



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Swim & Dive, Girls

Note that the resumption of all activities and athletics are subject to change based on the most current information, directives from state government and health department officials, and member school feedback.

Swim & Dive, Girls:

Start date: August 17

First competition date: August 27

Last date of regular season competition: October 17

End date: October 31

Total weeks including postseason: 11

Maximum number of contests: 11

Maximum number of contests per week: 2

Dual Meets only (No invites)

Opponents: Conference, Section, local teams only

- All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health's Guidance on Youth Sports, and must include the required actions identified in the Governor's Executive Orders.
- The first week of practice should focus on implementing effective protocols and routines for pre-participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and enhance safety of students and coaches.
- Athletic programs must follow the identified protocols for students or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to an individual who has been diagnosed with COVID-19.
- For schools that are required by localized metrics to be in a distance learning mode, practices are limited to virtual contact only.
- Interscholastic scrimmages will not be allowed.
- No captain's practices should be held.
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.
- Sportsmanship should have a constant presence in all school-based athletics.
 - Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
 - Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or player violate the required physical distance with an official. Any coach or player verbally interacts with an official must do so with a mask on and at a safe distance.



COVID-19 NOTICE
PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that students or other individuals participating in organized athletic activities (“Participants”) will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow MDH/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20 seconds;
- Always wash your hands after being in a public place;
- Always wash your hands after blowing your nose, coughing, or sneezing;
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear face coverings/masks that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- health.state.mn.us/diseases/coronavirus/sportsguide.pdf,
- health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf
- www.mshsl.org
- www.nfhs.org

General COVID Safety:

1. Educate athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC's "Coronavirus Self-Checker" or current MDH recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so players have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per player.
6. Avoid grouping of athletes at start and end of practice or during transitions Staggered start times for practices and team meetings are recommended, when possible and when field space does not allow players to come and go from separate areas.
7. Workouts should be conducted in "pods" – following current MDH Return-to-Play guidelines. Pods are small groups of students always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, players should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their students regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.
11. When spectators are allowed at outside events, they should not have access to student athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.

MSHSL Swim & Dive Guidance and Information

Practice	
Required:	<ul style="list-style-type: none"> Limit the number of swimmers per lane to adhere to social distancing in the pool setting. Please refer to USA Swimming Social Distancing Pool Diagrams for best practices. Masks are always required for athletes, coaches, and other team personnel when not training. Athletes may not wear masks when swimming or diving. Athletes will be responsible for their own equipment and mesh bag. No equipment may be shared. Swimmers' water entries must be sit and slide—no diving. Swimmers should minimize getting in and out of water. Practices for divers must be conducted in pods (small groups of students who always work out together). Social distancing must be maintained throughout practices.
Recommendations and Considerations:	<ul style="list-style-type: none"> Locker rooms/Changing Areas are restricted by pod.
Equipment	
Required:	<ul style="list-style-type: none"> No sharing of swim/dive equipment.
Recommendations and Considerations	
Competition	
Masks/Face Coverings	
Required:	<ul style="list-style-type: none"> Coaches, officials, and meet personnel must always wear masks. Athletes must wear masks when NOT swimming or diving. Athletes should not wear masks when swimming or diving.
Recommendations and Considerations:	
Equipment	
Required:	<ul style="list-style-type: none"> No sharing of swim/dive equipment.
Recommendations and Considerations:	<ul style="list-style-type: none"> No touch distribution and collection methods are strongly encouraged.
Site Set Up	
Required:	<ul style="list-style-type: none"> Capacity Requirements: Meets may have the total number of participants, coaches, referees, timers, etc. that are needed to hold the meet with the total number of people not to exceed the total number allowed by the venue. Spectators are not allowed at meets that are held in pool

