

Officials,

Guidelines from : Joe Plack,

NSC Swimming/Diving Guidelines - Approved 8/12/20

RISK MITIGATION/HEALTH & SAFETY

Each school performs a Health Screening before leaving its own campus. All athletes and Coaches must be symptom free to participate. No Athlete or coach may enter a home or visitors facility without being cleared by their OWN schools health screening staff/personnel.

Home trainer must have a designated 'COVID' area for anyone demonstrating symptoms for separation from others before being picked up by parents

All Swimmers are masked at ALL TIMES outside of the water and stay masked until they are on their block to swim AND are able to be 6-feet socially distanced. Once a race is completed, athletes need to re-mask once in their team area.

Coaches, timers, officials are to be masked at ALL times. Each school is responsible for supplying timers for each event, ie. 4 timers from school A and 4 timers from School B in an 8-lane pool. Timing equipment should be wiped down in between users.

Visible Signage posted at each venue (in multiple languages) regarding face covering requirements, social distancing guidelines, cleaning protocols and any capacity limitations
Concessions will NOT be available. Athletes should bring their own snack and clearly marked water bottle for personal (no shared) use. If eating or drinking - strict adherence to 6-ft social distancing required.

Pool deck doors to be placed in 'open position' for team arrival directly to the deck. Once on deck, doors will be closed for pool security purposes. Air handlers should be set to maximum fresh air exchange allowed.

Hand sanitizer available outside of restrooms and all athletes/coaches must utilize it after use.

Toilet facilities must be cleaned every 2 hours.

Hand Sanitizer available on deck and should be used by athletes/coaches upon arrival.

Individuals are encouraged to bring their own hand sanitizer for personal use.

No handshakes, high fives, fist bumps, hugs, touching "go-team" hand raises, etc. can occur

SPECTATORS/TEAM AREAS - RULES/REQUIREMENTS

SPECTATORS - At this time the North Suburban Conference does not support fan attendance at school contests

Team Areas - Home Team on one side of the pool, Visiting Team on the other. Squad size to be determined in advance to maintain indoor space requirements (Max 50). Minimum 8-foot separation markings should be identified within each team area for each player and/or coach and their equipment. Athletes not competing should return to the team area, masked, and maintain social distance.

Schools will explore options for live streaming.

SIZE/FORMAT OF CONTESTS & LOCATIONS

HARD INDOOR LIMIT = 50 MAX TOTAL per FACILITY: This includes athletes, coaches, referees, timers, table workers and trainers. This will result in limitations of swimmers per day and require alternate Varsity and JV schedules.

CONDUCT OF MEETS - All individual events will be conducted as in the past. Each relay team time will be determined by the sum total of the individual times of the individual legs of each relay.

LANES - Each swimmer will be assigned to their own lane. Each school will be assigned to their own lanes of the pool. Athletes from one school should not need to be in contact with athletes from the other. Coaches stay on their side of the deck as well.

DIVING - Diving will take place prior to swimming for Varsity and JV. After diving, the pool will be cleared. Schools will be assigned a diving board nearest their bench. Wipes will be available at each board to wipe rails as needed between competitors.

EVENTS - Events will be called one at a time and athletes should NOT approach the block area until called. Home announcers will allow adequate time for swimmers from the previous race to return to their bench area, remask, and maintain social distance before calling the next race.

WARMUPS - At meets, swimmers will be limited to one swimmer per lane as per IDPH Guidelines.

Home team is responsible for scoring. May need to limit staff to allow for more athletes - again HARD COUNT = 50 MAX for FACILITY.

Individual schools should structure their practices to maintain appropriate social distancing at all times

TRANSPORTATION

Schools must provide their own transportation of Athletes or have a coach present to receive/check-in any athlete that is transported by their own parent. Athletes who arrive at a visiting site must remain with their parents in the car until they can be connected with their coach and be cleared through their schools health screening process. Athletes and Coaches must wear a mask while on school provided transportation.

LENGTH OF SEASON/SCHEDULE/MODIFICATIONS

Practices may begin Monday August 10th, Contests may begin Monday August 24th

Season Ends on Saturday October 24th, 2020 - IHSA State TBA

Contests may ONLY be held with NSC teams or Intra-EMS-Region schools - we are in Restore Illinois Region 9 (Lake and McHenry Counties)

No Tournaments, No out-of-conference/league play, no out-of-state play is allowed at this time - as that is only a Level 4 permitted activity (ISBE All Sports Policy)

NSC Dual meets on Saturdays, Starting August 29th - October 10th, NSC Conference Meet on October 17th (MUST Modify Structure)

Schedule for the Day

Diving warmup 7:30 am

Diving competition 8:30-10 am,

Varsity warmup 10:30-11:00 am

Varsity competition 11:00 am - 1:00 pm,

JV warmup 1:30-2:00 pm

JV competition 2:00-5:00 pm

FACILITIES AND SCHOOL CONSIDERATIONS

Mundelein HS = 8 lanes Libertyville = 8 Lanes

Stevenson = 8 Lanes Lake Forest = 8 Lanes

Waukegan = 8 Lanes Warren = 6 Lanes Zion Benton = Under Construction

Be Safe,

Joe