OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS

This document was updated on October 23, 2020. *Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Winter 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Winter athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. We also ask that you consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

PROTOCOL FOR POSITIVE CASES: A detailed and more complete version of these protocols can be found on page 5 of this document ("What to Do When Someone Gets Sick").

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. "Close contact" is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

FACE COVERINGS: Facial coverings are covered in detail in the guidance released on Sept. 10, and updated again on Oct. 6. In general, facial coverings are required for athletes in basketball, competitive cheer, ice hockey and wrestling at all times. Face coverings are optional for athletes in active participation in bowling, gymnastics and skiing but are required at all other times when not involved in active participation. Bench personnel are required to wear face coverings at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. Management, school administrators, media and all staff are required to wear face coverings. Spectators are required to wear face coverings.

REGULAR-SEASON TOURNAMENTS, INVITATIONALS, MULTI-TEAM COMPETITIONS: The following limitations are in place for regular season winter tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Bowling – 72 individual competitors at a site
- Competitive Cheer – four schools/teams at a site
- Gymnastics – four schools/teams at a site
- Skiing – 72 individual competitors at a site
- Swimming & Diving – four schools/teams at a site
- Wrestling – four schools/teams at a site
- Basketball & Ice Hockey – one game permitted for a team in a day. Host sites must strictly enforce spectator capacity limits on a game-by-game basis and actively sanitize between games. Event organizers must consider proper scheduling, seating areas, and crowd entry and exit to facilitate sanitizing and physical distancing.

When determining the number of teams present at a tournament, count the school's varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing. Where two sites/facilities are used, there should not be any crossover competition between the two tournaments.

SCRIMMAGES: There are no scrimmages allowed for any sports this winter.

SPECTATOR LIMITATIONS: For all winter sports, all competition will begin with the 2-spectator-per-participant limitation. Local schools will determine participants connected to athletic events (sideline cheer, dance, pompon, etc.) and in all cases, the maximum number of spectators must be within all MDHHS limitations. For participants who have parents/guardians in excess of two individuals, schools are encouraged to use common sense and flexibility in managing those situations.
Limitations on spectators are based on the MDHHS Emergency Order of Oct. 5. As of October 6, if an indoor event is in a fixed indoor seating venue (gymnasium or pool), 20% of seating capacity is allowed for up to 500 spectators (25% in Region 6). If your gymnasium seats 2,500 or more, you would be able to sell 500 spectator tickets. If your gymnasium seats less than 2,500, take 20% (or 25% in Region 6) of your maximum capacity to determine the number of allowed spectators. If an outdoor event is in a fixed outdoor seating facility (skiing), 30% of seating capacity is allowed for up to 1,000 spectators. If your facility seats 3,333 or more, you would be able to sell 1,000 spectator tickets. If your facility seats less than 3,333, take 30% of your maximum seating capacity to determine the number of allowed spectators. Note that if an outdoor event is NOT in a fixed outdoor seating venue, a site must maintain no more than 30 spectators per 1,000 square feet of the facility, up to a maximum of 1,000 spectators. Use every opportunity possible to announce and remind all involved to keep social distancing at all times. More updates on spectator policies will be forthcoming as MDHHS guidance changes and is updated. If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

ENTRANCE/EXIT STRATEGIES: Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

PRE-WORKOUT AND PRE-GAME SCREENING: All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

COVID GAME CANCELLATIONS: Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

TICKETS: Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

TRANSPORTATION: The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

LOCKER ROOMS: Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

INCLEMENT WEATHER: Have an action plan ready for outdoor sports that go into a weather delay. Determine where teams should go in the case of lightning or thunder.

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

CONCESSIONS: Concession stands are not allowed at indoor venues. Concession stands may be open with appropriate physical distancing for outdoor venues.

BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC

Administrators/Host Management

- Administrators must wear face coverings and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face coverings.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

Coaches

- Coaches must wear face coverings and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

Spectators

- Spectators must wear face coverings and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

Media Personnel

- Media must wear face coverings and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.

