



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 2020 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 girls swimming & diving season is as follows:
 - **August 10 – Practice May Begin**
 - **August 24 – First Contest May be Held**
 - **October 24 – End of Season**
- For the fall of 2020, the IHSA State Series will consist of a one round event which will be held on October 24, 2020.
- If your school had difficulty meeting the 6 contest requirement as outlined in IHSA By-laws as a result of circumstances surrounding the pandemic, you may contact IHSA Executive Director, Craig Anderson (canderson@ihsa.org), to inquire about a waiver.

General Requirements and Considerations:

- All guidelines of IHSA Return to Play Phase 4 must be adhered to.
- **Social distancing** between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
- **Meet Capacity** - Student participants, coaches, timers, paid/volunteer meet officials, spectators, and media are restricted to a combined total of 50 people inside of a natatorium.
- **Spectators** – If meet hosts allow spectators, they must wear facial coverings and maintain 6 feet social distance at all times.
- **Small meets** (i.e. duals) are most effective in maintaining fewer competitors, school personnel, officials, and spectators. Small meets make it easier to space those in attendance to the appropriate social distancing. Small meets must adhere to the event capacity guidelines outlined in IHSA Return to Play Phase 4 as well as those outlined in this document.
- **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 in IHSA Return to Play Phase 4 as well as this document (i.e.



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- **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 auxiliary spaces allow for social distancing and are kept at 50 people or less.
- **Competition:** Per IDPH guidelines, competition is limited to intra-conference or intra-EMS-region (See IDPH COVID EMS-Region Map link below in resources).
- **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, per IDPH Guidelines, 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** – Only essential personnel are permitted on the deck. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards and officials. Authorized timers, recorders, runners, computer operators necessary to conduct competition are essential. All others, i.e., team managers, video people, media photographers, family members, non-competing students, etc. are considered non-essential personnel and are to be in the gallery remaining in the seating area (when present) or remaining outside the deck area.
 - **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:**
 - In order for the sport of swimming and diving to maintain an IDPH status of low risk, there cannot be relays at this time.
- **Meet Entries:**
 - Given that relays are not currently permissible, there will be a modification to NFHS Rule 3-2-1. Swimmers will be permitted to enter in a maximum of four (4) individual events. Conferences can modify this to less than four (4) individual events if they choose for

conference meets. However, four (4) events is the maximum number of individual events that a participant may compete in.

- NOTE: In the event that the IDPH allows for relays to be reinstated for this season or if conferences or hosts choose to use an “add up time” model in place of the traditional relay, then the original NFHS Rule 3-2-1 will apply as written (A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events). If an IHSA State Series is conducted, relays will not be performed (even in alternate formats) unless the IDPH guidelines allow for traditional relays prior to the state series.

- **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, 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.
- For larger meets, auxiliary spaces may need to be used to keep the natatorium at the 50 person capacity.
- 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.

- **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.)
- 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):**



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- 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 should wear cloth 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.
- Always require use of facial coverings when not engaged in training, competing, or other strenuous physical activity.



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- 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:

- **Use of electronic whistle is required.**
- **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.
- Face coverings are required at all times when not engaged in training, competing or other strenuous activity.



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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:

IHSA Return to Activities 1.0 -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:33115455-89ef-4f93-bdc7-86bbf7a6fd7d>

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

IDPH COVID-19 EMS-Regions Map -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>

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>