

2021 DSA League COVID-19-19 Recommendations

For the 2021 Delmarva Swimming Association (DSA) Season, it was necessary for DSA to develop our own reopening plan guidance, due to COVID-19-19. We have attempted to educate ourselves to the latest recommendations for safety from USA Swimming and their local Health Departments of our 3 states (Delaware, Maryland and Virginia) involved, as well as, consulting with one of our team's parent board members who is an Environmental Health Specialist with the DE Division of Public Health to understand and gather best practices to establish a solid and safe reopening plan for our coaches, our swimmers and their families as well as our community.

We have read and reviewed Public Health Guidelines for Youth Sports and having asked our association's member teams to implement our protocols in line with that guidance, we also require these teams to abide by any guidelines issued by their respective states and local counties. CDC, state, and local guidelines will take precedence over our prescribed guidelines. These recommended guidelines will hopefully help guide you, not only in preparing against the spread of the COVID-19-19 virus during your meets, but in the implementation of protocols for running your meets.

DSA's Mission Statement states: *The League strives to help facilitate a safe environment for the athletes that participate in league organized competition, while not infringing upon the structure of individual clubs. The League is open to any team which wishes to join and will subscribe to the by-laws of the League and to the Association's spirit of friendly competition.*

As an umbrella organization, DSA's function is to not tell individual clubs what to do, but to guide all clubs toward a structured organization. It is the member club's agreement to abide by these rules and guidelines that gives the league structure. In that spirit, all member clubs participating in the 2021 season are asked to review the following guidelines and attest to their agreement to such. The following should be considered minimum requirements, unless superseded by CDC, State, or local jurisdictions as their laws, guidelines etc. must take precedence over DSA guidelines.

All participation in DSA meets will be voluntary. All facilities will be responsible for following all COVID-19 guidelines, but should one team or individuals of any team feel uncomfortable with any steps taken to prevent COVID-19, there will be no repercussions. In the event someone may contract COVID-19, their participation was voluntary and neither team nor the Delmarva Swim Association can be held responsible.

Deck Space Allocation:

The number of people allowed on the pool deck is determined by your local jurisdiction.

Coaches will need to communicate at least 24 hours prior to the meet to determine deck space allocation. In addition to the swimmers and coaches, the following should be included in the calculations:

- Officials numbers are still a minimum of 3, with the number used depending on the size of the pool (Champs will determine numbers prior to the event). Their functions and functionality will be discussed during Officials Training sessions.
- Teams are still required to have at least 2 DSA trained officials and should coordinate ahead of each meet to ensure the deck will be properly staffed.

- The numbers for volunteers to move swimmers on and off the deck should also be determined ahead of time by the coaches.
- Other necessary workers including lifeguards, table personnel, etc. should also be included in these numbers when determining who can be on the pool deck.
- It is highly recommended that each HOME Team have a Clerk of Course who will be responsible for volunteers moving the swimmers from the gate/door of the facility's entrance onto and around the deck.

Swimmers:

The deck will be limited to (in priority order):

- 1 - 3 heats of swimmers
- 1st heat by blocks, 2nd heat lined up on side deck, 3rd heat behind 2nd heat, moving in a rotation to the blocks
- All swimmers spaced 3 to 6 feet apart, depending on whatever guidance is required by the local jurisdiction
- As one group finishes their heat, the next heat will NOT go to the blocks until the finishing heat has left that area.

