



2021 HEALTH & SAFETY GUIDELINES

SEASON 1 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2020 CIFSDS Swim and Dive Modifications

WIDESPREAD

This document provides guidance and meet modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

AT ALL TIMES

- All individuals should arrive at facilities with ample drinking water as public access to water may be restricted.
- Athletes should arrive at facilities prepared for practice (proper attire, minimal personal belongings, etc.) as locker room usage may be restricted. Athletes should plan on leaving the facility in their suits, showering & washing clothing upon arrival at home.
- All individuals should practice safe personal hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off (only outdoor showers should be used and only when permitted by facility staff).
- All individuals not actively participating in athletic activities must wear face coverings. This includes coaches, athletes, volunteers, etc.
- All individuals should be socially distanced to the furthest extent possible.
- Athletes should be spaced out in the pool to ensure social distancing at all times. It is recommended that no more than 4 athletes share a lane at a time, alternating two athletes at one end. There should never be more than two athletes stopped at the wall in the same lane. This applies during practice, meet warmups, during meet, etc.
- Teams should limit the number of individuals in attendance at practice & meets. Only meet participants & essential volunteers should be in the facility. Schools should be following CIFSDS, facility & district guidance regarding spectators during meets. Meet hosts must communicate with visiting teams several days prior to competition.

PRIOR TO MEETS

- Coaches should collaborate with the schools they are competing against to ensure everyone is aware of all facility rules and regulations.

AT MEETS

- Those in attendance on the pool deck should be limited to essential volunteers, main coaches & meet participants unless other arrangements have been made that abide by all school, district, CIFSDS & facility guidelines. It is suggested that teams use athletes not participating in the meet as timers to limit the exposure to individuals not regularly around the team.
- Teams should coordinate for specific warm-up & warm-down times that allow for continued social distancing.
- Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing, etc.
- Swimmers should refrain from congregating behind blocks. This may mean coordinating with the officials to allow enough time for finished heats to exit the area before the next heat enters the area.
- Coaches should refrain from grouping together. Additionally, coaches should have a plan in place to ensure social distancing is adhered to at all times, including when athletes are getting feedback from coaches.
- Lap counting personnel should be limited to one person per lane. Host teams should provide cleaning materials so that lap counters can be sanitized between heats. It is recommended that coaches coordinate with athletes to do this efficiently.
- Above all, all individuals (athletes, coaches, volunteers) should be understanding, knowing that the pace of the meet may need to be significantly slower to allow for safety measures to be properly adhered to.

TIMERS

- Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Timers must wear permissible facial coverings.

RELAY TAKEOFF JUDGES

- Require all takeoff judging from the sides of the pool.
- Space relay swimmers apart from one another.
- Timers and relay takeoff judges should wear permissible facial coverings.

WHEN MEETS ARE OVER:

- Any equipment used should be sanitized/ cleaned. Team areas should be cleaned up by those who utilized them.
- All individuals should prepare to leave the facility as efficiently as possible.
- Coaches should consider exchanging results, etc, electronically. Additionally, officials are encouraged to provide any of their documentation electronically. (Consider taking photos & texting, emailing, etc).

DIVE

- During competition, divers may not approach the board until their turn to compete.
- Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time

- There should be no tubs for divers.
- Divers should stay in the pool and remain six feet apart along the wall.

REFEREE AND STARTER

- Various rules require interactions between officials, coaches and athletes. Alternative methods of communications include utilization of the P.A. system, hand signals or written communication.
- Coaches **MUST** ensure that they are following all current CIFSDS guidelines & recommendations at all times. Should conditions warrant, these recommendations will be adjusted. Any further updates will be posted on cifsds.org.

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