

# Old Dominion Swim League Operating Procedures 2021 Summer Season (updated 04-14-21)

The purpose of this document is to provide guidance to all swimmers, parents and team reps with respect to ODSL sponsored practices and meets.

The COVID-19 direction provided by the [Loudoun County Health Department](#) or your individual HOA's may supersede statements in this document. Our number one goal is to ensure the safety of our swimmers when in doubt err on the side of swimmer safety.

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**Team Size**-Depending upon the size of your program, the size of your deck we will leave the decision about team size up to the leadership of the team.

All practices must follow the current Loudoun County Health Department Guidelines which mirror the wording in Governor Northam's Executive Order-72 (published on 03-23-21). All swimmers (on the pool or on deck), all coaches and staff must maintain a physical distance of 10-feet from others who are not family members. The total occupancy is limited to no more than 75 percent of the lowest occupancy load on the certificate (reference Section 5 Fitness and Exercise Facilities Subsection f)

**Spectators**-In order to ensure proper social distancing amongst volunteers, swimmers and coaches Spectators will be allowed on deck during meets. Teams are encouraged to utilize Facebook Live to broadcast their meets.

## **PPE Requirements**

All coaches will wear masks during practices at all times while not in the water. All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.

Exceptions will be made for athletes with conditions that prohibit them from wearing a mask, pending medical documentation.

## **Social Distancing Requirements**

Athletes and coaches must maintain 10 feet distance at all times. There will be markings taped along the entrance for athletes to line up 10 feet apart. There will be a grid area taped on the pool deck for athletes to leave their personal belongings to ensure social distancing.

Once athletes enter the building, they will go to their grid spot and await instructions from their coach.

## **Facility Procedures**

There will be a one-way entrance and one-way exit.

Locker rooms will be limited to restroom use only (no changing in and out of suits)

There will be a 5-minute window between practices.

*Communicated To All Team Reps and Team Leadership listed in Team Unify on 03-05-21  
Updated and Communicated on 04-14-21*

All athletes from previous practice must exit the facility before the athletes for following practice may enter.

Coaches or a parent volunteer will take athlete's temperature prior to entering the facility. Athletes with a temperature of 100.4 degrees or more will be sent home.

Coaches, Volunteers & Swimmers will be expected to complete a COVID attestation Form prior to each practice or meet. Sample Forms or Google Doc's will be available on the ODSL Website under COVID-19 Resources.

### **Athlete / Family protocol**

Athletes must arrive and depart in their swimsuit.

Athletes will not be able to change or shower at the facility.

Athletes will only be permitted to line up to enter 5 minutes before their scheduled practice time.

- If they arrive early, they should wait in their car until the appropriate time to enter the facility.

Athletes must leave the facility immediately at the completion of any practice.

Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their athlete.

Teams must ensure that the appropriate number of coaches are present during each practice to comply with MAAPP.

Athletes should bring their own water bottle (already filled) and any other equipment required by their coach.

Athletes & Coaches will not be permitted to store their equipment at the facility.

Criteria that must be met by athlete and anyone residing in their household in order to be eligible to attend practice:

- Cannot have had contact with anyone who has tested positive for COVID-19 in the last 10 days.
- Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 10 days.
- Any athlete or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
- If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 10 days after the fever or symptoms has ceased.
- Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

For us all to stay healthy and be able to keep swimming, we ask our athletes & coaches to please practice responsible social distancing when they are away from the pool.

Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in teams' activities may be suspended.

*Communicated To All Team Reps and Team Leadership listed in Team Unify on 03-05-21  
Updated and Communicated on 04-14-21*

**Positive test procedure:**

Should someone test positive for COVID-19, the following measures will take place:

- The individual should let the Team's Leadership staff know immediately.
- Team's Leadership staff will notify their HOA & ODSL immediately.
- Team Leadership will notify the guardians of the swimmers that share the same lane.

**Meet Protocol**

All meets (virtual or dual) will be staffed at a minimum with the following personnel in place

- 1-Certified Referee
- 1-Certified Starter
- 4-Certified Stroke & Turn Judges
- 1-Timer Per Lane (collecting times for 2-lanes)
- 1-Computer Operator

**Teams please plan in advance who will be staffing what position. If you cannot fill a position please reach out to neighboring teams.**

2021 Officials Training

All officials must go through the certification/recertification process

- 2020/2021-VHSL Certified & USA Swimming Certified-exempt from ODSL certification/recertification process.

All Referee's and Starters

- Must attend mandatory meetings (final details will be sent out by April 1<sup>st</sup>)
  - Referees-Thursday May 20<sup>th</sup> at 7pm
  - Starters-Thursday May 27<sup>th</sup> at 7pm

Training Opportunities

- All virtual
- Final details will be sent out by April 1<sup>st</sup>
  - Stroke & Turn Judges
  - Starters
  - Referee

Computer Operator

Team Reps or Team Leadership if you have any questions or concerns please contact the ODSL Board [officers@odslswim.us](mailto:officers@odslswim.us)