

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines Swimming***

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.

## **Swimming Rule Considerations:**

**Conduct** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing. Swimmers shall be wearing masks when not swimming.

**Lap Counting** - Only one person per lane shall be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices. Lap counters shall be wearing masks.

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

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

**Notification of Disqualification** - Notification shall occur from a distance via use of hand signals or the P.A. system.

**Meet Officials** - Officials responsible for information processing are often located together at a desk or table adjacent to the competition course, or in an office or remote location. Develop alternative methods for submitting entries and movement of non-electronic information. Maintain a distance of 6 feet of social distancing between individuals seated at the desk or table. Meet officials shall be wearing masks.

**Timers** - Timers must assemble at the finish of each race at the edge of the pool within the 6-8 feet confines of the lane that they are timing. Timers shall be wearing masks.

**Submission of Entries to Referee** - 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** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges shall be wearing masks. .

## **General Considerations:**

- 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 cool-down periods.
- For lane placement, consider keeping 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.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet of social distancing between the individuals.
- Consider using tape or paint as a guide for students and coaches.
- No pre-swim/meet and post-swim/meet handshakes, etc.
- All equipment should be cleaned and sanitized before and after the contest.