Preparing for When Someone Gets Sick

Precautionary Measures (in addition to other protocols and precautions)

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3˚F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

Protocol for Suspected Cases of COVID-19

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

Protocol for Positive Cases of COVID-19

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should be quarantined for 14 days at home. Local health officials may identify other contacts who require quarantine.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, *but not in close contact with a positive case*, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.

Sources: CDC, MI Safe Start Plan, MI Safe Schools Return to School Roadmap, MHSAA/NFHS SMAC Reopening Guidance

MHSAA Winter Planning – Swimming & Diving

Updated October 23, 2020

SPORT: **Swimming & Diving – Boys LP & Boys/Girls UP**

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Considering all recommendations by the MISafeSchools Return to School Roadmap, MHSAA Re-Opening Guidelines and the Sports Medicine Advisory Committee, the following are the specific guidelines for Swimming & Diving:

The MHSAA/NFHS Guidance for Re-Opening School Sports lists Swimming & Diving as a low risk sport.
Low risk sports 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 are permitted in indoor pools. Capacity limitations must be followed.
- 2020 Winter regular season tournament competition limit – no more than 4 teams at a site.
- No scrimmages allowed.
- Limitations on spectators are based on the school's Phase in the MI Safe Start Plan, and updated based on MDHHS Emergency Orders. Gatherings at indoor pools may not exceed 25% of bather capacity limits. Schools may elect to grant athletes two (2) spectators per event.

Special Equipment and Facility Considerations for Swimming & Diving

Sports Equipment	Facility
• Suits • Caps • Towels/Shammys • Water Bottles • Goggles • Tubing/Stretch Cords/Mats/Weights • Hand Paddles • Fins • Pull Buoys • Kickboards • Snorkels	• Starting Blocks • Diving Boards • Kickboards • Bleachers • Bathrooms • Locker Rooms • Outdoor Facilities (Air Supported Structure) • PA Systems • Recording Equipment • Timing Equipment • Drinking Fountains

BOYS SWIMMING & DIVING – Return-to-Play Guidelines

PRACTICE

- Workouts should be conducted in "pods" of students with the same small group of students always working out together. Smaller pods can be utilized for different distances, intensities or practice plans. This will ensure limited exposure if someone develops an infection.
- 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 meets are recommended.
- Educate athletes about physical distancing, handwashing, and other immune system protocols.
- All coaches and other school personnel should be masked, and gloved when appropriate with PPE.

COMPETITON

- 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.
- 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.

BOYS SWIMMING & DIVING – NFHS Playing Rule Modifications

Conduct (1-3-2) - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of physical distancing.

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.

Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

Referee and Starter (4-2, 4-3) - 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 (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 3-6 feet between individuals seated at the desk/table.

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 must wear cloth facial coverings.

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.

Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges must wear cloth facial coverings.

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 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 - 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 warm-down periods.

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 - 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.

Updated 1/7/21

Officials Considerations for COVID-19 Swim Guidelines

Included below are considerations for contest officials within the guidelines for returning to school sports. They have been developed in consultation with health professionals, government officials, the National Federation and officials from around the state of Michigan. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

General Expectations for Schools

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the general public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to *a private open and/or ventilated locker room or meeting area* before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should be provided cold beverages either (1) in a sealed, disposable bottle or (2) in a newly washed, reusable bottle. Each shall be designated for a single official and should be marked to indicate to which official the beverage is assigned.
- If offered, snacks or meals provided to officials should be individually packaged separately for each official.
- It is recommended that officials' fees are paid using an electronic payment method.

Protocols for Suspected and Confirmed Cases of COVID-19

Suspected Cases at Contest

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.

Confirmed Cases

- If an official has a laboratory positive or clinically diagnosed case of COVID-19, he or she should immediately contact the local health department for further instructions, and inform the athletic director(s) of any host school he or she visited within the previous two days before displaying COVID-19 symptoms.
- Officials must inform any host school for which they are scheduled to officiate for (at least) 14 days following confirmation that they are unable to work those contests. They will remain ineligible to officiate any MHSAA contests until they are medically cleared by their personal healthcare provider.

