

OVERVIEW

Potomac Valley Swimming (PVS) formed the Return to Competition Task Force (the Task Force) to bring together coaches, officials, meet directors and athletes from across PVS to begin developing proposed plans and protocols to assist PVS leadership and individual teams navigate the process of returning to competition.

Meeting remotely over the past six weeks, the Task Force, in accordance with USA Swimming guidance, has identified five principal Areas of Discussion and delineated a number of key points and questions related to each focus area.

The Task Force strongly agrees with USA Swimming's "Crawl, Walk, Race" guidance, and believes that such a measured, phased-in approach to the recommencement of competition serves the best interests of all our stakeholders. To that end, the Task Force has developed a staged progression for the return to competition in PVS. The Task Force has also identified questions and concerns that should be considered during the sanctioning process and commenced drafting procedural and logistical protocols/guidelines that hosts should follow in preparing for and hosting meets.

Finally, the Task Force has included information on the sanctioning of open water events and safety protocols for events in National Harbor.

The Task Force would like to emphasize that the health and safety of our PVS athletes and their families, coaches, officials, volunteers and facilities staff are our greatest concerns and those concerns have directed all of our discussions. In addition, the Task Force strongly believes that the principles of consistency and fairness must also be at the forefront of the sanctioning process.

This is clearly a work in progress. The situation in which we all currently find ourselves is unprecedented and conditions are changing by the minute. The information, thoughts, ideas, questions and suggestions contained herein are merely a starting point for further discussion, research and refinement.

TASK FORCE RECOMMENDATIONS

1. Stages of Competition

**Crawl, Walk, Race*

RECOMMENDATION: SANCTIONS SHOULD BE GRANTED BY PVS NO SOONER THAN 5 WEEKS AFTER ALL TEAMS IN PVS HAVE BEEN ALLOWED BACK IN THE WATER BY THE RELEVANT LOCAL AUTHORITIES AND HAVE ACCESS TO POOL TIME

- a. **Team race days (unsanctioned)**
 - i. Done during practice
 - ii. Times can be submitted to the unofficial SWIMS database being developed by USA Swimming at virtualmeets@usaswimming.org
- b. **Virtual meets (unsanctioned)**
 - i. This is a meet with one host team for a period of up to 10 days across one or more sites. The sites are under the umbrella of the host team using the same order of events.
 - ii. This meet requires no sanction and no officials. The merged results can be submitted to the unofficial SWIMS database being developed by USA Swimming at virtualmeets@usaswimming.org

NOTE: TIMES FROM ALL UNSANCTIONED MEETS CAN BE SUBMITTED TO THE UNOFFICIAL SWIMS DATABASE BEING DEVELOPED BY USA SWIMMING

- c. **Intrasquad meets (sanctioned)**
 - i. One team only with a sanction for a period of up to 10 days.
 - ii. If involves more than one team site/group, racing will be virtual and results merged and submitted to PVS Times Coordinator at results@pvsswim.org
 - iii. How do some teams get sanctioned if they are not in a certified pool?
- d. **Virtual meets (sanctioned)**
 - i. <https://www.usaswimming.org/docs/default-source/regulation-docs/virtual-meets-2020-0401-rev-1.pdf>
 - ii. How many officials are willing to work meets?
 - iii. This is a meet with one host team and one sanction for a period of up to 10 days across one or more sites. The sites are under the umbrella of the host team using the same order of events.
 - iv. Results will be merged and emailed to the PVS Times Coordinator at results@pvsswim.org

QUESTION: What are the triggers for moving to: (i) in-person meets dual meets; and then to (ii) in-person multi-team meets?

