



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2020-21 SWIMMING & DIVING CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and hosting meets during the 2021 IHSA Swimming & Diving season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as swimming & diving meets. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Modified Season:

- On July 29, the IHSA Board of Directors modified the IHSA Swimming & Diving seasons along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified boys swimming & diving season is as follows:
 - **ASAP – Practice May Begin**
 - **After 7 practice dates – First Contest May be Held**
 - **March 13 – End of Season**
 - **There will not be any level of a state series for the 2021 season**

General Requirements and Considerations:

- All guidelines of the most current IDPH All-Sports/DCEO Policy must be adhered to.
- **Social distancing** between individuals of at least 6 feet must be maintained when possible. Handshakes, fist bumps, hugging, etc. are not permissible.
- **Participants, Coaches, Officials & Meet Personnel** – There is no limit to the number of participants, coaches, officials, and meet personnel at meets as long as social distancing can be maintained. A host may restrict the number of people that fall in this category in order to maintain social distancing requirements.
- **Spectators** If social distancing permits, meet hosts may allow spectators as follows, in accordance with regional Tier/Phase mitigation levels:
 - **Phase 4** – 50 spectators are allowed
 - **Tier 1** – 25 spectators are allowed
 - **Tier 2** – No spectators are allowed
 - If meet hosts allow spectators, they must maintain 6 feet social distance when possible. Facial coverings are required for indoor events.
- **Small meets** (i.e. duals) are most effective in maintaining safest practices during a pandemic. Fewer competitors, school personnel, officials, and spectators make safety mitigations easier to manage.

- **Multi-team Meets** - If schools have scheduled large meets such as invitationals or anything larger than a dual, then again, hosts must ensure that ALL event attendees are held to the capacity guidelines outlined IDPH/DCEO All-Sports Policy as well as this document.
- **Competition:** Per the IDPH/DCEO All-Sports Policy, competition with other schools is limited to the current Tier/Phase mitigation levels for your EMS Region.
 - **Phase 4/Tier 1** – Schools may engage in out of conference and out of EMS-region play. Out of state play is also allowed.
 - **Tier 2** – Schools may engage in intra-conference, intra-EMS-region play; no out of conference/EMS-region or out of state play is permitted.
 - **Tier 3** – No competitive play permitted
- **Auxiliary Spaces** – For larger meets, auxiliary spaces (i.e. gymnasiums, field houses, all-purpose rooms, etc.) can be used as holding areas for student participants, meet personnel, spectators, etc. as long as all IDPH/DCEO All-Sports Policy capacity, social distancing, and facial covering procedures are followed.
- **Transportation** - For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.
- **Practices** - Since practices are solely intra-team, there can be more than one swimmer per lane for the purpose of intra-team training. In order for this to occur, written parental consent must be provided to the school (See USA Swimming Link for ideas for practice layout).

Requirements and Considerations for Meet Managers.

- **Pool Facilities:**
 - Increase water sanitation level, i.e. keep chlorine closer to 2.0 PPM.
 - Eliminate the use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms. Eliminate the use of lockers whenever possible.
 - Watches, clip boards, and lap-counters should be sanitized after each use. Touchpads should be sanitized periodically while out of the water. Diving boards and backstroke flags should be sanitized periodically.
 - **On deck during meets** – It is recommended that only essential personnel are permitted on the deck. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards, officials, authorized timers, recorders, runners, and computer operators necessary to conduct competition. All others, i.e., team managers, videographers, media photographers, family members, non-competing students, etc. are considered non-essential personnel, and it is recommended that they remain in the gallery or team seating area (for non-competing teammates) while maintaining social distancing.
 - **Locker Rooms** should be used as little as possible. Athletes should wear swimming suits to practice and competitions to limit use of locker rooms.
- **Relays:**

