



# NAZARETH ACADEMY HIGH SCHOOL

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*Office of Athletics*

## **2020-21 In Season Swimming Return to Play Plan**

### **Introduction**

This document is intended to guide Nazareth Academy on recommendations for reopening of our Winter sports programs during the COVID-19 Pandemic. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

### **General Considerations**

- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.

### **Coaches**

- Coaches must work with AD, Athletic Trainer, and school Administration to follow guidelines to mitigate risk.
- If possible, coaches should try to design activities that focus on increasing risk mitigation strategies
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to changes in procedures, guidelines, or recommendations.
- If possible, breaks may be staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources. Coaches must enforce social distancing and facial coverings during all breaks.
- Coaches must stay until all members of their teams have left the campus.
- The following week's practice schedules must be submitted by Thursday to the AD. Any changes to schedule must be approved by AD. Notification of any use of facility (indoor or outdoor) must be included with the practice schedule.
- Coaches will be responsible to limit the occupancy of the restrooms. Restrooms will be available for all on campus practices and sporting events. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Off-site restrooms availability and usage will be based on the off-site facilities policies and guidelines.
- Coaches will wear mask/face coverings prior to, during and after the competition and practice.

### **Student Athletes**

- Student-athletes should communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Student-athletes should arrive prepared to go and avoid congregating before the tryout, practice or competition. Must arrive in swimsuit. Locker rooms will not be provided.

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- Student-athletes should leave immediately following the tryout, practice, or competition.
- Student-athlete's individual clothing (do not share clothing), workout clothing, uniforms, and towels should be washed and cleaned after every practice or competition immediately upon returning home.
- ***Mask/face coverings are required during any non-physical activity this includes practices and competition. Mask/face covering are required on arrival and departure.***
- Student-athletes cannot share tape, pre-wrap, towels, sneakers, spikes, clothing, suntan lotion, lip balm, or any other personal belongings.
- Restrooms will be available for all on campus practices and sporting events. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Off-site restrooms availability and usage will be based on the off-site facilities policies and guidelines.

## Facilities & Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, bathrooms, athletic training room tables, etc.). Locker rooms will not be provided. Teams will need to arrive in uniform.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Hand sanitizer will be placed at score table for the for all athletes and coaches as well for the officials.
- Athletic training room will limit occupancy to one athlete at a time. Both athlete and trainer need to wear face masks and use hand sanitizer prior to entering and leaving the athletic training room.
- Restrooms will be cleaned daily.

## Tryouts

- Winter sports tryouts are to be determined.
- All of the Pre-Practice/Contest guidelines must be adhered to during tryouts.
  - Swimming has to complete five practices before competition. They can be either in the pool or dry land.

## Pre-Practice

- All student-athletes and coaches in attendance must complete screening survey questionnaire in order to participate in tryout or practice. Included in the questionnaire is a parent confirmation that the athletes have had their temperature taken prior to attending tryout or practice. Parents are responsible for taking athlete's temperature.
- Anyone with positive findings on screening should not attend tryout or practice. Coaches should not allow athletes to return until they are given clearance by an athletic trainer or physician.

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- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each tryout or practice and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletic department immediately after practice electronically or via hard copy.
- Student-athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each student-athlete must have her own personal water bottle and a facial covering to participate. No coolers or hydration stations will be available.
- ***Mask/face coverings are required during any non-physical activity. However, face coverings are allowed during any Dry Land physical activity if the student-athlete chooses. Mask/face coverings are worn upon arrival and departure to tryout, workout, practice and competitions. Mask/face coverings must be worn throughout the building as well. Mask/face coverings are not required to be worn in the pool.***
- While on pool deck must maintain social distancing at all times.
- Restrooms will be available for all on campus practices. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Off campus restroom availability and usage will be based on the off-site facilities' policies and guidelines.
- Face coverings must be worn throughout the building and when entering the pool area.
- All guidelines must be adhered to regardless of Dry Land or Pool practices.
- There will be no congregating after practices and all swimmers and divers will exit immediately
- Lanes will maintain three swimmers per lane with off-set starting points recommended by USA Swimming. A 6 Lane 25-yard pool will have three swimmers per lane. No more than 18 swimmers in the pool at once.

## Swimming Contest Procedures

### Spectators

- Spectators will not be allowed to attend sport related competitions for indoor sporting events.

### Meet Procedure & Guidelines

- Temperature check prior to leaving campus done by coach or Athletic Trainer
- Symptoms check with coach
- Notify host school of any symptoms or positive results.
- Coaches and student-athletes must adhere to the host school's guidelines.
- Hosting school will communicate to the visiting school or schools the procedures and guidelines of hosting school, as well as local procedures and guidelines.