- e. **Dual in-person meets (sanctioned)**
 - i. Run same as sanctioned virtual meets but with only two teams at one location.
- f. **Tri- or multi-team in-person meets (sanctioned)**
 - i. How do you screen for meet attendance? Does it fall on each individual team?
 - ii. Must rely on honest reporting of COVID-19 related issues

- iii. Run same as sanctioned dual meets but with multiple teams at one location

2. Draft Procedural/Logistical Protocols for Meets

a. Mandatory Pre-Conditions that Must be Met

- i. Relevant government/regulatory authority allows swimming events involving more than 100 people
- ii. A facility agrees to host such an event in compliance with applicable rules and regulations and the protocols set forth below
- iii. Meet host submits meet announcement to PVS containing additional information required by USA Swimming when applying for sanction <https://www.usaswimming.org/docs/default-source/governance/2020returntocompetitionlscsanctionreqsv2i-3.pdf>
- iv. Meet host conducts ongoing consultation with PVS to insure compliance with sanctioning requirements and obtain assistance with risk mitigation/transfer, including insurance coverage and execution of waivers by all participants, if required
- v. Maintain compliance with USA Swimming regulations at all times, including those contained in the Minor Athlete Abuse Protection Policy (MAAPP)

b. General Meet Parameters

- i. No more than 80 swimmers
- ii. Meets should be pre-seeded with no deck entries
- iii. First several meets should involve only be high school-aged swimmers
- iv. Once protocols and procedures have been deemed safe, younger swimmers can be phased in
- v. Mini meets will be introduced last, if at all
- vi. To the extent allowed by MAAPP, restrict spectator access to the spectator area
- vii. but teams should consider live-stream
- viii. Short sessions of no more than two hours, with multiple sessions per day and/or multiple sites utilized
- ix. Cleaning time of at least 30 minutes built into timeline between session
- x. Masks must be worn by all persons except those physically in the water and the next heat up behind blocks
- xi. Meet announcement should contain provision that anyone refusing to wear a mask or comply with other rules/restrictions will be required to leave
- xii. Meet hosts and attending teams should each identify a spokesperson to act as the single point of contact for the press and other inquiries should any participant test positive

c. Pre-Meet and Setup

- i. Host team to set up equipment and ensure it is in working order
- ii. Touch pads, harness, buttons and other equipment
 1. If possible, Starter should bring his/her own personal microphone
 2. Label button 1 with green tape (for timer) and label button 2 with red tape (for next heat up to press)
 3. Colorado/Daktronics timing system to have single operator per session

4. Hy-tek system (including printer) to be run by single AO
 5. Scoreboard (if using)
 6. Limit reliance on paper as much as possible
 - iii. Once equipment setup is complete, all equipment must be disinfected
 - iv. Host team to designate and mark team areas
 1. Size of team area to be determined by number of swimmers present
 2. Establish 10 feet distance between team areas
 3. Create diagrams to show flow of athletes to staging area (clerk of course), to the pool and back to team areas to maintain social distancing
 4. Utilize stands/bleachers that would normally accommodate spectators for swimmers
 - v. Host team to designate and mark clerk of course
 1. Should have space to accommodate 2 heats and maintain at least 6 feet between swimmers
 2. Affix tape on deck to indicate where swimmers should stand
 - vi. Host team must work with the facility staff to determine cleaning schedule for locker rooms - At least once per hour and after every session is recommended
- d. Volunteers**
- i. Timers - 1 per lane plus Head Timer
 - ii. Marshalls (4)
 - iii. Check in (2)
 - iv. Starter (1)
 - v. Meet Referee (1)
 - vi. Deck Referee (1)
 - vii. CJ (1)- to cover far end of pool
 - viii. Stroke and Turn (2)
 - ix. Timing System Operator (1)
 - x. Administrative Official (1)
 - xi. Meet Director (1)
 - xii. Clerk of Course (2) (consider combining this with check in position)
 - xiii. Other?
 - xiv. Total = 25 volunteers
- e. Arrival**
- i. Designated entry for meet participant with a clear/direct route to pool
 - ii. Designated marshal(s) to screen all incoming participants and volunteers for the following:
 1. Fever
 2. Presence of symptoms (cough, shortness of breath, nasal congestion, body aches, loss of taste/smell, diarrhea, nausea, vomiting, chills)
 3. Recent travel to "Red Zone" area, including, but not limited to, SC, FL, TX, AZ
 4. Disposable bracelets should be given to volunteers/officials who pass screen and are allowed on deck
 5. Swimmers arrive with suits on (no changing in locker rooms)
 6. Use of tech suits is strongly discouraged or prohibited
 7. Officials and Volunteers

