

MNSOL and CA High School Swim Meet Admin and Guidelines

Prior to the First Meet

Coach will submit a completed “MNSOL League Waiver” for each athlete and staff on the roster. This can be one scanned file (per team, female and male) with all signed individual waivers alphabetical by last name OR individual files named according to the athlete last name. Waiver and file upload instructions will be distributed to coaches separately.

COVID-19 Athlete/Coaches/Team Volunteers Monitoring Form

Each Head Coach will complete this form to verify that temperature checks and wellness questions have been completed for each Coach, Athletes, Volunteer (timers or meet assistants) in attendance for their school. See “Covid-19 Monitoring Form” for list of requirements. Each team will be responsible to have their own thermometers for performing temperature checks on site.

Per the LHSAA Fall Guidelines, item 5.i.a., “if athletes carpool to a meet, if one athlete answers “yes” to any question or is running a fever then all athletes from the carpool are not permitted to attend and must leave.” This will extend to any athletes riding with a designated team volunteer that does not pass the wellness checks.

A roster of entered athletes will be included with the form so that confirmation can be given for each athlete; coaches/team reps (up to 3) and any lane timers for the school will also be written in.

Eligible Meet Participants per school

All of these individuals will be accounted for on each team’s “COVID-19 Athlete/Coaches/Team Volunteers Monitoring Form” turned in prior to the start of warm up.

- Athletes who are entered in the meet
- Up to 3 coaches or team representatives
- Lane Timers
- There are no Spectators in the team areas or inside the pool area/facility.

Coaches will be permitted to be on the pump room side of the competition pool, standing just outside the flag area for viewing the meet (there will be a rope separating where the areas where a coach can stand). If a coach wants to talk to an athlete, the athlete must be on the other side of the rope and talk to the coach that way. This will also allow for talking with athletes pre and post race from and make it possible to keep the competition pool area individual count under 25. *If our state enters and remains in Phase 3 during the season, this may be adjusted.*

A “**team representative**” is not required to be on staff with the school (follow your school guidelines, if any, to determine who is eligible to fill this spot). One person needs to be responsible for your team area / school athletes in the queuing area throughout the meet). Each school will receive 3 lanyards at the start of the season to wear as meet credentials. Teams coming from the CCSL are asked to bring their CCSL Credentials with them to our facility.

Lane Timers

Schools will be assigned timing slots. There will be 1 per lane (mask required). In addition to operating stopwatch and buttons, each timer will be responsible for using the sanitizing spray on the block after the start of each race as required by the LHSAA (instructions will be reviewed with timers prior to each meet). There will be no timer substitutions/change out during the meet.

Spectators

Per the LHSAA, Spectators are considered Tier 3 (Non-essential) and not permitted to attend events until state/local health departments lift restrictions on mass gatherings. The CCSL will operate by the state Phase 2 guidelines in regard to spectators for the duration of the regular season but will review options for meets if in Phase 3 or beyond at that time.

- Parents are asked to wait in the car if possible or drop off your athletes and return. Please assist the League in being able to offer high school swim meets by keeping our parking lot free and flowing, without large groups gathering during the event. Team reps will be responsible for monitoring this as necessary.

Team Seating

- All seating will be set around the pavilion and shallow end side of the pool.
- Team Areas will be assigned for each meet and communicated ahead of time.
- For teams with more than 25 athletes, a second area will be designated so as not to exceed the 25 person grouping limit.
- Teams are responsible for the social distancing of their athletes in designated team areas.
- Tents and chairs are welcome. Bleachers and benches will be utilized for designated team groupings and there will be social distancing markings.
- No spectators. Designated Team Rep will be responsible for monitoring team area and parents/spectators staying "on site" in cars, waiting in the quad area, or returning for pick up.
- Athletes and coaches will be required to wear masks in team areas and all outdoor areas when social distancing is not possible.

Inclement Weather

- In the event of rain, athletes will still wait outside or alternate plans will be made depending on the severity of storms.
- The meet will only be delayed, paused, or stopped when there is lightning or rain that is too heavy to allow for outdoor seating.
- Teams should have a plan to communicate quickly with athletes in regard to rain delays prior to the start of the meet AND in the event that rain requires the meet to be paused, with coaches and athletes waiting in cars until the swim meet can resume.
- Coaches should plan in advance on where athletes that were dropped off will go to wait during a rain delay (ie, another athlete's car, etc.).
- Due to capacity restrictions, meet participants will not be able to be on the competition side of the pool during inclement weather.

Individuals Permitted to be on the Competition Side of the Pool:

- Meet Official(s)
- Athletes that are in the current heat
- Meet Management- in Control Booth
- Timers (at most 8)
- Meet Marshals (help facilitate flow of athletes prior to races)
- All non-athletes that are inside the facility will be required to wear a mask at all times and all athletes/non-athletes will require masks in the team areas/ outdoor common areas when social distancing is not possible.

