

# 2021 SSL Coaches COVID Education

# Jess Brown – Excel Roster Form

# Understanding the Swim Club Nuance

## Day to Day Operations

- COVID-19 Guidance: Reopening Phase for Public and Community Pools
  - <https://coronavirus.delaware.gov/wp-content/uploads/sites/177/2020/06/Public-and-Community-Swimming-Pools-Phase-2.pdf>

## Swim Team

- Guidance on Youth Sports & Adult Amateur Sports
  - <https://coronavirus.delaware.gov/restrictions/youth-sports/>

# Resources

- <https://coronavirus.delaware.gov/restrictions/youth-sports/>
- Your club's Operating and Swim Team Response Plan
- <https://www.usaswimming.org/home/covid-news>
- <https://swimmingcoach.org/coronavirus-resources-for-coaches/>
- <https://www.swimmingworldmagazine.com/news/the-recommended-guidelines-by-usa-swimming-for-safe-practices/>
- <https://swimswam.com/planning-a-covid-safe-summer-swim-season-in-2021/#checklists-for-covid-planning>

# What is considered best practice?

- Health assessment
- Pool area considerations
- Lane considerations
- Mask use
- Cleaning requirements

# Health Assessment

- Meet Days – Game Changer App
- Practice – consult with your pools operating plan.

# Pool Area

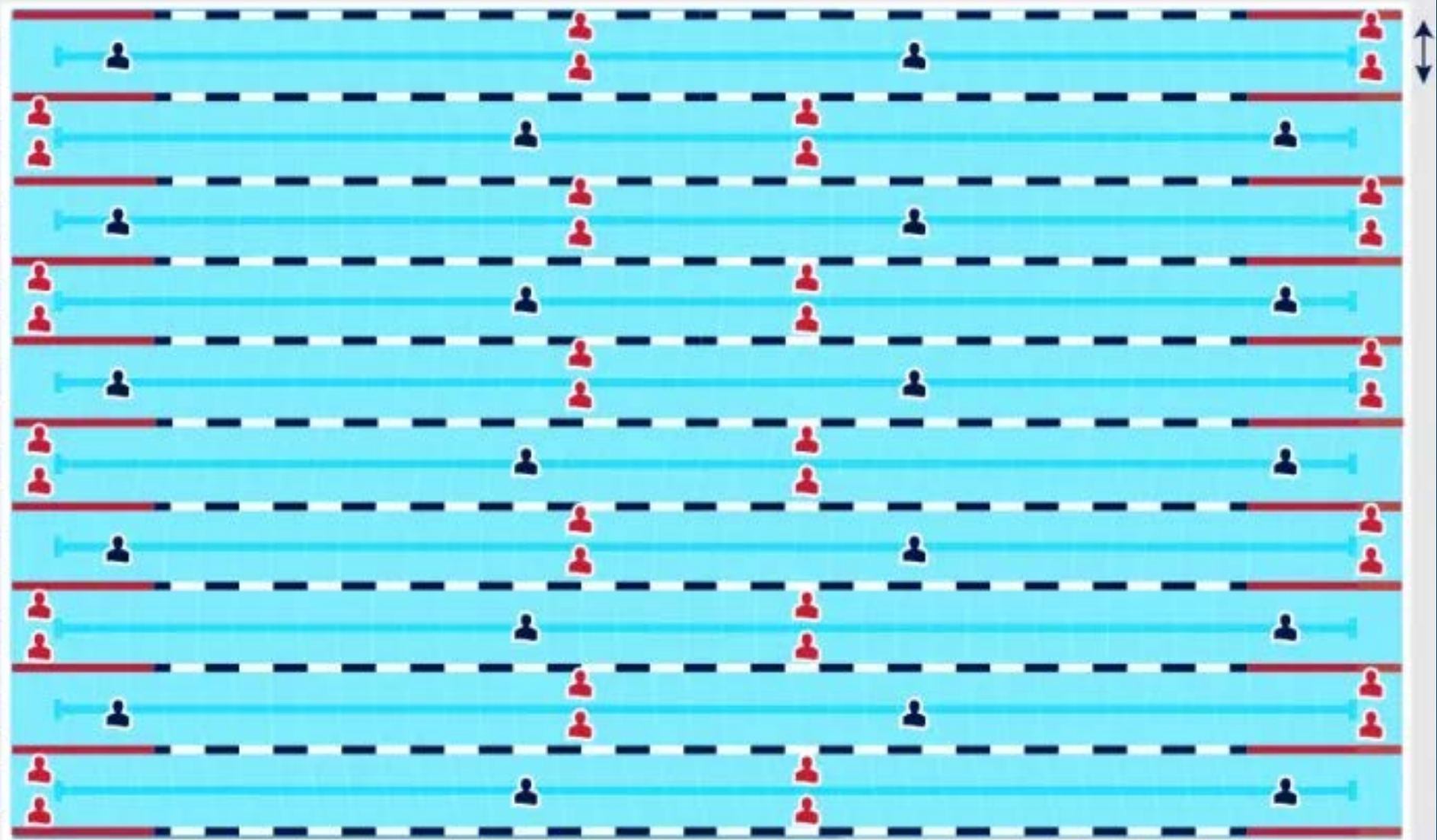
- Current DPH guidelines allow ONE masked guardian at practice
- One-way traffic flow around pool
- Assigned places to wait until beginning of practice
- Assigned places for swimmers to leave “dry” items such as t-shirt, towel, shoes
- Consider area around the pool
  - Parents
  - Next practice group
- Come ready to swim
  - No changing in restroom
- No equipment sharing