- a. If possible, pre-meet officials and timers meeting/briefings should be held by Zoom or conference call prior to the meet to limit gathering at the pool.
- b. Meet Director, Deck Ref, Starter, AO, and Marshals only the volunteers allowed on deck prior to warm-up
- c. Stroke and Turn (2) and CJ (1) arrive no more than 30 minutes prior to start of meet
- d. Timing operator to arrive no more than 30 minutes prior to start of meet
- e. One timer per lane plus Head Timer arrive no more than 20 minutes prior to start of meet
- f. Clerk of Course (2) arrive no more than 15 minutes before start of meet (or use check-in Marshals as Clerks of Course)

g. No late arrivals allowed

8. Meet Director must record contact information for all Officials, Timers and Volunteers

f. Warm-Up

- i. Number of swimmers per lane will be determined by applicable local restrictions
- ii. Actual arrangement/placement to be determined by pool layout, number of lanes available and physical distancing requirements
- iii. Examples
 1. If there are 80 swimmers and three 20-minute warm up sessions and three swimmers per lane, 8 lanes will be required.
 2. If there are 80 swimmers and two 30-minute warm up sessions, 14 lanes will be required
- iv. Invigilation by Starter and Marshals required on deck to encourage masks and social distancing
- v. No positive check-in
- vi. No deck entries

g. Running the Meet

- i. Swimmers must remain in their designated team areas when not in the water or in the Clerk of Course
- ii. Each team should designate one coach on deck as a COVID rules expert responsible for enforcing protocols and serve as point of contact for meet officials in case of questions or observed violations
- iii. Marshals continuously monitor social distancing, mask usage and team areas
- iv. To the extent possible, consider racing in every other lane
- v. Provide chairs for timers to sit when not standing for heat finish
- vi. No continuous warm-up/cool-down during the meet
- vii. If possible, provide all Stroke and Turns with radios to reduce need for close interactions
- viii. **Heats**
 1. Heat 1 starts behind blocks with no masks
 2. Heat 2 stands 6 feet behind blocks
 3. Heats 3 and 4 are at clerk of course
 4. Heat 1 goes off, Heat 2 places mask in gallon ziplock bag and steps up (bags can be distributed on admission or requested to be brought from home)

5. At completion of Heat 1, Timer plus Heat 2 swimmer press buttons. Timer also obtains watch time.
6. Heat 1 remains in water until Heat 2 is sent off
7. Once Heat 2 goes off, Heat 1 steps out, puts masks back on and returns to designated team areas.
8. After Heat 2 goes off, Heat 3 removes masks and steps up to press button at completion of Heat 2
9. Position Starter and Referee on opposite sides of the pool or in another configuration that complies with social distancing requirements

10. Considerations for Referees

- a. Recommend use of electronic handheld whistle that allows for short whistles to alert the athletes in next heat to ready themselves and then the long whistle to step up on the blocks or mechanical squeeze whistle
 - i. <https://fox40shopusa.com/products/electronic-whistle>
 - ii. <https://www.gophersport.com/supplies/whistles/electronic-whistles>
 - iii. <https://www.ssw.com/item/mechanical-squeeze-whistle-W11571/>
- b. Referee uses no whistle and indicates to Starter to give “Step Up Command” in place of long whistle (this occurs after completion of the heat) and give Heat 2 swimmers 2-5 seconds to drop buttons and take a deep breath)

11. Continue to write DQ slips (CJ/ref) and give to AO. Coaching representative can collect slips at end of session

12. **Question:** Does paper work get collected at the end of each event, after 3-4 events, or after the end of the session?