****This should function like we used to operate over many years in the past at Champs, other indoor pools, and some outdoor pools, etc.****

- Teams will bullpen their ALL swimmers outside of the pool deck (outdoors on indoor pools and outside the fence of outdoor pools), unless teams are so small that BOTH teams swimmers can bullpen on the deck.
- The home team must be off the deck if the visitors cannot all be on it, also.
- If the visiting team is much larger than the home team, the visiting team can still bring as many swimmers as they have registered, they may NOT be asked to leave swimmers behind due to the home team facility not wanting to accommodate them because of capacity restrictions.
- Additional swimmers may only be bullpenned on-deck if they are able to maintain individual proper social distancing or be in family pods.
- Indoor pools with gymnasiums or other areas available indoors for bullpen areas may utilize these facilities, as long as they maintain proper distancing and masking.
- Outdoor pools with large grass areas within their fencing may utilize these areas for bullpens as long as swimmers are able to maintain proper distancing and masking.
- When not from the same household, individuals will maintain 6ft of social distancing space at all times.
- Families may group together in pods, but individually, swimmers should maintain distancing of 3 to 6 feet, depending on whatever guidance is required by the local jurisdiction.
- These areas, if able, still require the ability to maintain proper distancing
- All seating for swimmers should be located 3-6 ft apart

Spectators

- Home facilities may attempt to rotate the parents of swimmers on the deck, in to watch their child swim, as always, being aware of deck limitations.
- At outdoor pools with fences encompassing the pool, parents may be able to watch through the fencing.
- Indoor pools should make an attempt to also rotate parents through to view their swimmers.
- Teams should encourage families, at least for this season, to try to keep the number of family spectators to a minimum.

Meet Safety Protocols:

No swimmers, coaches or staff will be allowed to participate and should remain at home if they have tested positive and have an active infection for COVID-19-19 or have any of the symptoms of COVID-19-19.

Also, they cannot participate if they have been in contact with anyone who has tested positive and has active infection for COVID-19 19 or has any of the symptoms of COVID-19-19 within 10 days.

This will be the responsibility of each individual team and overseen by the head coach.

Head coaches should also have a list of all swimmers, coaches, officials, and other volunteers that will be allowed on the deck. They should also encourage minimal family meet attendance as they will have responsibility for names of those who may expose, or be exposed, to the virus for the purpose of contact tracing.

If anyone develops COVID-19 symptoms while at a swim meet, that person will be immediately removed and isolated from others. The athlete's parents will be informed immediately.

Frequently touched surfaces will be cleaned and disinfected with an EPA approved disinfectant. The pool area, restrooms, and locker rooms will be cleaned and disinfected thoroughly on a daily basis. These facilities should be available to all attending. Frequency of cleaning should be determined by the local jurisdiction, but at a minimum of prior to and following each meet. If possible, hourly cleanings should be done.

Swimmers and coaches are required to bring their own water, towels, etc. There will be no sharing of water bottles, towels, etc. Unless approved by the local jurisdiction, there will be no concessions offered.

If approved by the facility, swimmers and spectators are encouraged to bring their own snacks and drinks.

Swimmers should be aware of Social Distancing at all times and try to avoid contact between other swimmers outside of their family pods. Group gathering should follow current CDC guidelines and use the most current guidelines to govern their contact, but still require masks to be worn by all.

Meet Operations:

- The referee will use an electronic whistle (as dictated by USA-Swimming) and not a traditional whistle.
- All swimmers, coaches, officials, and volunteers on the swim deck are required to wear a mask the entire time they are within the building or fenced perimeter of the pool, except for swimmers when swimming.
- Each swimmer will take a plastic bag with their name on it to the blocks or end of the pool where they enter it and place their mask in the bag just prior to entering the pool. Immediately after exiting the pool, the first responsibility of every swimmer is to put their mask back on.
- Upon arrival, swimmer's bags and their water bottles will be placed 3-6 feet apart (depending upon jurisdiction) in their seating area
- ALL Relays will be moved to the end of the meet for the 2021 season, to allow all competitors the opportunity to qualify in their individual events first, as meets will take much longer.
- Meets will still maintain all current time frames, with evening dual or tri meets starting at 6:00pm and ending no later than 9:15pm.

