



SPORT: Girls Swimming & Diving
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Considering all recommendations by the [MISafeSchools Return to School Roadmap](#), [MHSAA Re-Opening Guidelines](#) and the Sports Medicine Advisory Committees, 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 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.
- Limitations on spectators are based on the school’s Phase in the MI Safe Start Plan, and updated based on Executive Order 176. In Phase 4 schools, each participant is allowed two guests. In Phase 5 schools, a maximum of 250 spectators is allowed or 25% of capacity (whichever is smaller).

Special Equipment and Facility Considerations for Swimming & Diving

Sports Equipment	Facility
<ul style="list-style-type: none"> • Suits • Caps • Towels/Shammys • Water Bottles • Goggles • Tubing/Stretch Cords/Mats/Weights • Hand Paddles • Fins • Pull Buoys • Kickboards • Snorkels 	<ul style="list-style-type: none"> • Starting Blocks • Diving Boards • Kickboards • Bleachers • Bathrooms • Locker Rooms • Outdoor Facilities (Air Supported Structure) • PA Systems • Recording Equipment • Timing Equipment • Drinking Fountains

GIRLS 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 meetings 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.

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.
- 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.

GIRLS 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 for 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.