h. Completion of Session

- i. Stop watches, pencils, clipboards are returned to box and wiped down prior to next session
- ii. Meet results published on MeetMobile
- iii. Ref, Starter and TO program still collected by AO
- iv. Chairs, bleachers, timing equipment, door knobs disinfected
- v. If Starter not using personal device, microphone disinfected
- vi. Meet Ref, Meet Director, Starter, Clerk of Course and Team COVID contacts meet briefly for debrief (monitoring)
- vii. Request teams report any swimmer or coach who tests positive for SARS-Cov2 within 7 days of meet for contact tracing and general warning of meet volunteers/participants of potential exposure
- viii. Meet Director to maintain record or contact information for all Officials, Timers and Volunteers

3. Other Considerations/Questions

- a. Video capabilities to stream meet?
- b. USA Swimming Return to Competition, page 2: “Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child”
- c. How to handle volunteers who are sick and cancel at last minute
- d. Utilize only CJs who are Starter/Ref certified but recommend providing backups

- e. Should there be a max age for officials until procedures and protocols are deemed effective and disease transmission prevented?

Areas of Discussion

“Service the base but don’t cut the top off”

1. What Matters

- a. To a large extent, what matters depends on the individual swimmer
 - i. **Athlete’s perspective**
 - 1. Is it the official time or the process of competition?
 - a. For the older swimmers who have already committed to college, the act of competition is what matters most.
 - b. For more competitive swimmers, cut times are the focus, but the act of competition is also important.
 - c. For a large percentage of swimmers, competition and “seeing where they are” are both very important.
 - 2. Swimmers want something to work for but most are not interested in a high-pressure champs style meet at this time.
 - 3. Right now, swimmers will likely be satisfied with some form of friendly competition and just getting some races under their belts.
 - 4. There is some pressure to return to competition as soon as possible to record times for college recruiting, etc., which is being intensified by some areas of the country opening up before PVS (this is particularly relevant for rising sophomores, juniors and some seniors).
 - 5. Swimmers are very aware of the health concerns for athletes and other high-risk participants (coaches, volunteers, officials, family members, staff). They see the following as key areas of risk:
 - a. Hospitality
 - b. Introduction of “unknowns” (swimmers and coaches outside their teams, officials, volunteers, spectators)
 - c. Travel (they agree with travel being very limited)
 - ii. Social development
 - iii. Balance
 - iv. Family aspect
- b. **Virtual Meets**
 - i. **Athlete’s perspective:**
 - 1. Allows for friendly competition in a team environment but has limitations
 - 2. Much of the competitive feel/energy will be lost
 - ii. Tri or multi-team basis
 - iii. Use of technology (e.g., Zoom) to make the meets feel more “live”
- c. **Age Group Specifics**
 - i. **Minis**
 - 1. First time experience, nerves, excitement, worried parents
 - 2. Must be a positive experience
 - 3. Practice can be boring, but meets can be exciting. Provides meaning to what they are doing

- ii. **9-14 year olds (NOTE: This group seems to be emerging as a priority)**
 - 1. Focused on time improvements
 - 2. Focused on qualifying times (JOs, JR/SR Champs, NCSA, beyond)
 - 3. Older swimmers in this age group are looking toward to national meets
 - 4. **RETENTION** - After the layoff, a number of them are likely deciding they do not want to continue swimming (they lost JOs, lost summer league, interest is waning and other youth sports are approaching normalcy)
 - 5. Parents and swimmers often want/need instant results, so need to build a meet that gives them “instant” gratification
 - 6. Meets can focus on relays or “pentathlon” formats
 - 7. Build team /club spirit and make competitions more “team” based (similar to summer league)
- iii. **15-18 year olds**
 - 1. Feeling the pressures of college recruiting, Trials, national level qualifications, particularly when other areas of the country are opening much faster
 - 2. Many are simply missing their teammates and the fun of swim meets
 - 3. Looking to get back to competition of any kind as soon as possible
 - 4. Consider meets with virtual prelims and finals at multiple sites
 - 5. Consider hybrid meets with virtual prelims and in-person finals session
 - 6. Should not overlook the importance of high school swimming

