



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Girls Synchronized Swimming

Guidance and information is subject to change based on the most current information, directives from state government and health department officials and member school feedback.

Synchronized Swimming, Girls

- Start date: Monday, March 15, 2021
- First competition date: Thursday, March 25, 2021
- Season end date: Saturday, June 19, 2021
- Total weeks in season: 14
- Maximum number of regular season contests: 15
- Maximum number of contests per week: 3
- Maximum teams per contest: 4

- Not permitted:
 - Tournaments
 - Interscholastic scrimmages.
 - Jamborees.

- Recommended:
 - Opponents: Conference, Section, Regional or local teams as defined by the school.
 - Avoid contests scheduled on back-to-back days.

- 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.

Synchronized Swimming, Girls Guidance and Information

General Guidelines

General Guidelines	
Required	<ul style="list-style-type: none"> • All student-athletes must be provided with a copy of the MSHSL COVID-19 Notice. • Athletic programs must follow the identified protocols for student-athletes or coaches who have tested positive, are experiencing

	<p>symptoms consistent with a COVID-19 diagnosis or have had exposure to (close contact with) an individual who has been diagnosed with COVID-19.</p> <ul style="list-style-type: none"> • Educate student-athletes about mask use, physical distancing, handwashing and sanitizer use, and other immune system protocols. • Any person who has had a fever or cold symptoms in the previous 24 hours must not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional. • Pods must be no larger than 25. <ul style="list-style-type: none"> ○ Pods include student-athletes and managers. ○ Coaches do not need to be included in the pod count of 25 if they remain physically distanced and masked. ○ Pods are small groups of student-athletes always working out together. This will ensure limited exposure if someone develops an infection. • Student-athletes who are not participating in practice or a contest must maintain a physical distance of at least 6 feet from other student-athletes on the deck. • Activities directors and coaches are responsible for assuring that their teams maintain physical distancing, masking and other requirements.
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Social activities and congregation of student-athletes outside of practice and contests should not take place. • Carpooling of student-athletes is discouraged. If it is necessary for students to carpool, masks are encouraged. • Sportsmanship should have a constant presence in all school-based athletic programs. • 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 student-athlete violate the required physical distance with an official. Any coach or student-athlete who verbally interacts with an official must do so with a mask on and at a safe distance.

Locker Room Use

- Whenever possible it is recommended that locker rooms not be used.
- If locker rooms are to be used:
 - Student-athletes must only enter the locker room with their designated pod (Varsity, JV, B-Squad, etc.)
 - The locker room must be completely empty prior to it being utilized by a new pod.
 - Student-athletes must maintain social distancing of 6 feet.
 - Student-athletes must wear an appropriate mask/face covering.
 - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the

- entire pod, then the pod must be divided into smaller groups that allow proper social distancing.
 - The locker room must be sanitized after the complete pod has exited.
- If student-athletes are in distance learning they should arrive at the venue for practice dressed for practice.
- If student-athletes are in distance learning they should arrive at the venue dressed in uniform ready for competition.
- It is recommended that student-athletes shower at home after practice or competition. However, if school showers are to be used:
 - Student-athletes must maintain social distancing of 6 feet.
 - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod then the pod must be divided into smaller groups that allow proper social distancing.

Masks/Face Coverings

Mask/Face covering guidance and information is available in:
[Mask/Face Covering Guidance and Information](#)

Practice

Practice: Preparation

Required

- Student-athletes, coaches, and team personnel must confirm that they are symptom free. These confirmations must be aligned with the CDC’s “Coronavirus Self-Checker” or current recommendations.
- A record must be kept of all student-athletes and team personnel at each practice session to allow for contact tracing.
- Avoid grouping of student-athletes at start and end of practice or during transitions. Stagger start times for practices and team meetings.
- Pods must either practice in physically separate rooms, facilities or areas or steps must be taken to separate pods by no less than 12 feet at all times.
- Frequently touched objects and areas must be cleaned and sanitized frequently.
- Cleaning and sanitization of spaces and equipment must take place between use by pods.
- Provide hand-sanitizer in easy-to-access areas including the entrance and exit.
- Drinking fountains must not be utilized.
- Sharing of water bottles is not allowed.
- Student-athletes must wear their own clothing. No sharing of clothing is allowed.
- Spectators are not allowed at practices.
- 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.
- Please refer to USA Artistic Swimming for best practices for synchronized

