



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1

Wilsonville, OR 97070

503.682.6722 fax: 503.682.0960 <http://www.osaa.org>



May 10, 2021

To: Athletic Directors and Swim Coaches

From: K.T. Emerson, Assistant Executive Director
kte@osaa.org | 503.682.6722 x227

Subject: Swim Reminders for the 2020-21 Season

Please review this information with your swim staff and best of luck as you start your season! Each school offering swimming will be receiving a copy of the NFHS Swimming Rules Book from the OSAA. Feel free to contact me if you have questions.

GENERAL INFORMATION

OSAA SWIM PLAN BOOK: Please review the OSAA Swimming Plan Book carefully as there are a lot of details available regarding Covid-19 protocols and guidelines. The Plan Book also contains virtual meet considerations, uniform rules, important season dates, NFHS rule changes/points of emphasis, OSAA swim specific policies and OSAA general policies.

OSAA SWIMMING COVID-19 GUIDELINES

1. FACILITY COVID PROTOCOLS

- A. The host site shall designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- B. Before each game, contest, or event, schools shall follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals shall also self-screen as described in the screening protocols.
- C. The host site shall provide sports and contest officials an area to enter and exit separate from fans when possible. Officials shall be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- D. All participants shall be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group shall not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.
- E. Teams are responsible for providing a plan for individualized hydration supplies for their student athletes on competition days.
- F. Lane limitations will be determined by OHA guidance and facility specific restrictions. Teams need to comply with applicable limitations.

2. LOCKER ROOMS AND OTHER CONGREGATE SETTINGS

- A. Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. Swimming facilities may determine this limit or possibly restrict access completely to locker rooms. Please consult your specific facility for further information.
- B. Schools shall make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
- C. All congregate areas shall be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- D. Any equipment that will be kept in student lockers and/or in these areas shall be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools shall develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.

- E. Schools shall consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools shall open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.
- F. Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, on the pool deck and other areas where students may congregate other than shower facilities.
- G. Limit seats in the timing areas to essential personnel with a recommended distance of six feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- H. As part of their overall plan, schools shall develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan shall include protocols for redistributing these items to students. Involved staff shall be trained specifically on these protocols.

3. SWIMMING PRACTICES AND CONTESTS

- A. Face coverings shall always be worn by all individuals in except for when engaging in activities that include training in water.
- B. Physical distancing measures shall always be in place other than when engaged in competition.
- C. Bench or chairs on the deck must be set up six feet apart.
- D. Sportsmanship is a key component, while physical contact of handshakes, fist-bumps, etc., are not allowed teams are encouraged to acknowledge their opponents in pregame and postgame rituals with a physical distance observance of the team's choosing.
- E. It is recommended that drills and conditioning models designed for athletes to remain six feet apart.
- F. Swimming competitions and practices must comply with all OHA restrictions and guidance. Please review the OHA Indoor Recreation and Indoor Fitness Establishments guidance carefully to ensure compliance.

4. MEET OFFICIALS AND STAFF

- A. Meet officials are responsible for bringing their own beverages and own food items to the site.
- B. Officials are responsible for bringing their own hand sanitizer and sanitizing wipes.
- C. Meet officials are responsible for bringing their own face covering and whistle. If the official would like to use an electronic hand whistle that is allowed.
- D. Maintain physical distancing of six feet while performing duties.
- E. May wear gloves – including medical latex gloves, work gloves designed specifically for officiating.
- F. Officials will arrive to the site/facility dressed in their uniforms.
- G. Officials will wear face coverings/masks when entering host facilities, on the court throughout the pregame warm-up, and when exiting the playing court and facility. Cloth masks should consist of a solid neutral color with no designs on them.
- H. Officials' meetings shall be conducted while practicing proper physical distancing.
- I. Officials shall not engage in handshakes or fist bumps with players, coaches or administrators.
- J. 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.

VIRTUAL MEET CONSIDERATIONS: Please review this document carefully if your team plans to participate in a virtual meet.

SWIMMING UNIFORM CLARIFICATIONS: The OSAA has created a document to help with reminders regarding uniform requirements in swimming. With NFHS rule being different that USA swimming it is important to ensure that parents, athletes and coaches are aware of those difference. Please ensure athletes are prepared with NFHS compliant suits for competitions.