- All officials considered close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) will be informed when a positive case of COVID-19 is identified from a contest they officiated within two days of when the infected individual first displayed symptoms. If identified as a close contact, an official should quarantine and must return assignments scheduled for the next 14 days.
- If an official was at the event, *but not in close contact with a positive case*, he or she should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.

Cancellations/Failure-to-Fulfills

- Games that are cancelled because of COVID-19 are considered cancelled as a result of an act of God and are not subject to a 10-day minimum advanced notice by the school.
- Officials are not subject to a failure-to-fulfill penalty if they break a contract for an assignment when (1) they have been diagnosed with, or display symptoms of, COVID-19 or (2) if a confirmed case of COVID-19 has been identified with a team or facility which/where he or she is scheduled to officiate.

Officials' Sport-Specific Provisions

It is incumbent of MHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered "vulnerable individuals" – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, MHSAA officials have the ability to choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

Provision Categories

Permitted – Precautions and safety measures which officials are allowed to take during MHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.

Suggested – Best practices for MHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.

Mandated – Required practice in order to officiate MHSAA contests. If an official is unwilling or unable to follow these requirements, he or she is not permitted to officiate the contest.

NOTE: "Physical distancing" refers to a separation of individuals of at least six feet, except for momentary interactions.

Permitted Provisions:

- Officials may use electronic whistles.

- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.

Suggested Provisions:

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should consider bringing their own marked beverage(s).
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- Officials responsible for processing information are often located together at a desk/table adjacent to the competition course or in an office/remote location. Alternative methods for submitting entries and movement of non-electronic information should be utilized.
- The announcement microphone for the P.A. system should be sanitized prior to the first use, and following any use of the microphone by any other person.

Mandated Provisions:

- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Face masks which cover the mouth and nose are required to be worn by officials at all times as required by the MDHHS order, unless an exception (**LINK HERE**) applies to the individual. **CLICK HERE** to see all expectations for masks and MHSAA officials.
- Officials' pregame meetings shall be conducted while practicing proper physical distancing.
- Officials shall not engage in pregame/postgame handshakes or fist bumps with players, coaches or administrators.
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face.
- Only the referee will meet with coaches at the pre-meet meeting (without the presence of the starter or captains). The meeting should be limited to a single coach from each team, and multiple meetings may be needed to ensure proper physical distancing is maintained. Alternatively, the referee can use P.A. system or starting system microphone to allow participants to hear while keeping them properly separated.
- When providing an explanation of a ruling to a head coach, the referee will meet the coach apart from others located on the pool deck. One other official may be present, but physical distancing should be practiced by all involved.

- Various rules require interactions between officials and coaches/athletes. Alternative methods for communications will include utilization of the P.A. system, hand signals or written communication. Notification shall occur from a distance via use of hand signals or the P.A. system.
- 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 facial coverings.
- All takeoff judging will occur from the sides of the pool. Timers and relay takeoff judges should wear cloth facial coverings.
- Alternative methods for submitting entries and movement of non-electronic information will be required. Create a six 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.

Updated 1/7/21

Rules Modifications (Swim)

- **CONDUCT (Rule 1-3-2)**
  - Athletes are required to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of physical distancing.

- **LAP COUNTING (Rules 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.

- **SUBMISSION OF ENTRIES TO REFEREE (Rule 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.

- **SWIMMING WARM-UP AREAS**
  - Establishing multiple sessions for warm-up periods to limit number of swimmers per lane, restricting the number of swimmers in competition area and limiting the number of swimmers per lane during warm-up and warm-down periods should be followed.

- **DIVING WARM-UP AREAS**
  - Limiting the 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 are not to 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**
  - 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.

COVID-19 Athlete/Coach Monitoring Form DATE: _____

Name	Time	Circle Yes/No Below										
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	