# Lane Considerations

- Maximum of 6 swimmers per lane (DPH does not anticipate this going any higher)
- Daily Attendance and recording of lane assignment
  - Best Practice is that swimmers are given a lane assignment and that should stick with them even if swimmers are absent.
  - Swimmers of same household should be kept together
- Space swimmers out
  - End of pools/middle of lane



# 50-METER, 10-LANE POOL



**60 SWIMMERS**

# Mask Use

- <https://coronavirus.delaware.gov/restrictions/youth-sports/>
- When not in pool, must be worn
- Whistles
  1. Electronic
  2. Mask whistle
  3. UNDER mask

# Cleaning Requirements

- Your club's Operating and Swim Team Response Plan

# Timing/OOF

- Only one timer per lane, supplied by the team swimming in that lane. The Home team will provide the timer for the exhibition lane in a 5 lane pool. The timer on each lane will confirm the correct swimmer is in the correct lane and event and record times.
  - For a 5 lane pool, Coaches must communicate who will use the exhibition lane for each event PRIOR to the meet. This will not count towards your exhibition heats.
- The Place Judges and the Referee, or the Starter when the home team uses a separate Referee and Starter, will observe and record the order of finish (OOF). The OOF will be recorded on a Timer / Place Judge form. The OOF form will be collected by the runner after each group of events and provided to the scoring table to be used by the scorers if a modified ballot is prepared but there is missing information from Timers or Place Judges. The Referee will work with the Scorer's in this situation to determine the OOF.

# Changes to SSL Rules for 2021

- 2021 season only
- 4 dual meets, each held in 2 sessions, one for girls and one for boys
  - One session at each pool. The host team is the Home team for the session.
  - The meet winner is determined by total points from the 2 sessions
- **Communication between Coaches will be KEY**
- Need to create a culture of education and compliance with the rules or the season will cease
- It all starts with YOU

# Eligibility

- Because there was no SSL season in 2020, those swimmers who would have competed as an 18 year old in 2020 could not swim their final season in SSL. For the 2021 season, swimmers who are 19 years of age as on May 30, 2021 may compete for the 2021 season under the following conditions:
  - The swimmer must have competed for their team in 2019 in accordance with rule 3.d. This can be waived by majority vote of the Team Reps on a case-by-case basis if there were valid reasons the swimmer could not swim in 2019 (e.g. a broken arm). The request must be made to the Team Reps at an SSL Reps meeting no later than the first meeting in June.
  - A swimmer who competed in 2019 under rule 3.f, as a paid employee, may compete in 2021 for the team they competed for in accordance with rule 3.d in 2018 or prior years.
  - The swimmer cannot swim in 2021 as an employee of an SSL team other than the team they swam for in 2019 in accordance with rule 3.d.
  - In dual meets, the swimmer will compete in the 15-18 age group.
  - Competition for 19 year old swimmers in Time Trials and Championships will be decided by the Championship Meet Committee after the number of 19 year old swimmers is determined.

# Warm ups

- Sufficient time shall be allotted for each team's warm-up period based on the number of swimmers competing for each team and the limit on the number of swimmers per lane in accordance with DPH guidelines during warmups.
- Each team will be limited to 10 minute waves of swimmers in accordance with those guidelines.
  - Encourage setting your warm-up waves for the season and communicating to swimmers and parents. If someone is absent, leave the space open.
- The home team shall take the first warm-up period.
  - You will need to communicate with the visiting team to determine what time your warm-up for each meet will begin based on the number of waves needed.
- Warm-ups shall be scheduled to the visiting team warm-up ends 10 minutes before the start of the meet.

