



2020 AIA Swim and Dive Modifications

This document provides guidance and modifications for swim and dive practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

Please note- these are some guidelines to help keep swimmers, coaches & volunteers safe. However, they are in no way all-inclusive. Coaches, Athletic Directors, volunteers, athletes & athlete families should take every precaution to ensure they feel safe at all times, which may include steps beyond those included in this document.

❖ AT ALL TIMES:

- All individuals should arrive at facilities with ample drinking water as public access to water may be restricted.
- Athletes should arrive at facilities prepared for practice (proper attire, minimal personal belongings, etc.) as locker room usage may be restricted. Athletes should plan on leaving the facility in their suits, showering & washing clothing upon arrival at home.
- All individuals should practice safe personal hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off (only outdoor showers should be used and only when permitted by facility staff).
- All individuals not actively participating in athletic activities should wear face coverings. This includes coaches, athletes, volunteers, etc.
- All individuals should be socially distanced to the furthest extent possible.
- Athletes should be spaced out in the pool to ensure social distancing at all times. It is recommended that no more than 4 athletes share a lane at a time, alternating two athletes at one end. There should never be more than two athletes stopped at the wall in the same lane. This applies during practice, meet warm ups, during meet, etc.
- Teams should limit the number of individuals in attendance at practice & meets. Only meet participants & essential volunteers should be in the facility. Schools should be following AIA, facility & district guidance regarding spectators during meets. Meet hosts must communicate with visiting teams several days prior to competition.

❖ PRIOR TO MEETS

- Coaches should collaborate with the schools they are competing against to ensure everyone is aware of all facility rules and regulations.
- If all rules and regulations cannot be followed using a traditional dual/multi-team meet format, schools should work together to determine alternative options, such as:
 - Virtual meets (teams compete at their own facilities and then combine results to score)
 - Splitting genders into different sessions/days
 - Restricting participants to fewer events or restricting events

- Splitting teams into squads, with one squad competing in person, while the other compete virtually.

❖ **AT MEETS**

- Those in attendance should be limited to essential volunteers, main coaches & meet participants. It is suggested that teams use athletes not participating in the meet at timers to limit the exposure to individuals not regularly around the team.
- Schools should be following AIA, facility & district guidance regarding spectators during meets. Meet hosts must communicate with visiting teams several days prior to competition.
- Teams should coordinate for specific warm-up & warm-down times that allow for continued social distancing.
- Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing, etc.
- Swimmers should refrain from congregating behind blocks. This may mean coordinating with the officials to allow enough time for finished heats to exit the area before the next heat enters the area.
- Coaches should refrain from grouping together. Additionally, coaches should have a plan in place to ensure social distancing is adhered to at all times, including when athletes are getting feedback from coaches.
- Lap counting personnel should be limited to one person per lane. Host teams should provide cleaning materials so that lap counters can be sanitized between heats. It is recommended that coaches coordinate with athletes to do this efficiently.
- Above all, all individuals (athletes, coaches, volunteers) should be understanding, knowing that the pace of the meet may need to be significantly slower to allow for safety measures to be properly adhered to.

❖ **WHEN MEETS ARE OVER:**

- Any equipment used should be sanitized/ cleaned. Team areas should be cleaned up by those who utilized them.
- All individuals should prepare to leave the facility as efficiently as possible.
- Coaches should consider exchanging results, etc, electronically. Additionally, officials are encouraged to provide any of their documentation electronically. (Consider taking photos & texting, emailing, etc).

Coaches **MUST** ensure that they are following all current AIA guidelines & recommendations at all times. Should conditions warrant, these recommendations will be adjusted. Any further updates will be posted on aiaonline.org.