Recommendations from IASI Technical Planning Committee

Here are our recommendations.

-Locker Rooms not be open for swimmers, they should come in dressed to compete, and leave in their suit.

-Limit contact points as much as possible, have doors opened for swimmers to travel through without touching - or   when not possible, have one individual touching the door.

-Depending on local guidelines - have swimmers wear masks when not in the water.

-Ask participants entry health questions “Have you or anyone in your family texted positive for Covid-19 in the past 14 days?”   “Have you had any cold or flu symptoms in the past 14 days?"

-Assign swimmers to a socially distance sitting area.  That location will be their spot for the entire meet.

-Assign swimmers to a specific warm up lane that that they will also practice starts in.  it is recommended that those swimmers compete in that lane as well (contact tracing).

-Number of swimmers should be limited to 3 per lane in shorter than 20 yards.  4 per lane in 25 yard/meter.  6 per lane in 50 meter.

-Swimmers will have the exact warm-up sets

-Spacing of swimmers should be start end, turn end and 15 meter mark.  They will all have the same send off.

-Warm-ups should be 20 minutes - which can be shorter for younger age groups.

-Remove the 10 minute break between the end of warm-ups, and start of the meet.

-Blocks and common deck space should be sprayed down/cleaned after starts, before the start of competition.

-Blocks and common deck space should be sprayed down/cleaned after each cycle of events.

As for competition, it is recommended that swimmers, upon completion of their race, they swim down and exit the pool at the turn end.   It is recommended that swimmers sit/stay in their assigned social distancing locations during the meet.