

2021 GSSSL Season Plan

While we understand that there is a possibility that Washington State may reach “fully open” status by July 1st, we will continue to plan for the possibility that we may still be in Phase 3 or below at the start of the dual meet season. The plan below allows us to easily pivot between different phases.

Phase 1 or 2: If King county is in phase 1 or 2, the season will be virtual (similar to the 2020 season)

Phase 3 or “fully open”:

Dual Meet Season: The Dual meet Season will run from June 29-July 22nd and the North and South will be divided in half to create 4 divisions of 4 teams each. (divisions determined by placement at the 2019 Northern/Southern Championships Division 1: 1st, 3rd, 5th, 7th place teams, Division 2: 2nd, 4th, 6th, 8th place teams)

The fourth week of the regular season will be a match up with the team in the same place as you in the opposite division (for example, the First place team in South Division 1 will go against the First place team in South Division 2)

Phase 3 Specific Capacity Guidance: Should pools be in areas that are still in phase 3 at the time of the dual meet, the following capacity guidance also needs to be followed:

- 1) For the Tuesday meets, capacity calculations should include a **MINIMUM** of a 4:1 ratio to include child wranglers/chaperones to help swimmers get where they need to be. 1 adult/senior swimmer for every 4 athletes.
- 2) Teams may need to limit their entries into each meet depending on capacity restrictions. Large teams are encouraged to host time trials for athletes not able to participate in the evening meets. Min. size requirement would be an average of 8-10 athletes per grouping. Teams will communicate any size restricts to opponents in weeks 1-3 **by June 15th**.
- 3) The board recommends no spectators to better focus on athlete safety and ensure enough space for athletes. However, should a large facility choose to include spectators, they must follow all guidance in the [Water Recreation guidance](#) and [outdoor spectators guidance](#). Additionally, 50% of the spectator allowance should be designated for the visiting team

“Fully Open” Capacity Guidance: Even if our pools are in areas that are deemed “fully open”, we will continue to keep our split meet format. However, at that time, the league will not restrict hosts to a particular capacity number. Should there be additional requirements from the Department of Health, the board reserves the right to implement different restrictions if necessary. A host club may set its own capacity restriction but should reserve 50% of that for the visiting team and must communicate in a timely manner how they will control that capacity.

For Additional Meet Protocol, please see page #5

North Division #1 Meet Schedule: Sand Point, Innis Arden, Klahaya, Blueridge

	Tuesday's 10 & unders	Thursday's 11 & over
Week #1 June 29th/July 1st	Klahaya at Sand Point Blueridge at Innis Arden	Sand Point at Klahaya Innis Arden at Blueridge
Week #2 July 6th/8th * teams may move to Wednesday, July 7 th if preferred by both teams	Klahaya at Blueridge Sand Point at Innis Arden	Blueridge at Klahaya Innis Arden at Sand Point
Week #3 July 13th/15th	Innis Arden at Klahaya Blueridge at Sand Point	Klahaya at Innis Arden Sand Point at Blueridge
Week #4 July 20th/22nd	All division #1 teams are home on Tuesday	All division #1 teams are away on Thursday
should the two teams work out a mutually agreed upon alternative for that weeks meet (some age groups virtual, flipped days for age groups, 11-12's on Tuesday etc), please communicate that to the league at least one week before the scheduled change.		

North Division #2 Meet Schedule: Aqua Club, View Ridge, Sheridan Beach, Wedgwood

	Tuesday's 10 & unders	Thursday's 11 & over
Week #1 June 29th/July 1st	Wedgwood at Aqua Club, Sheridan Beach at View Ridge	Aqua Club at Wedgwood View Ridge at Sheridan Beach
Week #2 July 6th/8th * teams may move to Wednesday, July 7 th if preferred by both teams	Aqua Club at View Ridge Sheridan Beach at Wedgwood	View Ridge at Aqua Club Wedgwood at Sheridan Beach
Week #3 July 13th/15th	Aqua Club at Sheridan Beach View Ridge at Wedgwood	Sheridan Beach at Aqua Club Wedgwood at View Ridge
Week #4 July 20th/22nd	All division #2 teams are away on Tuesday	All division #2 teams are home on Thursday
should the two teams work out a mutually agreed upon alternative for that weeks meet (some age groups virtual, flipped days for age groups, 11-12's on Tuesday etc), please communicate that to the league at least one week before the scheduled change.		

South Division #1 Meet Schedule: Kent, Normandy Park, Lakeridge, Twin Lakes

	Tuesday's 10 & unders	Thursday's 11 & over
Week #1 June 29th/July 1st	Kent at Twin Lakes Lakeridge at Normandy Park	Twin Lakes at Kent Normandy Park at Lakeridge
Week #2 July 6th/8th * teams may move to Wednesday, July 7 th if preferred by both teams	Lakeridge at Twin Lakes Normandy Park at Kent	Twin Lakes at Lakeridge Kent at Normandy Park
Week #3 July 13th/15th	Kent at Lakeridge Twin Lakes at Normandy Park	Lakeridge at Kent Normandy Park at Twin Lakes
Week #4 July 20th/22nd	All division #1 teams are home on Tuesday	All division #1 teams are away on Thursday
should the two teams work out a mutually agreed upon alternative for that weeks meet (some age groups virtual, flipped days for age groups, 11-12's on Tuesday etc), please communicate that to the league at least one week before the scheduled change.		