2. Major Risks Associated with Returning to Competition

“The Major Risk is the loss of swimming as we know it, which is caused by a loss of CONFIDENCE in the Sport's leadership doing the right thing.”

a. **Avoidance of Risk/Mitigation**

- i. Strictly limit the number of swimmers at meets
- ii. Reduce/limit number of events per swimmer
- iii. Limit number of events/heats
- iv. Limit duration of meet
- v. Reduce the number of officials required for a sanctioned meet or and keep officials to the bare minimum
- vi. Limit the reliance on volunteers
 - 1. Utilize swimmers/coaches to fill some volunteer positions?
 - a. Next heat of swimmers act as timers - Morgan and running UMD club meets and follow those protocols
 - b. Increased reliance on Meet Mobile
 - 2. Reduce number of volunteers required
- vii. Continue to require wearing masks (athletes, coaches, officials, volunteers)
- viii. Set up computers on the deck rather than in office
- ix. Run prelims at multiple sites and come together at a single facility for finals

- x. No hospitality or pre-packaged, individual items only
- b. **Transfer of Risk**
 - i. Obtain specific insurance coverage through USA Swimming
 - ii. Insure compliance with labor safety rules for coaches
 - iii. Obtain waivers from parents, athletes, officials and volunteers
 - iv. Obtain waivers/indemnity from facilities
 - v. Steps to insure athletes, coaches, volunteers, spectators are cleared to enter facility include
 - 1. Temperature scans
 - 2. Questionnaires
 - vi. **Question - Is it wise to rely exclusively on facilities to clean/disinfect locker rooms, etc.?**
- c. **Acceptance of Risk**
 - i. With any competition, there will be risks we simply cannot eliminate
 - ii. **Question - How much risk are we willing to accept?**

3. **Meet Operations Discussion Points**

****Manage expectations***

****Changes to credentials/Deck Pass to include COVID clearance***

****Athletes, coaches, officials and volunteers must comply with all applicable social distancing requirements at all times.***

- a. **Athletes**
 - i. Athletes will wear masks when entering and exiting facilities, on deck and during dryland activities
 - ii. Athletes must arrive and depart in their swimsuits. Athletes will not be permitted to change or shower at the facility
 - iii. Athletes should arrive no more than 5 minutes prior to their scheduled warm-up times. If athletes arrive early, they must wait in their car until time to enter the facility. Athletes must depart the facility immediately upon the completion of their race(s)
 - iv. Once athletes enter the building, they will go to their designated spots and await instructions from their coaches
 - v. Athletes should bring 1 full water bottle to each meet
 - vi. Each swimmer and/or his or her parents is responsible for cleaning and sanitizing his/her belongings before arriving at the facility
- b. **Coaches**
 - i. All coaches will wear masks at all times during meets
 - ii. All coaches will wear gloves when checking in athletes, taking temps and when handling equipment or objects handled by other coaches or swimmers
- c. **Officials**
 - i. **Each starter gets his/her own mic**
 - ii. Limit numbers required to run the meet/keep officials to bare minimum
 - iii. **Question - How do we limit the amount of paper used?**
 - iv. All should be tested or otherwise cleared
 - v. All officials will wear masks at all times during meets
 - vi. Officials walk on deck last
 - vii. Position starter and referee on opposite sides of the pool or in another configuration that complies with social distancing requirements
- d. **Volunteers**

