



NMAA Swimming and Diving Guidelines

for the 2020-2021 Season



Updated as of September 29, 2020

All guidelines are subject to change per the Governor's orders.

1. Swimming and Diving Meets are limited to 100 people per event. This includes athletes, coaches and event workers. No spectators will be allowed into competitions. Teams will be limited to two (2) coaches per team at a meet, and no managers are allowed.
2. Per the Governor's orders, masks must be worn by everyone in attendance and on deck. All individuals not actively participating in athletic activities should wear face masks. This includes coaches, athletes, and volunteers. Athletes participating must wear a mask until they are called to deck for their competition. Masks may be removed prior to competition while on deck.
3. All facilities need to be in compliance with the COVID guidelines that the Governor has set forth. Please make sure all entrance and exits are being utilized and monitored correctly to keep in compliance with the event participant limitation of 100 people per event. Meet hosts will be responsible for addressing this in their meet information sent to competing teams.
4. All individuals should be socially distanced at all times.
5. Restrooms must be provided and sanitized after each use. If you are the host of the meet, you are responsible for providing workers to consistently sanitize the restrooms.
6. Each athlete will have to be responsible for his/her own water during the swimming and diving meet. No shared water bottles will be allowed.
7. Athletes should arrive at facilities prepared for practice or a meet (proper attire, minimal personal belongings, etc.) as locker room usage may be restricted. Athletes should plan on leaving the facility in their suits, showering and washing clothing upon arrival at home.
8. All individuals should practice safe hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off.
9. Meet hosts are not allowed to host a hospitality room. All athletes, coaches, officials, and workers are responsible for their own snacks while attending a meet.
10. Athletes should be spaced out in the pool to ensure socially distancing at all times. It is recommended that no more than 4 athletes share a lane at a time, alternating two athletes at one end. There should never be more than two athletes stopped at the wall in the same lane. This applies during practice, meet warm ups, during meet, etc.

11. Meet hosts should collaborate with attending schools they are competing against to ensure everyone is aware of the facility rules and regulations.
12. Teams should coordinate for specific warm-up and warm down times that allow for continued social distancing. We recommend allowing a 50 warm down after each heat that takes place, this will allow for you to monitor the warm down area and prevent athletes from congregating.
13. Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing.
14. Swimmers should refrain from congregating behind the 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.
15. 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.
16. 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.
17. Any equipment used should be sanitized/cleaned. Team areas should be cleaned up by those who utilized them.
18. All individuals should prepare to leave the facility as efficiently as possible at the conclusion of a meet.
19. Meet results should be exchanged electronically.
20. No awards ceremonies should take place at the conclusion of each race, in order to prevent a mass gathering.
21. Coaches must ensure that they are following all current NMAA guidelines at all times.