- Warm-ups will still take place with the home team having from 4:45-5:15pm and the visiting team from 5:20-5:50pm, allowing for any clearing and cleaning if needed, from 5:15-5:20pm and a 10 minute break prior to the start of the meet to ensure the deck has been cleared and cleaned, and to allow the Clerk of Course to prepare for the start.
- In the event that pool operations do not allow for this timing of warmups, the home team coach will work with the visiting coach at least 24 hours prior to the meet to determine equal and equitable times for both teams warm-ups.

***Please be aware that local jurisdictions have different requirements for warmups. i.e. – Delaware currently allows up to 6 swimmers per lane, swimmers must maintain social distancing. Each team should be aware of local restrictions, share this information with the visiting team, and allow for preparing for warmups appropriately. *** These requirements may severely limit the time allowed for warm-ups, plan accordingly.

- If a team has 3 lanes for warmups, it is recommended 2 be used for start practice on the blocks and the third be a return lane to alleviate the need for swimmers to exit the pool and have to re-mask where their mask may not be located. This method may be adjusted by the amount of lanes available for warm-ups.
- Lifeguards, pool personnel, etc. responsible for cleaning will have the 10 minutes prior to the start to wipe down any areas necessary. A 10 minute break (or multiple breaks) may be taken for cleaning during the meet, as necessary.
- Each swimmer is still allowed to participate in up to 3 individual and 2 relay events per meet. Meets will move more slowly than in years past, but with Relays temporarily moved to the end for this year, swimmers should get every chance to qualify for Champs.
- DSA reserves the right to adjust Champ's Qualifying Times later in the season to regulate the number of participants due to the restrictions in the time frame of our one day DSA Championships format.
- Team swimming is considered a medium risk sport according to State of Delaware's Department of Public Health Guidelines for Youth Sports.
- We will follow all requirements related to medium risk sports. We intend to run the meets in a slower than usual manner in order to accommodate for social distancing during the entry and exiting of the pool, and for any other safety necessities. If at all possible, it will be a one-way flow of traffic toward, and a separate one-way flow away from the pool.
- Timer volunteers will be limited to one per lane for indoor meets using automated timing systems to allow for proper social distancing from others.
- At all other meets, 2 timers, each with a stopwatch, (times will be averaged) will be utilized.
- Timers should remain at least 6 feet behind the blocks and the turn end except to quickly move to pool edge to see the finish and then step back away.

The Delmarva Swim Association is a summer league for youth swimmers up to 18 years old on the Delmarva Peninsula with teams from Delaware, Maryland and Virginia. The League strives to help facilitate a safe environment for the swimmers that participate in a league organized competition, while not infringing upon the structure of individual clubs.

The COVID-19 Pandemic has forced changes in the way that we live, work and play. Until the Virus is under control or eliminated, we must all be vigilant, yet our children want to swim. Our goal is to allow them to swim and yet, keep everyone safe.

Please understand that CDC Guidelines, State rules. and local jurisdiction rules and guidelines come first, but our guidelines are specifically for our purposes and should be the basis for how we conduct swim meets.

Help us allow our children to swim SAFELY this summer!

The basis of many of our guidelines require you to know the capacity of your facility, based on your jurisdiction's requirements.

We require this information. Please provide it below.

We, the _____ (name of your swim club),
understanding that our home facility has a maximum on-deck capacity of _____ as of 5/01/2021,
and do hereby agree to abide by the DSA guidelines as listed above. As an umbrella organization, we
understand that all swim meet participants (including adults) are on-deck voluntarily, and DSA is not
responsible for the safety and health of the participants. It is the responsibility of each team to ensure
the health and safety of their participants, which can be facilitated by following these guidelines.

_____ Responsible Team Signature & Date

This signed, single page should be faxed to 302-238-3563, or emailed to fristcb@aol.com by 5/19/21, If not, it must be brought to the 5/20/2021 DSA Coaches meeting for participation in the 2021 season.

Questions may be directed to Frank Raines at 302-616-3564 or Allan Nelson at 302-750-9065.