- i. Buttons
 1. Must be sterilized after each session
 2. Each timer must use own button - label buttons (red/green) and assign color to each timers
- ii. All volunteers must wear masks at all times during meets
- iii. Must be tested or otherwise cleared
- iv. Increased role of marshals
 1. Enforcing mask rules
 2. Enforcing social distancing
- e. **Spectators (all restrictions must comply with MAAPP)**
 - i. To the extent allowed by MAAP, restrict spectator access to the spectator area during a meet
 - ii. No spectators will be allowed on deck during a meet
 - iii. To the extent allowed by MAAPP, no spectators will be allowed in the locker rooms during a meet
- f. **Facilities**
 - *Most difficult to mitigate*
 - *Local rules/restrictions/guidelines will govern*
 - i. Find a facility to actually host a meet
 - ii. Disease transmission in locker rooms
 1. Not currently using locker rooms
 2. **Question** - During meets, how do we allow access to locker rooms but control access?
 3. Swimmers, coaches, officials and volunteers should limit their use of the locker rooms to emergencies only
 4. Is it wise to rely exclusively on facilities to clean/disinfect?
 - iii. Multi-use facilities
 1. Most PVS facilities are multi-use so gyms and other areas will be open during meets
 2. **Question - How do we control access/limit risk?**
 - iv. Facility-specific layout and setup options
 1. Facilities should have a one-way entrance and one-way exit for swimmers
 2. Use every other lane
 3. Start from opposite ends
 - v. **Question - Should temperatures of all swimmers, coaches, officials and volunteers be taken prior to entering the deck and anyone with a temperature of 100.4 degrees or more be sent home?**
- g. **START SMALL!!!!**
 - i. LSC support is critical and teams must work together
 - ii. All sessions should involve no more than 80 swimmers and run no more than two hours.
 - iii. Consider conducting a trial run with 14&Over swimmers
 - iv. Particularly in multi-use facilities, create entry and exit pathways that bypass locker rooms and busier parts of the building
 - v. Meets should be pre-seeded with no deck entries
 - vi. Create a record of everyone in the venue
 - vii. Retain heat sheets for contact tracing

4. Monitoring

- a. Conduct regular after-action reviews to obtain feedback from meet hosts and attendees
- b. Create a database of what worked, what didn't, how we can improve

5. Development of a New Financial Models for Meets

- a. Expenses associated with running meets will increase dramatically
- b. Meet fees will increase dramatically to cover additional costs and reduced numbers
- c. Can/should PVS help facilitate?
 - i. Meets co-hosted by several teams and PVS to reduce costs to individual teams
 - ii. PVS help meet hosts negotiate with facilities to reduce lane/equipment rental fees

Outstanding Questions

Just because we CAN hold a meet, SHOULD we?

1. Will facilities even allow meets? Under what conditions/limitations?
2. How do we cover the increased costs of running meets due to reduced numbers and increased expenses?
3. Do we need to allow teams to go at this piecemeal?
4. Do we wait until everyone has the same access to pursue meets?
5. To keep the playing field level, wait until 2021?
6. Concern is that swimmers will leave the sport but have a responsibility to follow the rules and make it fair to everyone
7. There may be a narrow window to get a competition in before the most at-risk part of the Fall/Winter arrives.
 - a. Must be a facility that can accommodate all swimmers in the LSC - must be equal opportunity for all.
8. Maybe focus on specific facilities throughout PVS and run small meets/cycle through
 - a. Who cleans the facilities and equipment in between sessions?
 - b. What are the high-touch items during a meet and how do we clean them?
 - i. Backstroke handles
 - ii. Blocks
 - iii. Pads
9. How do we control entry/exit, particularly in public facilities?
10. If swimmers must wear masks, where do they put their masks while they are swimming
 - a. Idea - each swimmer must have something to put their mask in that is not multi-use - ex: zip-lock bags
11. How does the starter use the mic?
 - a. Wear gloves and masks?
 - b. Each starter gets his/her own mic
12. How do we reduce the amount of paper or eliminate paper used in a meet?
13. How do we protect the office staff?
 - a. Limit to CO, AO?
 - b. Socially distance them with longer cables, etc.