5. PARTICIPATION LIMITATIONS (OSAA Handbook, Participation Limitations, Swimming)

(Revised December 2020)

- A. **Team.** A school team shall not compete in more than ~~12 meets~~ **nine meets** ~~eight meets~~ at each level of competition, exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may

participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing **their** school, it shall count toward the school's team limitation.

- B. **Individual.** A student shall not compete in more than ~~12 meets~~ ~~nine meets~~ **eight meets**, exclusive of the varsity district meet and state championships.

6. **INTERRUPTED CONTESTS** (*OSAA Handbook, Executive Board Policies*)

(*Revised Fall 2013*)

Following is the policy concerning interrupted athletic contests. NOTE: For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

NFHS Points of Emphasis for 2020-21:

Communication between the Referee and Table. Rules 4-1 and 4-2 establish the meet referee as the head official for all competition with responsibilities and duties that include assignment, instruction and oversight of all other meet officials listed in Rule 4. This role is especially critical in the areas of timing/judging, scoring and determination of results; it requires constant communication between the referee and the individuals responsible for those functions, especially the timing system operator (4-8) and the meet management software operator (4-10). To ensure the meet progresses without unnecessary delays, the referee should be in constant communication with the table throughout the meet. The NFHS Swimming Officials Guidelines Manual lists several items to consider: Prior to the start of the meet the referee should confer with the meet management software operator and timing system operator to be sure they understand their responsibilities related to starts, finishes, registration of the proper number of laps completed and reporting any discrepancies between the pad times and backup times to the referee. Meet management software operators should never adjust any times without being directed to do so by the referee. It is recommended the referee discuss with the meet management software operator his/her role in helping the referee verify that no swimmer has exceeded the individual entry rule. In championship format meets, suggested times to verify entry limitations are: a) prior to the start of preliminaries; b) after each relay event in both preliminaries and finals; c) upon completion of the preliminaries, prior to printing results of that session; and (d) upon completion of the finals, prior to printing final meet results.

Establishing the Official Time. A legal finish requires the competitor to contact either the touchpad or the finish end wall (defined in Rule 1-1-1) according to the finish rules pertaining to the stroke being swum. This means that the initial point of contact with the end wall determines the final time for that lane as well as the final results for that heat. The referee must understand the tools that are available to determine that final time: order of finish determined by human finish judges/referee, touchpad, button, watch. When the referee determines that the swimmer's first point of contact at the finish of the race is:

- a. the touchpad, that time shall be the official time;
- b. the touchpad, but a difference of more than 0.3 seconds between the automatic time and backup time exists (indicates a potential malfunction). The referee determines that such malfunction has occurred, and the backup time for that lane shall be integrated into the results from the other lanes to determine the official order of finish;
- c. not the touchpad, the official time shall be the time registered by the backup system for that lane (semi-automatic button or manual watch). If other information supports the legitimacy of the human generated time (order of finish, times in other lanes, etc.), that is the official time.

The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules and can order that a race be re-swum when there is obvious unfairness, such as a lane line malfunction or a power outage. In the case of a timing malfunction, the referee is expected to utilize other information or data such as his/her order of finish, times on other lanes, etc., to verify the single data point (watch/button) is accurate. Referees have the authority to reject times that are clearly inaccurate and to determine placing without assigning a specific time to a swimmer.

Signals for Officiating Swimmers with Disabilities. Language and officials signals regarding the inclusion of students with a disability now appear as an appendix in the 2020-21 NFHS Swimming and Diving Rules Book. Included are updated images of officials signals for the forward and backstroke start as well as images for modified starting positions. Specific accommodations for visually impaired and hearing-impaired competitors are also provided. These guidelines are provided to assist state associations in working with schools for the inclusion of students with disabilities. Officials' training prior to the start of the season should include review of these signals and procedures, and state associations may approve their use upon request without further authorization. Accommodations for students with special needs may be addressed through the rules and policies set forth by a variety of

organizations, including Special Olympics, Disabled Sports USA, US Paralympics and USA Swimming. Contact information is provided in the beginning of the NFHS Swimming and Diving Rules Book. An accommodation may be permitted provided it does not fundamentally alter the sport, heighten risk or place opponents at a disadvantage.

HEALTH & SAFETY <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding air quality, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.