. General Considerations

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.