- Per the IDPH/DCEO All-Sports Policy, there is no longer a restriction on conducting relay events. Relay participants waiting to engage in competition must remain 6 feet apart and wear their facial covering. They may remove their facial covering when it is their turn to step onto the starting platform to compete.
- **Meet Entries:**
 - Per NFHS Rule 3-2-1, a swimmer/diver may enter in up to 4 events with no more than 2 of those events being individual events.
- **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.
- **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:**
 - For duals, it is recommended to keep the teams on opposite sides of the pool. One method of lane placement could be to have the home team compete in lanes 1-3 and visitors to swim in lanes 4-6.
 - For larger meets, auxiliary spaces may need to be used to keep the natatorium at a capacity that allows for social distancing. Spectators in any space must not exceed the number permitted in the IDPH/DCEO All-Sports Policy.
 - Face coverings must be worn at all times by anyone not competing or warming up/down.
- **Swimming Warm-up Areas:**
 - Establish multiple sessions for warm-up periods to allow for appropriate social distancing.
 - Restrict the number of swimmers in competition area.
 - At meets, swimmers will be limited to one swimmer per lane as per IDPH Guidelines. However, if the warm-up will only consist of one team in the pool at a time, then there can be more than one swimmer per lane with written parental consent.
- **Coaches Packet Pick-up:**
 - Transmit as much information as possible electronically prior to the meet.
 - For any information that cannot be submitted electronically, organize a method for the packet pick up that keeps coaches socially distanced (i.e. time slots for small numbers of coaches to pick up packets, marks on the ground that are 6 feet apart for coaches lines formed at packet pick-up, etc.)



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

- Face coverings must be worn by coaches and packet pick-up personnel at all times.
- **Pre-meet coaches' meetings (3-3-6; 4-2-1d):**
 - Consider using methods to keep coaches socially distanced during coaches' meetings.
 - Electronic or virtual meetings are encouraged when possible.
 - Multiple smaller meetings with a smaller number of attendees at a time is also a way to allow for social distancing.
 - Face coverings for all officials and coaches are required at pre-meet coaches' meetings.
- **Clerking:**
 - Officials must conduct clerking at the starting blocks to avoid competitors congregating in a separate location prior to their race.
- **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 must wear facial coverings.
- **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.
- **Crowding:**
 - Avoid meet protocols that cause coaches, participants, and spectators to congregate closely together (results boards, awards ceremonies, water stations, etc.).
 - Consider using an online platform for results.
 - Consider using general PA announcements or an online platform for award recognitions.
 - Ask athletes to bring their own water and have their own plan for retrieving their water after competition.
- **Sanitation:**
 - Have sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for meet personnel to clean and disinfect frequently touched surfaces and meet equipment.

Requirements and Considerations for Coaches:

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in "pods" of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff at all times.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

- Always require use of facial coverings when not engaged in training, competing, or other strenuous physical activity.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- It is recommended to always have sanitation materials available (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Educate your student athletes on proper hand washing and sanitation.
- Coaches should wear face coverings at all practices and meets.

Requirements and Consideration for Officials:

- **Officials are required to use regular whistles with a cover or electronic whistles.**
- **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 6 feet between individuals seated at the desk/table.
- **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 6 feet between individuals seated at the desk/table. Create a 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.
- Bring personal hand sanitizer and wash your hands frequently.
- Do not share equipment.
- Follow social distancing guidelines
 - Communication with coaches, participants, meet personnel, or spectators must be done at the appropriate social distance.
- Refrain from shaking hands.
- Wear a face covering at all times.

Requirements and Considerations for Student Athletes:

- Student athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate workout clothing and not share clothing with anyone. All equipment and clothing should be washed immediately upon returning home.
- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

- Face coverings are required at all times when not engaged in training, competing or other strenuous activity.

Requirements and Considerations for Parents:

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your child and clearly label them.
- Help make sure that your child is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending a meet. Always maintain social distance and wear a face covering while in attendance at an event.

Eating and drinking:

- Ensure 6 foot distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

Questions:

- Questions may be addressed to IHSA Swimming & Diving Administrator, Kraig Garber (kgarber@ihsa.org).

Resources:

IDPH Sport Safety Guidance - <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

USA Swimming - <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:037bd9a8-5fcd-40a5-a325-38dedef07fe8>

Evanston Township High School Natatorium Use Plan - <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4e84a1d2-cacf-42fd-99dc-0cd53ede6c7c>