

# Rancho Bernardo High School

## Swim and Dive Swim

### Meet Information

**No spectators are allowed at any PUSD athletic events while the county is in the Purple tier. If/when the county drops to the Red tier, this will be re-evaluated.**

#### Prior to Swim Meets

- 1) Coaches will collaborate with the schools they are competing against to ensure everyone is aware of all facility rules and regulations a couple of days in advance.

#### During swim Meets

- 1) All participants in the swim meet must park in the student parking lot and walk up the back ramp. There will be no access to the main campus.
- 2) 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.
- 3) Schools should be following CIFSDS, facility & district guidance regarding spectators during meets **if allowed**. Meet hosts must communicate with visiting teams several days prior to competition.
- 4) Teams should coordinate for specific warm-up & warm-down times that allow for continued social distancing.
- 5) Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing, etc.
- 6) 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.
- 7) 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.
- 8) 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.
- 9) 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.
- 10) All athletes and parents, **if allowed**, must wear a mask to and from the pool and the entire time around the pool. The only time athletes should not wear a mask is when in the water. When they exit they need to put the mask on as soon as possible.
- 11) Athletes, Coaches, Officials, and Volunteers will be temperature checked before entering the facility. Please stay 8 feet apart in line waiting to get in.
- 12) Visiting team's athletes will have their temperatures checked by the Head Coach of this team prior to entering the facility.
- 13) Athletes will be directed to an area of the pool designated for their team. They are not supposed to wander around. They may interact with their friends from their area only or from a

space on the pool deck that allows for social distancing. Team are not allowed to interact and congregate with each other.

- 14) Athletes will either be in their designated space, heading to and from the warm up/warm down areas, or heading to stage for an event. No other wandering is permitted.
- 15) Bathrooms are for emergencies only. Athletes must wear a mask, will only be permitted one at a time and will be given hand sanitizer before and afterwards. No exceptions.

#### **After Swim Meets**

- 1) Any equipment used should be sanitized/ cleaned. Team areas should be cleaned up by those who utilized them.
- 2) All individuals should prepare to leave the facility as efficiently as possible.
- 3) Coaches should consider exchanging results, etc, electronically. Additionally, officials are encouraged to provide any of their documentation electronically. (Consider taking photos & texting, emailing, etc).
- 4) Coaches **MUST** ensure that they are following all current CIFSDS guidelines & recommendations at all times. Should conditions warrant, these recommendations will be adjusted.

**PLEASE GO OVER THESE PROTOCOLS WITH YOU ATHLETES PRIOR TO COMING AND STRESS THEIR IMPORTANCE. WE WANT THIS TO BE A SAFE ENVIRONMENT WITH FAST RACING. IT IS IMPORTANT FOR EVERYONE TO BE ON BOARD AND KNOW WHAT TO DO.**

#### **Swim Meet Protocols**

- 1) Warm Down will be available in designated lanes for each team in the pool. You **CANNOT STOP** on the wall. You may stop in the middle and hold on to a lane if needed (do not sit on it). If you get to a wall you must keep swimming or get out immediately and mask up. **5 People MAX per Lane.**
- 2) There will be a staging area before you swim. You must be there **WITH YOUR MASK ON** at least 2 heats before you swim. You will listen to a staging volunteer as to when you step forward to the next "X" or the block. You may only have your goggles, cap, mask and towel. No other clothes or anything.
- 3) You will enter the staging area from the timer side of the pool only. **NOT** the warm up/warm down lanes side. This is **IMPORTANT** for flow. **DO NOT GO UNDER ANY YELLOW TAPE!** It is there for a reason.
- 4) When it is your time to swim you will wrap your mask up in your towel, drop it on the ground in a designated spot and step to the blocks.
- 5) After you swim, you will stay in the water until the next heat dive in. Then you can exit the water, grab your towel and mask and exit towards the warm down area of the pool. You still need to keep your distance and mask up if you are not warming down or immediately after warming down.
- 6) You may cheer for your friends from your designated space. There will be no behind the lane cheering.

**THE WAY YOU AND YOUR ATHLETES ACT AT THIS MEET WILL DETERMINE THIS EVENT'S SAFETY. THE POSSIBILITY OF FUTURE PLANNING WILL DEPEND ON HOW SAFE WE FEEL IT IS THIS TIME.**

**LET'S BE SAFE AND DO THIS RIGHT!**

## **VOLUNTEER NEEDS**

Volunteers will be given a volunteer pass and allowed on deck. Sign-ups online will be first-come-first served. No other parents will be allowed so if you want a closer view you may sign up for a position. While you will be able to watch your swimmers, ALL volunteers will have some very crucial jobs and are expected to be on top of their responsibility. All volunteers will need to be there for the entire meet. We are not doing shifts. It is all or nothing.

- 1) **TIMERS (6)** – All timers must wear a mask their entire time on the pool deck. We will have 6 timers (1 per lane) only for the entire meet. Timer will start and stop a watch while also pushing the backup timer button. Then they will write the watch time on their meet card. No shifts. Commit to the entire meet. You will need to come on deck 10 minutes before the start of the meet.
- 2) **COMPUTER OPERATOR (1)** – The computer operator must wear a mask the entire time on the pool deck. They will be seated at the computer table directly behind the starting system on the side of the pool deck for the entire meet. Commit to the entire meet. You will need to come on deck 10 minutes before the start of the meet.
- 3) **SCORE KEEPERS (2)** – The RB Dive Coach will coordinate this position with the divers.
- 4) **STAGING DIRECTOR (1)** – Staging director must wear a mask the entire time on the pool deck. These people will be responsible for the athletes being ready for their swim while also spacing. There will be rows of upcoming heats behind the blocks. You will make sure the athletes are moving up each row as events swim. This will keep things organized, distanced and flowing properly. We will go over the flow of the meet with you before it starts and you will see how it works, so you will need to be there 10 minutes before we start. There will only be one of you for this job and you must commit to the entire meet.
- 5) **WARM UP MARSHAL (1)** – This is a very important position and also will require the person to wear a mask the entire time. They will be required to herd cats at times and should get used to saying “Don’t sit on the lane line”, “No stopping on the wall”, “If you are done get out and put your mask on” and things like that. It is not a passive position and it is vital for a safe meet. You need to be on it and reminding them constantly. Be pleasant but they need to stay apart in the warm up lanes. They need to be moving or get out. You will be briefed on the rules before you start. You should be there 10 minutes before the competitive start of the session. The main warm up will be coach led. This is during the competition phase only.
- 6) **BATHROOM MONITOR (1)** – You will also be required to wear a mask for the duration of your time on deck. You will make sure only one person at a time is in the bathroom, that they are wearing a mask and you will give them hand sanitizer as they go in and after they come out. No changing.
- 7) **SPACING MONITOR (2)**– We will have 2 of these roaming the deck with their masks on. Simple job to just make sure teams are staying in their designated spots and social distancing is being practiced. You will need to practice saying things like “Spread Out” “Where are you supposed to be sitting”, “Are you heading to the pool?” “Please stay/go back to your spot”.

**PLEASE DO NOT SIGN UP FOR A JOB UNLESS YOU PLAN ON TAKING IT SERIOUSLY AND DOING IT FOR THE ENTIRE SWIM MEET. NO VOLUNTEERS SHOULD BE UNENGAGED WITH THEIR JOBS. WE NEED TO KEEP THIS SAFE AND YOU WILL BE A BIG PART OF THAT! LET’S DO THIS RIGHT!**