- c. Do not use enclosed offices, but place them on deck
- 14. What procedures do we need to adjust in order to remain in compliance with USA Swimming rules?
- 15. What is the insurability/liability for teams holding small, unsanctioned meets? What is the insurability/liability for teams holding sanctioned meets? *If all local rules and USA Swimming requirements are followed, and all coaches, athletes and officials are active members, USA Swimming insurance should be sufficient*
- 16. What if a parent refuses to wear a mask? *Meet announcement should contain provision that anyone refusing to wear a mask will be asked to leave*
- 17. What if a parent demands access to the child during competition? *The swimmer will be required to leave the competition and not allowed to return*
- 18. Is this a good opportunity to re-vamp meets like JR/SR Champs?
- 19. How do we deal with the public relations/optics of implementation of the protocols?
 - a. People will be watching and reporting any violations of protocols
 - b. How do we deal with complaints/reporting?
- 20. What about promoting open-water swims for PVS?
 - a. National Harbor is open and operating under protocols
 - b. Open water events are expensive to run and not a year-round option
 - c. **Question: shouldn't we be careful about what we promote if some teams are still not in the water?**

RESOURCES

USA Swimming Return to Competition Plan

http://info.usaswimming.org/rs/236-KCZ-495/images/2020ReturntoCompetition.pdf?mkt_tok=eyJpIjoiTW1Rd05UUmhVZoTkRBeCIsInQiOiJBc2UwU0pOVjBkVINNb2ZPRHdLTk9SOFM0bHpnT2RpXC9IKzNlczVVC9rWVJcL3B1VWRET1wvT1A2aXVWQmZFWG5GVjlvOE1xWENYTOICMHRcL2tqNThJM2N2dE9TZW1JZDYxd3lrdENXQU1CQUtnc20xUkxkQ1wvV2hqMGx2R3JaMIRwRSJ9

USA Swimming Guidance for Virtual Meets

<https://www.usaswimming.org/docs/default-source/regulation-docs/virtual-meets-2020-0401-rev-1.pdf>

LSC Sanctioning Requirements (from USA Swimming)

http://info.usaswimming.org/rs/236-KCZ-495/images/2020ReturntoCompetitionLSCsanctionReqs.pdf?mkt_tok=eyJpIjoiT0RRM01EbGIZMlI3Wm1KaCIsInQiOiJwMXIQNEs4aDITWkpsak5La3M4dDdJYzlhall3NWZYRkNtQ1V5XC9TV2VnM3lpY0dGd2kwSUc2RzNQNVIacVRDRIV1eEFMWU5KYW5LdWFWZXEyaDFwM1NyV3ZcL2RkUE8yRFJGeTBidEN5eFI3ZjZTVzlmY3IRc3NkXC83QIZSWIJINCJ9

LSC Sanctioning Requirements Checklist (from USA Swimming)

<https://www.usaswimming.org/docs/default-source/governance/2020returntocompetitionlscsanctionreqsv2i-3.pdf>

Electronic and Mechanical Squeeze Whistles

<https://fox40shopusa.com/products/electronic-whistle>
<https://www.gophersport.com/supplies/whistles/electronic-whistles>
<https://www.ssw.com/item/mechanical-squeeze-whistle-W11571/>

USA Swimming Open Water Guidelines

<https://www.swimmingworldmagazine.com/news/usa-swimming-releases-open-water-guidelines/>

Open Water Protocols for National Harbor (from WaveOne)

<https://www.waveoneopenwater.com/health-protocols>

Protocols from Spartan Aquatics July 10-12, 2020 Sanctioned Meet (Freedom Aquatics Center, Norcross, GA)

NOTE: They have been in the water since May 14, 2020

1. No more than 50 people in the building
2. No spectators allowed at this time, we are live streaming the meet for our families to watch
3. We encourage all our athletes to wear a mask
4. Each person will be screened and their temperature will be taken at the door before they enter
5. Each swimmer is assigned a number around the pool that is 6 feet or more from others
6. Swimmers stay at their numbers until given further instructions

7. 4 people per lane with at least 6 feet of distance
8. When a swimmer completes an event they wait until the last person finishes and then the entire heat will do 3 laps easy and exit the pool at the other end and report back to their number and designated area
9. Once they have completed their events they will clean up their area and exit the building from the exit door located just off the pool deck
10. Restrooms are limited to 1 person at a time with locker rooms closed until further notice
11. All coaches, officials, and timers will wear a mask at all times while in the building
12. After the session has been completed the staff will do a deep clean of the pool area and disinfect all frequently touched surfaces

DRAFT