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- It's the responsibility of both the ADs from the visiting school and hosting school to make sure coaches are aware of the guidelines prior to arriving at hosting school.
- Disinfect and sanitize athletic facilities and equipment between levels of competitions.
- Provide disinfectant supplies in close proximity.
- Event staff must wear a mask/face covering prior to, during, and after the competition and should practice social distancing when possible.
- Visiting teams must arrive dressed for competition to limit facility usage.
- Coaches are required to wear mask/face coverings prior to, during and after the competition and practice social distancing when possible.
- Mask/face coverings are required during any non-physical activity. Mask/face coverings are required on arrival and departure. Mask/face coverings must be worn throughout the building as well. Mask/face coverings are not required to be worn in the pool.
- Student-athletes, coaches/staff, and officials must wear a mask/facial covering during the pre-game captains meeting and practice social distancing.
- Hosting schools will communicate facility plans/concerns prior to the event as well as restroom protocols and locations.
- Social distancing and face coverings will need to be maintained on the deck during contests and events. Tape or paint will be used as a guide for students and coaches to practice social distancing.
- No handshakes should be permitted prior to, during, or after the competition.
- Student-athletes, coaches/staff, and officials should exit the facility promptly after the completion of the event. The hosting school should make every effort to limit congregating after the event to help mitigate exposure.
- Concessions will not be provided.

## Officials

- Officials that present symptoms prior to the event should contact the Athletic Director, and assignor, in a timely manner to allow for alternative arrangements to be implemented.
- Upon arrival, officials will complete and sign off on the pre-screening questionnaire. Officials are required to accurately report symptoms in an effort to minimize transmission opportunities.
- Officials are required to arrive dressed for competition to help mitigate exposure.
- Officials are required to wear a face covering prior to, during pregame meetings, and after events and exercise social distancing when possible as well wear face coverings during competition.
- Officials must bring their own water and water bottles.
- Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure.
- At the completion of the event, officials are recommended to exit the facility quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
- If an official tests positive for or exhibits symptoms, the host school will contact all affected schools.
  - Notify the school/s immediately (Principal, Athletic Director, or office staff)
  - If a Positive case is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

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- Restrooms availability and usage will be based on the off-site facilities' policies and guidelines.

## **Roster**

- Should be determined by school, league members, and local and state guidelines.
- Changes to roster sizes should be communicated to administration, assignors, and league members.
- Rosters may be changed or affected to accommodate social distancing in regards to transportation.

## **Transportation**

- Limit rosters in order to follow social distance guidelines.
- Provide multiple buses or vans for an away sporting contest.
- Parents provide transportation to and from sporting contest.
- Allow student to use personal vehicle to and from an away sporting contest. Driver and passenger(s) will be required to wear masks.
- Prior to leaving campus to attend an away sporting contest, all athletes need to have temperature check from Athletic Trainer or Coach.
- Hand sanitizer will be provided on buses and vans by school.
- Face covering is required at all times on the bus, van or car.
- When possible keep your distance in the bus by sitting a row away from each other and stagger seats on each side of the bus

## **Swimming**

## **Conduct**

- Require athletes to arrive at venue already in competitive attire.

## **Lap Counting**

- 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.

## **Pre-Meet Conference**

- Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use public address system or starting system microphone to allow participants to hear while keeping them properly separated.

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## **Referee and Starter**

- Various rules require interactions between officials, coaches and athletes. Alternative methods of 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 public address system.

## **Meet Officials**

- Alternative methods for submitting entries and movement of non-electronic information will be discussed prior to competition. Officials responsible for information processing are required to social distance 6 feet between individuals seated at the desk/table. It is recommended officials are adjacent to the competition course or in an office/remote location.

## **Meets**

- A swimmer can achieve a qualifying time during a “virtual” meet that is used for future purposes such as the district championships. Fully automatic timing should be mandated in the case of qualifying times.
- Participants in each race should be limited only to those eligible to score points. Exhibition swimmers for virtual meets are permitted, but shall not be used for pacing.
- The pace of the meet shall follow normal procedure.
- Competition to be conducted using manual watches or semi-automatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, the same timing protocol should be used at all venues involved in the “virtual” competition
- There will be no congregating after meets and all swimmers and divers will exit immediately
- Once you exit the water you are required to put your face covering on immediately

## **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 which they are timing. Timers should wear cloth facial coverings.

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## **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 Take-off 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 should wear cloth facial coverings.

## **Diving Officials**

- Alternative methods for submitting entries and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 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.

## **Swimming Warm-up Areas**

- Warm up will be one team at a time.
- Mask/face coverings are required during any non-physical activity. Mask/face coverings are not required to be worn in the pool.

## **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.
- Mask/face coverings are required during any non-physical activity. Mask/face coverings are not required to be worn in the pool.

## **Team Seating and Lane Placement**

- 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.

## **Preparing Athletes for Competition**

- Athlete clerking areas should be eliminated.

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