	<p>facilities that are located with a school. This restriction is in alignment with MDE and MDH’s requirement that schools restrict any non-essential visitors in school facilities.</p> <ul style="list-style-type: none"> • Warmups should observe pod sizes and limitations. • Plan to maintain physical distance in pool area. Create signage and visible markers on the floor to indicate appropriate spacing on the pool deck. • Team seating—keep teams on separate sides of the pool. • Positioning of starters and referees to be least 6 feet down the side of the pool from the starting end.
Recommendations and Considerations:	<ul style="list-style-type: none"> • Develop plans to control flow of athletes in and out of facility. • Spectators are not recommended at swimming and diving meets. If allowed at non-school venues, the number of spectators must be based on MDH guidelines for capacity, face coverings, and social distancing. There must be a restricted area to keep spectators away from competitors, officials, and meet personnel.
Pre-competition	
Required:	<ul style="list-style-type: none"> • Pre-meet meetings will not be held. If one is necessary for any reason, it is to be a meeting of the two head coaches and the referee only. • Visiting team is to arrive in uniform and proceed to the side of the pool separate from the home team. No two teams should share the same side of the pool. • Officials will arrive at site in full uniform and ready to officiate. • The host site shall provide an area for officials to store their belongings.
Recommendations and Considerations:	<ul style="list-style-type: none"> • Athletes should provide their own pre-filled, labeled water bottles. No sharing of water bottles and other equipment. • Athlete’s bags/equipment be placed/stored 6 feet away from others’ bags. Athletes should store their gear in their bags (as opposed to a community pile or tossed on the bench).
Competition	
Required:	<ul style="list-style-type: none"> • Meet Personnel—One timer per lane. A maximum of 3 people on the timing table, one of which can be the announcer. • Starting Area--Only competitors for each event will be allowed behind the blocks. They will proceed to the starting area after the event has been announced. They will not proceed to the starting area while a previous event is still in progress. Once the event is finished the competitors will exit

	<p>the pool immediately and move to their designated team area. Athletes are not to congregate in the starting area. Sides of the pool must also be clear so officials can officiate without obstruction or concern for transmission.</p> <ul style="list-style-type: none"> • Lap Counter--Only one counter, per lane for the 500 Freestyle. Counters are to proceed to the turn end of the pool once the event is announced and return immediately following the completion of the event. • Relay--Only the lead off swimmer and the second swimmer in a relay are to proceed to the starting area when the event is announced. Once the second swimmer enters the water, swimmers 3 and 4 then may enter the starting area. All swimmers are to leave the starting area and proceed to their designated team area once their leg of the race is finished. • Divers: All divers must wear masks during the diving event until their dive is announced. They should then perform their dive, exit the pool, and put their mask back on. Once the diving event is finished, they should then distance themselves from other competitors. The number of team entries in diving competitions shall not exceed those in the swimming events for the meet. • Competition protocol: Guidelines to ensure physical distancing for competition should be created. An effective example for meets held in an eight(8) lane pool would limit a team to a maximum of 3 entries per team. The home team to remain on one side of the pool and swim in lanes 1,2,3,4 and the visiting team to swim in lanes 5,6,7,8. Lanes 1 and 8 are exhibition lanes only. Competition scoring lanes are 2-7. Separate exhibition heats will not be permitted. This would apply to virtual meets as well. • Meets that are held in five lane pools shall swim a maximum of 2 entries per team would require that the middle lane remain open. Each team will swim two competitors in the outside two lanes. No exhibition heats are permitted. • Meets that are held in a six-lane pool are allowed a maximum of 3 entries per event. The home team shall remain on one side of the pool and swim in lanes 1 – 3 and the visiting team swim in lanes 4 – 6. No exhibition heats are permitted. • Disqualifications: Disqualifications will be reported only to the coach and table.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Submission of Entries: Alternative forms of entry submission can be used to reduce face-to-face interaction. • If possible, divers should warm up at their home school before leaving to the host school. Host school divers should warm up prior to the start of swimming warmups. At no time should divers and swimmers warm up in the pool at the same time unless your facility has a separate diving well.

	<ul style="list-style-type: none"> The use of electronic whistles is recommended.
Post-Competition	
Required:	<ul style="list-style-type: none"> No post-race handshakes, fist bumps, and hugs. No award ceremonies following meet.
Recommendations and Considerations:	<ul style="list-style-type: none"> Teams' post-competition meetings should be brief and observe all social distancing and face covering rules. Teams are asked to leave the venue as soon as possible. Officials leave venue asap (no lengthy post-competition meeting) Teams/coaches can consider other ways to show post-game appreciation for opponents and officials.