



2020-21 NSAA Winter Season Guidelines

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. Difficult decisions will have to be made from week to week or even day to day. The health and safety of students, staff, and local communities remain the priority of the NSAA as we provide opportunities to participate in the winter sports season.

Each school has the authority to determine if it will participate in the 2020-21 Winter Season. During the season it will be the responsibility of the host school to provide administrative oversight and compliance with established COVID-19 guidelines in accordance with their local health departments and facilities.

FOR ALL WINTER ACTIVITIES:

The NSAA is requiring the following of schools, officials and spectators for all winter season contests:

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Coaches and non-active participants (those not currently on the court, mat or stage) are required to wear face coverings at all times.
- Spectators are required to wear face coverings at all times while attending indoor events.
- Face coverings must cover the nose and mouth.
- The host school may establish additional requirements in consultation with local health departments. Additional requirements implemented by the host school must be the same for all schools, officials, judges, and spectators.

The host school shall comply with the current directed health measure (DHM), mitigate risk and provide adequate opportunities for physical distancing procedures for the visiting schools, officials, judges and all spectators.

Recommended protocols for winter contest hosts:

- Restricted attendance/seating areas based on current DHM
- Require 6 feet of physical distance between household groups in stands and spectator areas
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands for home and visitor spectators
- Provide separate/multiple restrooms for home and visitor spectators
- Use signage, stanchions or floor markings to ensure physical distancing of 6 feet at concession stands and restrooms
- Communicate availability of locker room space for the opposing team and officials to maintain 6 feet of physical distance
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

PROGRAM NORMS FOR ALL ACTIVITIES:

Symptom Monitoring:

- Participants, coaches, judges, officials and staff must perform a self-screening prior to arriving at school sites or participating in NSAA activities.
- Symptomatic participants, coaches, judges, officials and staff may not attend until:
 1. Visiting a healthcare provider, being given an alternate diagnosis, are fever-free for 24 hours and symptoms have improvedOR
 2. Testing negative for COVID-19

Distancing:

- During practice/rehearsals, coaches and staff shall ensure physical distancing whenever possible. Provide at least 6 feet of distance when participating in warm-up, stretching, instructional time and drills.
- During competition, the team, bench, and backstage areas should be restricted to essential personnel only. Coaches, officials, judges and participants must follow physical distancing guidelines maintaining 6 feet of distance when interacting before, during, and after contests/performances.
- Spectators should maintain at least 6 feet from other spectators who are not part of their household and be at least 12 feet from players and coaches during competition.

Groups:

- Coaches should utilize smaller training/rehearsal groups as much as possible.
- Limit group sizes as much and as often as possible.
- Groups should be kept consistent throughout the season as much as possible.
- A daily attendance record should be kept, including group information.

NSAA encourages schools to play their regularly scheduled competitions unless a COVID-19 issue prevents them from playing. Member schools, in consultation with their local health department, shall be responsible for determining whether a scheduled game, match, contest, or other activity is cancelled or postponed due to a COVID-19 related issue. Member schools shall notify the NSAA of any cancellation or postponement.

The NSAA has great appreciation for all its member schools and their tireless efforts to provide opportunities for learning and participation in NSAA activities. Communication, flexibility, and patience will be key in supporting our high school student participants as they participate in activities this winter season.



2020-21 NSAA Swimming & Diving Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, officials, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Rulings:

- Extend the deadline to submit varsity schedules on MaxPreps from November 19th to December 3rd.
- **PLEASE NOTE** – there is no contest limitation in NSAA Swimming & Diving.
- Schools can conduct “intrasquad” meets and achieve state qualifying times, if meets are conducted under the jurisdiction of a full complement of officials and fully automatic timing (FAT) is used. These meets must be listed on the MaxPreps schedule by 12/3.
- If a dual is postponed due to COVID-19, it can be contested as an “intrasquad” meet.
- Multi-team contests postponed due to COVID-19 can be re-scheduled with any number of the original teams entered in the contest.
- Schools can conduct “virtual meets” and achieve state qualifying times, at sites in which meets are conducted under the jurisdiction of a full complement of officials and fully automatic timing (FAT) is used.

NFHS Swimming & Diving COVID-19 Rules Considerations:

- **Conduct (1-3-2)** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of physical distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end.
- **Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- **Referee and Starter (4-2, 4-3)** - Alternative methods for communication between officials, coaches and athletes could include utilization of the P.A. system, hand signals or written communication. An electronic whistle is strongly recommended.
- **Notification of Disqualification (4-2-2d, e)** - Notification shall occur from a distance via use of hand signals or the P.A. system.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Create a distance of 6 feet between individuals seated at the timing desk/table, when possible. Officials are required to wear face coverings at all times.
- **Timers (4-9)** - 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 are required to wear facial coverings at all times.
- **Submission of Entries to Referee (5-2)** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

- **Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers 6 feet apart from one another. Timers and relay takeoff judges are required to wear facial coverings.
- **Diving Officials (9-6)** - Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Create a distance of 6 feet between individuals seated at the desk/table and between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform, when possible.

General Considerations:

- **[Follow all NSAA Winter Season Guidelines](#)**
- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- **Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- **USA Swimming – [Re-opening Facility Information](#)**