



COVID-19 Competition & Pool Guidelines Maine Swimming LSC

The following material has been developed to provide expectations and guidance for hosting swim meets, practices, and other swimming activities as pool facilities and swim clubs begin to transition away from COVID-19 considerations. The guidelines herein are presented in no particular order of importance. Please read the entire listing as all apply equally.

Introduction and Summary:

Maine Swimming (MESI) is a Local Swim Club (LSC) that is part of the national USA Swimming organization. Clubs are required to follow all local, state and federal health guidelines for all practices and competitions. The State of Maine retired its “Community Sports COVID-19 Guidelines” on May 25, 2021, and therefore, no competition or practice restrictions are in place at this time. However, each club/team must work with their local pool facility (e.g. YMCA) to ensure adherence to and specific facility and/or local requirements (if any), along with MESI expectations herein.

Failure to abide by the established local, state and federal health guidelines and USA Swimming expectations may result in a financial penalty of up to **\$500** imposed on the violating club(s), along with the additional meet sanctions not being approved for that/those entities for 12 months. The Meet Referee (or LSC Operational Risk Chair), LSC Officials Chair, and LSC Sanction Chair will be the 3 member governing body that will review, recommend, and assess penalties. Any protest or appeal of these penalties must be filed pursuant to Article 813 of the MESI Policies & Procedures.

Sanction / Approved Meet Requirements:

In addition to the typical USA Swimming / MESI meet sanctioning requirements, each club/team wishing to be considered for a sanctioned or an approved meet must include in their meet announcement a “Competition Plan” (Plan) that includes the elements listed below. This is a USA Swimming COVID-19 requirement that is still in effect, but expected to sunset on July 31, 2021. The items in the Plan must be incorporated into your sanction. A Plan must be communicated to all attendees prior to each meet.

1. All meet information, heat sheets and meet postings must have the standard COVID language.
2. There must be a plan for spectator ingress and egress.
3. All meets must be pre-seeded and swum according to the printed heat sheet with no on deck registrations or entries.
4. The full document can be found [HERE](#).



For sanctioned meets, the host team must secure a Meet Referee that will guide you through the ever-changing expectations of hosting the meet. If you need a Meet Referee, contact Henry Clauson at mesiofficialschair@gmail.com.

No approved or sanctioned meet can occur without concurrence with the LSC Officials Chair.

Applications for sanctioned or approved meets must be submitted at least ten (10) days prior to the event.

Allowed Types of Meets:

- Approved or Sanctioned Dual, Tri, and Invitational Meets.

* Note: Intra-squad competition meets are not allowed (**effective June 14, 2021**). Such meets were a USA Swimming exception under COVID-19 restrictions to get athletes safely in the water; as such restrictions no longer exist, this competition / meet category has been eliminated by MESI.

The following detailed guidelines are presented on the following pages for:

- 1) Pool Deck / Meet / Attendees**
- 2) Officials for Swim Meets,**



Pool Deck / Meet / Attendees:

- Total attendance limitations are governed by pool facility requirements.
- Continued best practice: a complete facility pool deck (including blocks) clean and disinfection should occur before and after each meet session or practice session.
- All unvaccinated attendees should wear a facemask at all times. The exception being for a swimmer in the water.
- Fully vaccinated attendees do not need to wear a facemask.
- No physical distancing requirements.
- No limit on the number of swimmers per lane.
- Best practice: When practical, teams should have their own lanes during warm-up / warm-down.
- No restrictions on bathroom or locker room use, other than as governed by the facility.
- Continued best practice: Use of live stream media platforms is encouraged (e.g. Facebook Live, etc).



Officials for Swim Meets:

- **Sanctioned and approved** meet sessions must be staffed with a **minimum** of 4 officials. The minimum official's positions are AO, Meet Referee, Deck Referee, Starter, and one (1) Stroke and Turn (S&T). The same person may serve as the Meet Referee and Deck Referee if that official is correctly certified. **Whenever possible, a meet should not be run with minimal officials;** a **ratio of 1 S&T official per 3 lanes** is the best practice standard.
 - For a YMCA meet that is USA approved, YMCA Level II officials must serve in the Deck Referee and Starter positions; alternatively, an appropriately certified USA official may also serve in the Deck Referee and/or Starter role. The Deck Referee and Starter role may not be officiated by the same person. YMCA Level I officials may only serve as S&T officials. A minimum of one Level II YMCA official must officiate each session.
- At the discretion of the Meet Referee, shadow officials are allowed. All shadow roles must be requested via submission of the MESI "Request to Shadow" form: <https://form.jotform.com/203044268980053>. All shadow requests must be submitted at least 48 hours prior to the start of the meet, and approved by the MESI Officials Chair prior to the meet start. No shadow officials can participate in and get credit for a meet without an approved shadow request.
- Continued best practice: Deck Referees are encouraged to use an electronic whistle.
- At the sole discretion of the Meet Referee, use of Disqualification (DQ) slips is encouraged.
- Up to three (3) timers per lane, and one (1) backup timer per session.

This document (Return to Competition Guidelines) was adopted by the MESI Board of Directors on August 17, 2020.

Changes to this document may occur on a regular basis to comply with USA Swimming, State of Maine, or other COVID-19 guidelines imposed on Maine Swimming LSC. Subsequent changes may also include lessons learned efficiencies without compromising safety. Such document changes and revisions will be reviewed and approved by majority vote of the MESI Crisis Management Committee; however, any revisions must be done in concurrence with the MESI Sanction Chair and MESI Officials Chair. The most recent version of this document will be maintained on the MESI website.

REV0: August 17, 2020

REV1: October 12, 2020

REV2: January 25, 2021

REV3: February 22, 2021

REV4: March 26, 2021

REV5: April 12, 2021

REV6: May 27, 2021