	swimming specific skill work.
Recommendations and Considerations	<ul style="list-style-type: none"> Practices should start with skill development practices that allow student-athletes to maintain social distance from members of other households for the first week or two of practice. This may help slow initial disease transmission on the team and ease back into practice for those who have not had much physical activity during the pause. Cleaning and sanitization of spaces and equipment should be completed frequently. Consider how contact in the sport can be modified and decreased. No social activity or congregation of student-athletes should take place. Student-athletes should provide their own pre-filled, labeled water bottles. Student-athletes' bags and equipment should be placed 6 feet from other's bags. Athletes should store their gear in bags (as opposed to a community pile or tossed on the bench.)
Practice: Equipment	
Required	<ul style="list-style-type: none"> When equipment is used by multiple pods, sanitization must occur between each pod use. Equipment must not be shared to the extent that it is possible.
Recommendations and Considerations	<ul style="list-style-type: none"> It is recommended that personal prep areas are set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athlete have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete. No touch distribution and collection methods of equipment are encouraged.
Practice	
Required	<ul style="list-style-type: none"> Student-athletes and coaches must wash hands thoroughly or use a hand sanitizer at the beginning and end of practice. Clean frequently touched objects and areas. This includes carts, score tables, clocks, team bench, and any other common surfaces. Student-athletes must maintain the recommended six feet of distancing between individuals and must not be in contact with each other. Cleaning and sanitization of spaces and equipment must take place between pods. There is to be no sharing of equipment to the extent that it is possible. At the conclusion of practice, student-athletes must leave the venue as soon as possible. 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.

<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Student-athletes should shower immediately when they arrive at home. • Dryland drills and decking should be moved outside if possible and comply with social distancing.
<p>Competition</p>	
<p>Competition: Site Set Up</p>	
<p>Required</p>	<ul style="list-style-type: none"> • See MSHSL Event and Facility Management Guidance and Information for additional requirements. • Seating for student-athletes, coaches, table workers, and judges must be physically distanced. • Areas for video, web-streaming or broadcast must be designated prior to the contest. • Benches or chairs must be set up to provide physical distancing of 6 feet between coaches and student-athletes • The scorer’s table must be limited to essential personnel. Social distancing must be adhered to by all personnel and masks/face coverings must always be worn. • Essential personnel are defined by the host school. More information is included in the MDE Guidelines. • Evaluate the needs of meet personnel and reduce the number whenever possible. • Signage, flags, etc. must be used to designate spectator areas. • If spectators are permitted at the event, they must not have access to student-athletes and must be restricted to areas outside of the competition area. • Team benches/seating areas must be isolated from spectators (if allowed) or other non-essential personnel. Team benches/seating areas must be only available to members of that specific team, and not a shared/common space. • Competitive pods (Varsity and JV teams) may remain at the site for their school’s competitions. Masks must be worn and social distancing must be maintained. • Plans to control entry and exit of all athletes must be developed and communicated. • Team seating areas should be planned in advance to allow adequate space for social distancing. <ul style="list-style-type: none"> ○ Keep teams in separate areas of the pool ○ Communicate team seating expectations with visiting teams before their arrival. • Plan for a physically distanced area for judges when they arrive. Positioning of judges and referees to be least 6 feet away from where the swimmers are lining up to compete. • Capacity Requirements: Meets may have the total number of participants, coaches, referees, judges, etc., that are needed to hold

	<p>the meet with the total number of people not to exceed the total number allowed by the venue.</p>
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Virtual meets are permissible. An official must be present at all virtual meets.
<p>Competition: Pre-Contest</p>	
<p>Required</p>	<ul style="list-style-type: none"> • A record must be kept of all participants at each contest. • Communicate information with the visiting team prior to the competition, including entry and exit information, area to store items, etc. • Student-athletes, coaches and other team personnel must be screened

