



COVID 19 Protocols & Procedures – Girls Swimming

The MHSAA/NFHS Guidance for Re-Opening School Sports lists Swimming & Diving as a low risk sport.

Low risk sports involve can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Competition and Spectator Limitations

- Indoor practice and competition can begin once indoor pools are opened. Capacity limitations must be followed.
- 2020 Fall regular season tournament competition limit – no more than 4 teams at a site.
- No scrimmages allowed.
- Spectators will be limited. The number of spectators and individuals allowed for indoor and outdoor events will be based on future guidance from the governor's office, and will be posted prior to the first dates of competition.

Practice

- Swimmers should maintain the recommended six feet of distancing between individuals and should not be in contact with each other, no sharing of equipment.
- Avoid grouping of athletes at start and end of practice or during transitions.
- Staggered start times for meetings are recommended.
- Educate athletes about physical distancing, handwashing, and other immune system protocols.
- Masks cannot be worn while swimming, but recommended before and after practice for everyone (coaches and athletes).
- All coaches and other school personnel should be masked, and gloved when appropriate with PPE.

Competition

- Host schools can add personnel to the pool deck and seating areas in multiple key spots to monitor physical distancing.
- Educate athletes about physical distancing, handwashing, and other immune system protocols.
- Masks cannot be worn while swimming, but recommended before and after practice for everyone (coaches and athletes).
- No pre or post-meet handshakes or fist bumps should take place.
- All event workers should be masked, and gloved when appropriate.
- Timers, table personnel, officials and coaches should wear masks.
- All event workers should be masked, and gloved when appropriate with PPE.

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