



Swimming and Diving

Important Dates

First practice date (Week 5) – July 27
Meet schedules due (Week 6) - Aug. 3
District Planning meetings (week 7) - Aug 10-Aug 27
Preseason classic competitions (Week 7) – Aug. 10-15
First regular season playing date (Week 8) – Aug. 17
Roster due on Home Campus (Week 8) – Aug. 17
Last regular season playing date for all classes (Week 16) – Oct. 17

District Meets

When:

Classes 1A & 2A - Monday-Saturday, Oct. 26-31, 2020
Classes 3A & 4A - Monday-Saturday, Oct. 19-24, 2020

Regional Meets

When:

Classes 1A & 2A - Monday-Saturday, Nov. 2-7, 2020
Classes 3A & 4A - Monday-Saturday, Oct. 26-31, 2020

Florida High School Swimming and Diving State Championships

When:

Class 1A – Friday, Nov. 13
Class 2A – Saturday, Nov. 14
Class 3A – Friday, Nov. 6
Class 4A – Saturday, Nov. 7



Considerations for the Sport of Swimming and Diving as it Relates to COVID-19 Safety

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, and school district, to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your local area.

1. SWIMMING AND DIVING RULE CONSIDERATIONS

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 social 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 should 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 should 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 foot 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. Dive judges should wear cloth facial coverings.

2. GENERAL CONSIDERATIONS

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. May refer to USA Swimming Social Distancing Practice Layout.

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.

Preparing to swim – Do not share equipment, bring your own water bottle, arrive as close as possible to when activity begins, do not attend practice if you or a member of your household does not feel well.

When swimming – Follow directions for spacing, do not make physical contact with others (no high fives, shaking hands, fist bumps, etc.), avoid sharing food, drinks or towels, maintain proper social distancing during breaks, wear your suit to and from practice.

After swimming – Leave the facility as soon as reasonably possible, do not use locker room or shower areas, no congregation after swimming.

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.

Preparing Athletes for Competition - Athlete clerking areas should be eliminated.

COVID 19 Liaison – Consider designating a coach or parent to stay up to date with local recommendations and any associated changes.

Ventilated Spaces – Eliminate the use of low ventilated spaces that prevent social distancing. Move dryland outside where possible.



Visible Markers – Create visible markers on the floor to indicate appropriate spacing in the pool deck, entrances, etc.