South Division #2 Meet Schedule: Olympic View, Marine Hills, Arbor Heights, Gregory Seahurst

	Tuesday's 10 & unders	Thursday's 11 & over
Week #1 June 29th/July 1st	Olympic View at Marine Hills Arbor Heights at Gregory Seahurst	Marine Hills at Olympic View Gregory at Arbor Heights Seahurst
Week #2 July 6th/8th * teams may move to Wednesday, July 7 th if preferred by both teams	Olympic View at Arbor Heights Gregory Seahurst at Marine Hills	Arbor Heights at Olympic View Marine Hills at Gregory Seahurst
Week #3 July 13th/15th	Gregory Seahurst at Olympic View Marine Hills at Arbor Heights	Olympic View at Gregory Seahurst Arbor Heights at Marine Hills
Week #4 July 20th/22nd	All division #2 teams are away on Tuesday	All division #2 teams are home on Thursday
should the two teams work out a mutually agreed upon alternative for that weeks meet (some age groups virtual, flipped days for age groups, 11-12's on Tuesday etc), please communicate that to the league at least one week before the scheduled change.		

Post-Season Information

Due to the uncertainty of capacity restrictions, the Post-Season planning committee would like to present the plan below as "tentative". Should we move in to being "fully open", we would like to expand aspects of our phase 3 post season plan to either allow for more qualifiers and/or go back to a traditional 3 step process (prelims, divisionals, all-city). More information will be provided in the coming weeks.

Phase 3 Post-Season: If we are in phase 3, the standards to qualify for post- season will be based off an average of 8th place prelim finishes for the last three years.

Post Season Meets:

	South Host	North Host
Monday, July 26 th : Girls 12 & under Prelims	Kent	Innis Arden
Tuesday, July 27 th : Boys 12 & under Prelims	Olympic View	Klahaya
Wednesday, July 28 th : Girls Prelims 13 & over	Gregory Seahurst	Wedgwood
Thursday, July 29 th : Boys Prelims 13 & over	Normandy Park	Aqua Club
Tuesday, August 3 rd , 2021	All-City @ View Ridge	

Meet Protocol

Please note that the protocols below were developed for Phase 3 guidance. Should the status change, some of the requirements and recommendations may change depending on updated swimming pool guidance.

Topic	League Recommendations/Requirements
Timers:	Recommended: 2 timers per lane, preferably from the same household to ensure the ability to record a time. Should your facility not allow for physical distancing in this model, the league recommends using less lanes to provide for social distancing.
Officials	Recommended: 4 officials-starter, 2 stroke and turn, and a ref.
Volunteers	Required: Teams should establish by mid-June how many volunteers they need to help with social distancing, staging, timing, officiating, concessions, child wranglers etc.
Child Wranglers/helpers:	Required for phase 3: for the Tuesday meet with the younger swimmers, teams should have at least 1 adult/senior swimmer assigned to every 4 swimmers to help get them to their races, watch them in their team area, etc. Visiting team provides their own child helpers.
Staging area	Required: A staging area must be used to prevent crowding behind the blocks where swimmers are stationed 2-3 heats before their races. There should be physical distancing while swimmers are waiting
Visiting team/home team areas	Required There should be separate areas in the facility for the home team and the visiting team to station their athletes 6 feet apart. Should the visiting team need to provide chairs for the athletes, this will be communicated ahead of time.
Relays	Required: Relays will be the hardest thing to provide physical distancing for. Host teams need to develop a protocol for relays based on their facility and communicate that to their opponent. We recommend using fewer lanes during relays, use of staging areas for swimmers #2-#4, etc)
Masks	To be Announced: Due to the changes in masking, we will continue to monitor this and communicate closer to the start of the dual meet season. All teams should be familiar with the masking guidance for fully vaccinated people.
Meet Start time:	Required: (unless another schedule is mutually agreed upon by both teams) 4:45-5:25 host team warm-up time, 5 minutes to clear the pool, 5:30-6:10 visiting team warm-up, meet starts at 6:20
Meet pacing:	Recommended: Due to the size of the meets, to give the athletes rest and keep the athletes distanced as much as possible, we strongly recommend that the meet is run slowly (approx. 90 second intervals) with athletes staying at the staging area until the athletes swimming clears the starting area.
Concessions:	Recommended: limiting concessions to minimal prepackaged items. Remember concession volunteers go to

	your total capacity. Host team should communicate to visiting team prior to meet the status of their concessions.
Spectators:	<p>Recommended: The board recommends no spectators to better focus on athlete safety and ensure enough space for athletes. However, should a large facility choose to include spectators, they must follow all guidance in the Water Recreation guidance and outdoor spectators guidance. Additionally, 50% of the spectator allowance should be designated for the visiting team.</p>
Communication to visiting team:	<p>Required: at least 7 days before the meet, a host team must communicate the following to the visiting team: a map showing staging, coaches seating, visiting seating, flow around the facility, spectators (if having), restroom usage, etc.</p> <p>Additional things to include: Mask protocol, relay protocol, staging protocol, moving around the facility protocol, any facility specific guidance, and concession.</p> <p>Capacity of number of athletes/chaperones allowed. The league will provide a template .</p>