



Sport Specific Guidelines

In-person Swimming can return to training and competition in Phase B, C, and D following the requirements outlined in the Return to Activities plan, as well as the specific Sport requirements listed below:

SOPA Requirements

- Must ensure that the venue is following the protocols outlined in the NGB guidance: <https://www.usaswimming.org/utility/landing-pages/coronavirus>
- Participants must be able to swim independently without in-pool support or assistance.
- Participants must avoid close contact while entering and exiting the pool and the facility.
- Participants need to be able to follow the instructions for safe spacing in the water.
- Swimming activities must be structured so that social distancing can be maintained throughout the entire practice time - including facility arrival, entering the pool, during swim time, exiting the pool and exiting the facility.
- Dedicated lanes for SO athletes is a requirement. If a pool must be shared with the general public:
- The training facility must be able to provide an empty lane between SO athletes and members.

SOPA Recommendations

- Share the information on rules and expectations with the athletes and parents ahead of time so that everyone understands what to do and why
- Consider the facility layout - location of the pool in the building, rest room facilities, deck space, lane lines, and where the ladders or steps for entering and exiting the pool are located
- Check with the facility for the protocols used for their swim team (if they have one) or their member use of the pool.
- Develop practice plans that allow for athlete and coach spacing during the in-pool session.
- **Protocols for athlete safety in the pool:**
 - There should be a maximum of three swimmers per lane.
 - Lap swimming should be done in circle swims with swimmers of similar ability in a lane. Swimmers must be able to properly maintain speed in order to ensure proper distance is kept between swimmers

- If swimmers stop for instructions, only one swimmer should be at a wall at one time. For example, with 3 swimmers in a lane, one swimmer could be at the wall each end, and one in the middle of the pool would hold the lane line to rest.
- At least one coach should be at each end of the pool to ensure that swimmers don't crowd at the wall.

- Use of locker rooms should be avoided
 - Athletes should arrive at training already dressed in their swimsuits to minimize the risk of using changing facilities. Athletes leaving the pool can be assigned to an area on deck to dry off and cover up properly to be to return to their vehicles without needing to change out of their swimsuits
 - Athletes should use the restroom before leaving home, but if needed during practice, restrooms should be used one person at a time. It is recommended that the covid coordinator is wiping down the area between use.