# Rosters

- The rosters must include the first and last names of the swimmer and the lane assignment.
- The procedure for Change Cards does not change, but the Coach or his/her representative must also inform the person managing the ready bench for their team. The person managing the ready bench will inform the Timer of the change. The Timer will make the change on the Timer / Place Judge form.
- The Roster must include the lane assignment for all swimmers as assigned by the Coach. Lanes cannot be changed after the roster is submitted to the scoring table.
- Event cards will not be used. Ballots will be performed on the Modified Ballot form provided by the league. Times will be recorded on Timer / Place Judge forms.



# Dual Meet Operation

- Events may **NOT** be combined.
- Lanes will be assigned to the Visiting and Home teams based on the Home pool COVID plan approved by Dept. of Public Health. Adjoining lanes, not alternating lanes.
- Unofficial Heats: **each Team shall be limited to no more than six (6) Unofficial heats during each SESSION.** Unofficial heats not used during the first session of a meet by a team may NOT be used during the second session of the meet. Unofficial heats not used by one team may NOT be used by the other team. Swimmers in Unofficial heats may swim in any lane and are not limited to the teams assigned lanes for official events.
- The fifth lane in five lane pools will be lane 3 and can be used for unofficial swims during the official events.

# Dual Meet Operation

- Each team will have its own ready bench per the host team's operating plan to be managed by an assistant coach or an adult volunteer. No common ready bench.
- The assistant coach or adult volunteer is responsible to have the correct swimmer in the correct lane in the correct event.
- If a session is called because of weather or other reasons, the events not contested will NOT be moved to the next session.

# 10 & Under changes:

- 25 y/m events will start in the shallow end of the pool with in water starts. This eliminates timers moving between the deep and shallow ends of the pool.
- 8 & under, 9-10 Relays:
  - 100 relays will start and finish in the deep end of the pool. The second and fourth swimmers (breast stroke and freestyle in medley relays) must start in the water in the shallow end of the pool. The second swimmer may enter the water after the start of the race. The fourth swimmer may enter the water after the second swimmer has completed their length at the opposite end. This eliminates timers moving between the deep and shallow ends of the pool.

# Suggestions From Coaches

- The following are suggestions from Mike Morton and Bryan Stambaugh based upon our experiences running practices over the past year.

These are only suggestions!

# Practice Suggestions

- **Proactively organize your practice groups to 6 swimmers per lane**
  - Don't just say "All 12 & Unders 10 - 11, All Opens 11-12"
- **Assign Lanes**
  - Do your best to keep those lanes assigned regardless of absences
  - If you do combine lanes/move swimmers around, be aware that that could result in more swimmers being quarantined in case of a Positive Covid Case
- **Designate Waiting Areas**
  - At Wedgewood, we have one group enter and wait on one side of the pool. Swimmers are spread out to one concrete square per household.
  - When the next group arrives they go to the other side of the pool and use one concrete square per household.
- **Disinfect any shared materials between use**
  - Chlorinated water and/or your cleaning supplies on your plan work great

# Practice Suggestions

- **Spreading out swimmers**
  - We place Cones at the 15 meter marks and the flags to help spread the kids out, or use other markers (ladders, railings etc.)
- **All at one End**
  - This is easier with smaller kids who can't stand or for when you aren't able to tell your set twice at both ends of the pool
  - Make sure they are lined up at least 6 feet apart, with only 1 person waiting at the wall.
  - Works best for more traditional sets, with swimmers going 5-10 seconds apart.
- **Both Ends**
  - Older kids have like this method. With 6 swimmers you can keep 1 at each wall, 1 at each flags, 1 just beyond the flags.
  - Best works when running shorter yardage sets (25's etc) otherwise can get congested.
  - Works best when everyone goes on the same number.

# Meet Suggestions

- **Pre Meet Planning:**

- Make sure rosters are completed on the excel file and copies are made.
- Lanes cannot be changed (don't move someone to a middle lane later on in the meet)
- Don't try to do this last minute. **Demonstrate the excel spreadsheet.**

- **Exhibition Heats:**

- 6 Exhibition Heats per session (this is double what we have in a normal season which is 6 per meet total)
- 5 Lane Pools! Be prepared to evenly split the number of times each team is using the extra lane. Don't wait for last minute since this would take away potential swimming opportunities for the kids.

# Meet Suggestions

- **Planning Warm-Ups:**
  - Since the sessions are split between Boys and Girls, Make sure you organize your warm-ups accordingly. (assign warm-up lanes, similar to how you assign practice lanes)
- **Running Warm-Ups:**
  - You may need to split your warm-up into sessions (each warm-up group gets a 10 min period including starts etc).
  - Communicate with the opposing team to see how many warm-up sessions are needed before the meet.
  - Home Team starts warm-ups first.
  - **Whenever possible, have swimmers use a lane as a “swim back lane” when doing starts. While swimming back, make sure they are staying spread out in the swim back lane.**



# Meet Map- Flow Method