	<p>daily. Each team is responsible for their own screening.</p> <ul style="list-style-type: none">• The home team must communicate information to the visiting team ahead of time. This includes entrance information, areas to store items etc.• Pre-contest handshakes, fist bumps, or hugs are not allowed.• Teams must remain socially distanced for the playing of the National Anthem.• Warm-ups must observe pod sizes and limitations. If possible, swimmers should warm up at their home school before leaving for the host school. Host school swimmers should warm up prior to the arrival of the other team.• 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.• Positioning of judges and referees to be least 6 feet away from where the swimmers are lining up to compete.• Visiting team is to arrive in uniform and proceed to the area of the pool separate from the home team.
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Recommendations and Considerations	<ul style="list-style-type: none"> • Areas for video, web-streaming or televising should be designated prior to the contest and sanitized. See MSHSL Media Guidance • Additional signage may be necessary to identify restricted spectator areas. See <u>Signage for Facilities and Events</u>.
Competition: Contest	
Required	<ul style="list-style-type: none"> • No handshakes, hugging, fist bumps. • Towels must not be shared. Individual towels must stay in each student-athlete's designated bench/seating area must not be handled by any individual other than that athlete. • Competitive pods (Varsity & JV) may remain in the venue for other competitive pod contests as long as masks/face covering are worn and they are separated from spectators by a minimum of 12 feet. • If consecutive competitions are taking place in the same venue between different teams, the venue must be sanitized and every seat in the team bench area must be cleaned and sanitized prior to a new team utilizing the space. • Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. • Coaches must provide direction to their student-athletes regarding social distancing and other safety protocols. • Submission of entries. Alternative forms of entries submission can be used to reduce face-to-face interactions. <p>Figures</p> <ul style="list-style-type: none"> • Competition protocol: Guidelines to ensure physical distancing for competition should be created. An effective example for figure meets would create flight sizes that allow for swimmers to line up at least 6 feet apart while waiting in line to perform their figures. Flight sizes are dependent on the size of the home pool(s), number of panels, and number of judges. <p>Routines</p> <ul style="list-style-type: none"> • Staging/Starting Area—Only competitors for the next routine will be allowed in the staging area. Competitors must proceed to their starting location after the routine has been announced. Once the routine is completed, competitors must exit the pool immediately and move to their designated team area. Athletes are not to congregate in the staging area. Sides of the pool where officials are located must also be clear so officials can officiate without obstruction or concern for transmission. • Referees/assistant referees must maintain social distancing when verifying names and numbers of competitors prior to the start of each routine. • Timers and runners are not allowed. • Judges must flash their own scores when called for by the announcer.
Recommendations and Considerations	<ul style="list-style-type: none"> • Before, during, and after competition, student-athletes, coaches, judges, and personnel should wash their hands as frequently as possible.

	<ul style="list-style-type: none"> • Limit passing of paper whenever possible. • Judges should limit post-figure discussions as much as possible. • If a school restricts its team from in-person competitions, teams may host a two-site meet. Each team involved will compete at its own pool. The same set of judges must be used for both sites. This can be done on the same day or on separate days. Compensation should be adjusted accordingly.
Competition: Post-Contest	
Required	<ul style="list-style-type: none"> • Team celebrations or congratulations must be no-touch and conducted with appropriate physical distancing. • Awards ceremonies must not be held. • Teams must remove trash and belongings from their area. • Post-contest handshakes or fist bumps or hugs are not allowed. • Teams' post-contest meetings must be brief and must observe social distancing. • Team personnel must leave the venue as soon as possible.
Recommendations and Considerations	<ul style="list-style-type: none"> • Teams and coaches should consider ways to show physically distanced post-game appreciation for opponents and officials. • No extra-curricular or social activity should take place after the contest. No social congregation after competition. • Air exchange should take place at least one time per competition for indoor facilities.
Competition: Playing Rules Adjustments	
Required	<ul style="list-style-type: none"> • No runners or no timers. • The Referee shall inform the coach of any penalties before the completion of the meet.
Recommendations and Considerations	
Officials	
Officials: Uniform and Equipment	
Required	<ul style="list-style-type: none"> • Officials should bring their own equipment. • Masks/face coverings are required the entire time the official is in the facility. • Home team must communicate with officials if locker rooms will be available. Whenever possible it is recommended that locker rooms not be used by officials. • If locker rooms are to be used: <ul style="list-style-type: none"> ○ Officials must maintain proper social distancing of 6 feet. ○ Officials must wear an appropriate mask/face covering ○ The locker room must be sanitized after the officials exit

	<ul style="list-style-type: none"> The host site shall provide an area for officials to store their belongings.
Recommendations and Considerations	<ul style="list-style-type: none"> Electronic whistles are permissible and recommended but not required. Officials may wear a face shield in addition to a mask/face covering. Whistle coverings are permissible and recommended. Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
Officials: Pre-Contest, Contest and Post-Contest	
Required	<ul style="list-style-type: none"> Officials must leave the venue as soon as possible following the contest. Schools must have officials' information to do contact tracing if necessary. Officials shall provide a copy of their profile page from Arbiter with contact information and the eligibility badge visible.
Recommendations and Considerations	

Resources:

- [COVID-19 Sports Practice Guidance for Youth and Adults](#)-Minnesota Department of Health
- [COVID-19 Youth and Adult Sports Guidance](#) Minnesota Department of Health
- [CDC Sports Guidance](#)
- National Federation of State High Schools Association
- USA Artistic Swimming
- USA Swimming



Minnesota State High School League

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 student-athletes 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 State/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 masks/face coverings 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-athletes participants, it is imperative that student-athletes 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. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
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