

SWIMMING & DIVING (Low/Moderate Risk) - Best Practices

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), school districts must ensure a distance of at least six feet (12 feet when possible) maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering at all times

The NYSDOH has determined that swimming & diving is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

On June 11, 2020 NYSDOH provided Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency. Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
 - However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth.
 - Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
 - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water.
- Limit the maximum size of any single group of people on the premise or in the water to 10 or fewer individuals; **however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;**
 - Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
 - Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible.
 - However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.
- Pool Decks will be Cleaned and Disinfected Prior to the Competition

- Schools will take measures to increase the Fresh Air Flow in the Pool Area During the Competition.
- If an official cannot tolerate a face covering while officiating, it is recommended they contact their local department of health for guidance.
- Hand sanitizers, additional face coverings and disinfectant wipes will be available but it is recommended that officials bring their own.

GENERAL CONSIDERATIONS:

****Coaches must exchange Section XI team attestation screening form prior to contest**

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in the 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 numbers of divers viewing at the same time.
- **Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- **Warm down for Relay teams** – Keep proper social distancing of six feet.
- Swimmers should take off their masks at the edge of the pool and place them in a plastic bag/container. When they exit the pool they must put their mask back on.
- Coaches should leave their swimming event entry cards on the scorer's table
- Only the six (or 4 in a four lane pool) swimmers in each event should be on the deck. When they exit the deck, only then should the next group of swimmers approach the blocks.

RULE CONSIDERATIONS:

- **Conduct (1-3-2)** - Recommend athletes to arrive at the venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six 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 a P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- **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 six 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.

- **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.

- **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 six 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.