

Pool Procedures for Competitions at Harper Creek

*Please treat this as a “living” document that will grow and change as we move forward through the season. The main point of the measures outlined below is to limit the chance of exposing any person to another person’s (any person not living in the same household) respiratory droplets produced when breathing, speaking, sneezing or coughing.

2 Team Dual Meet Procedures

ENTRIES: Submit entries and dive sheets in advance to buckc@harpercreek.net Entries are due by 4pm or earlier on the day of a dual meet and TBD on Saturday events. Dive sheets should be emailed to Stan Wilk at divingcoachhc@gmail.com. Please post in the shared drive your team rosters, including coaches and captains. Please also include on your roster any medical issues that we should be aware of.

COVID PRE CHECK: While waiting to use the locker room or if using a bus, athletes should have their temperatures taken by their coach and complete the MHSAA pre-screening form and give it to the host school athletic director or head coach. Any athlete who has a temperature over 100.3 should not attend and should be sent home.

MASKS: It is recommended to athletes use tie style face masks to accommodate wearing of swim caps. Also suggested that athletes bring their water bottle to the lanes or diving boards for warm up and competition in order to place their mask on the water bottle while swimming or diving.

LOCKER ROOMS: If possible, come dressed in suits. If locker rooms are needed, the visiting team will be in the BOYS locker room. Coaches are responsible for only allowing 6 into the locker room at a time. Masks should be worn and 6 feet apart while changing.

BATHROOMS: During the meet only one member of each team can use the bathroom at a time. Visiting team will only use the boys locker room bathrooms. Coaches you will use _____

DECK SPACE: Visiting team will use the seating area right in front of the boys locker room. To maximize space bleachers will not be used. Chairs (may need to be provided by athletes) should remain over the taped mark on the deck to permit for social distancing. Athletes should ONLY sit in their space.

STRETCHING: While wearing masks and social distancing, captains or coaches will run your stretching program.

WARM UP: Visiting team will warm up on Lanes 1-4 and Harper Creek will use 5-8. In your lanes you can have up to 4 per lane and on the right side of the lane line only . One at each end and two at the Yellow markers on the right side (15m). Starting end is Athlete A then they would

do whatever distance you give and return to the starting end. If athlete B is at the first Yellow marker they would swim whatever distance you give and end at the first yellow marker... and so on. If there is a period of time when the mask is off and the athlete is putting on their cap and goggles, it should be done quickly while observing social distancing protocol.

WAITING TO RACE: In the area against the starting end of the pool and near your team's area, the coaching staff will have the next race or heat standing ready to advance to their lane waiting for the previous heat or race to clear the block area. Athletes in this area should have face masks and be practicing social distancing. This would be like "marshalling" your swimmers.

RACING: We will do flyover starts. Please remind your athletes that they must exit the pool within 15 seconds of the next race beginning. Heat or next event will approach the blocks during the next race. If there is a period of time when the mask is off and the athlete is putting on their cap and goggles, it should be done quickly while observing social distancing protocol. At this time they can remove their masks and place them on their water bottles.

DIVING WARM UP: Divers should enter and exit the diving well on the side of the boards. When the athlete addresses the board for a dive, she should place her mask on her water bottle and then place the mask back on after her dive. Divers should wear their mask and practice social distancing while talking to the coach. Masks and social distancing are also required while waiting for the next dive behind the boards. (see pink tape)

DIVING COMPETITION: During a diving only meet, athletes will place a chair, towel or mat to designate their space and these spaces should be 6 feet apart. While waiting to dive, divers should stay in their assigned space with a mask. The on-deck diver can stand behind their board with a mask on waiting for the prior diver to complete their dive. Divers can remove their mask prior to addressing the board by placing it on their water bottle. Once a diver completes their dive they will then exit the diving well near the diving board, place their mask back on and return to their assigned personal area.

SPECTATORS: Per MHSAA, only 2 spectators are allowed per athlete. Spectators should plan on not entering the building for any reason before or after practice or meets. Spectators are not allowed to enter the building if showing symptoms of any illness including fever. Upon paying admission fees, spectators will have to have temperature checks and fill out the screening checklist. All spectators will be required to socially distance from others not in their same household. All spectators will be required to wear a mask covering their nose and mouth for the entire time they are in the building.

DRINKING FOUNTAIN: Only available for filling your water bottle. Water bottles and other equipment are not to be shared among athletes or staff.