Meet Format and Guidelines

Event Entry Limits

- 50 Free- 8 individuals
- 100 Free, Back, Breast, Fly- 6 individuals
- 200 IM, 200 Free, 500 Free- 4 individuals
- Relays- 1 relay team per event

Relay Events will not be included in the first cycle of meets (MNSOL will announce when relay events will be added into meets).

Tentative Meet Day Schedule

Meets will be split by gender. Default is to host a Female Meet followed by a Male meet, however CCSL will review and alternate which gender has the first meet of the day as the schedule is finalized.

- 1st Meet of the day
7:10-7:30am warm up #1 / 7:35-7:55am warm up #2 / 8:00-8:20am warm up #3 /
Meet Begins, 8:30am.
- 2nd Meet of the day
TBD based on the 1st Meet timeline. There will be a 25 minute gap between Meet 1 and Meet 2.
- Arrival may begin 15 minutes prior to the first warm up session. Temperature & Wellness Checks to be performed by Coach or designated Team Rep with the "Covid Monitoring Form" turned in prior to the start of warm up.
- Teams must be prompt to depart following the conclusion of the meet to allow the host to clean and prepare for the upcoming meet.
- Only team members participating in a meet can be on site during the meet (ie, teammates from the male team cannot be on site during the female meet and vice versa, due to event gathering restrictions).

Warm Up: Pre-Meet

- Up to 3 x 20 minute warm up sessions will be scheduled
- 3 swimmer limit per lane
- No Dives (*per LHSAA rules, blocks must be sanitized following each usage; they will be reserved for competition only*).

Warm Up / Warm Down: During the Meet

No warm up / warm down during Phase 2 due to LHSAA capacity restrictions. *In Phase 3, warm up/warm down may be added as LHSAA capacity restrictions change (to be defined if/when Phase 3 is reached).*

Flow from Clerk of Course - Race- Post Race

Clerk of Course

- Athletes must report to the queuing area on the shallow end side of the pool for heat check in, 3 heats prior to their heat.
- Masks should be worn when going to clerk of course and for their race. Social distancing will be maintained at all times. Storage bins for masks will not be provided- swimmers wearing masks to the blocks should plan accordingly (bring a Ziplock bag to place it in during the race, etc.).

Racing Procedures

- Two heats of individual events at a time will line up on the fence side of the shallow end of the pool. As one heat moves behind the blocks for their race, another heat will line up and get into lane order position (in lane order 1 to 8).
 - Spaces have been marked as to where to stand
 - Two meet marshals will help control flow and traffic of competing athletes
- Only one heat will be in the competition pool area at a time (the heat in the water).
- Athletes will go through normal procedures to step up on the block and start the race.
- Following the race, swimmers will exit the pool and walk towards the meet worker platform along the pavilion side of the pool and exit under the rope, maintaining social distance.

Block Sanitization

(LHSAA item 6.ii- *Blocks washed down between heats*)

Timers will be responsible for spraying the block with provided sanitization spray following the start of each race.

500 Free

Individuals serving as lap counters must wear masks to count for athletes competing. Lap counters will not be sanitized between races, only between sessions.

Relay Events

For the first cycle of meets, there will be individual events only.

- There will be no more than 4 relay teams per heat. Relays will be assigned to Lanes 2, 4, 6, 8 to allow for additional spacing between relay swimmers.

Viewing Races

- There will be limited spots for spectator viewing along the fence of the competition pool outside of the pool facility. Areas for spectating will be marked off following social distance guidelines. Anyone in the spectator zones is to wear masks.
- Spectators are asked to move at the completion of the race to allow others to view races.
- Spectators are not to sit, set up tents or chairs, or block the sidewalk that runs alongside the competition pool and pool facility. Coaches and team representatives will be responsible for keeping the walkway open and making sure spectators are following social distancing guidelines.
- The quad area will be available for those spectators who are unable to wait in cars or unable to leave to the distance they traveled. Tents and chairs can be set up in the grass in the quad area.
- Spectators are asked not to sit at the tables or benches outside the pool area.

- Athletes will be permitted to go to the shallow end side of the pool by the pavilion to watch races & cheer for teammates:
 - While maintaining social distancing
 - Wearing masks
 - Policing themselves by sharing spaces with other competing teams/athletes

Post Meet

- Full Results and Scores will be posted online following the meet
- Results will be posted to Meet Mobile during the meet (as frequently as possible)
- All shared equipment (i.e. chairs, watches, clipboards, official's equipment), locker rooms & restrooms will be sanitized

Additional Notes

- Hand Sanitizer Stations are available around facility
- Concessions will not be open. Teams are welcome to bring ice chests.
- Locker Room Restrooms will be available and preferred area for restroom usage
 - Sanitizer stations are available for before and after
- Office Restrooms will not be available for changing
- **Only necessary restroom usage in locker rooms are preferred**
 - Athletes must come in competition attire and leave in their competition attire
 - Deck changing is not permitted
- Teams are encouraged to set up text groups with their team for quick updates on meet finish time, rain delays, etc.
- Modifications may occur to procedures and teams will be communicated with frequently regarding changes made to any procedures.