



Return to Competition Requirements Maine Swimming LSC

The following material has been developed to provide expectations and guidance for hosting a swim meet as pools and activities incorporate COVID-19 considerations. The requirements herein are presented in no particular order of importance, please read entire listing as all apply equally.

Each club/team wishing to be considered for a sanction must complete a “Return to Competition Plan” as detailed in the attached USA Swimming publication. The items in the document must be incorporated into your plan, as well as your club/teams specific local considerations. Your Plan must be submitted with any sanction request.

For sanctioned meets, the host teams must secure a Meet Referee that will guide you through the ever-changing new requirements of hosting the meet. If you need a Meet Referee, contact Henry Clauson at mesiofficialschair@gmail.com or call 207-620-4375.

No sanctioned meet can occur without the concurrence with the LSC Officials Chair.

Failure to abide by the established Return to Competition MESI and USA Swimming requirements will result in a financial penalty of up to \$1,000 imposed on the violating club(s), in addition no additional sanctions being approved for that/those entities for 12 months. The Meet Referee, LSC Officials Chair, and LSC Sanction Chair will be the governing body that will review, recommend, and assess penalties. Any protest or appeal of these penalties must be filed pursuant to Article 713 of the MESI Policies & Procedures.

Types of Meets:

LSC teams/clubs can currently apply to host the meet types listed below, as long as all of the new requirements are met.

1. **Virtual Sanctioned Meet:** This is a meet with one host team and one sanction for a period of up to 10 days across one or more sites. The sites are under the umbrella of the host team using the same order of events. Results will be merged and sent into the database. The host team Meet Referee needs to be up to date and in touch with the latest requirements. See: VIRTUAL MEETS attachment for additional guidance.
2. **Sanctioned Intra-squad Meet:** same as Virtual sanctioned meets but without other sites.



3. Sanctioned Dual Meet: Same as intra-squad but with two teams.
4. Non-Sanctioned Meets: No officials are used in a non-sanctioned meet. Results are for information purposes only and cannot be used for future seeding or qualification. All requirements in this document still apply to non-sanctioned meets and activities, with the exception being the presence of officials.

The following requirements are presented below for:

- 1) Pool Deck / Meet,**
- 2) Officials,**
- 3) Swimmers, and**
- 4) Spectators.**



Pool Deck / Meet:

- Total attendance limitations must be in accordance with State of Maine requirements / Executive Orders, the pool facility requirements, and/or this recommendation; whichever is strictest. Currently, the total capacity limit for all attendees, in accordance with the State of Maine Executive Order active as of the date of this document version, is a **per meet session of no more than fifty (50) persons**. **This includes swimmers, coaches, officials, timers, other roles, and spectators.**
- Access to the pool deck / spectator area(s) must be controlled and attendance continuously recorded. Only persons pre-approved to attend a session may do so.
- A complete facility pool deck (including blocks) clean and disinfection must occur before and after each session.
- Pool facilities and/or Clubs may impose additional requirements for arrival temperature checks and waiver of liability releases. Any releases must be completed before the day of the meet.
- Attendees will be allowed to participate in the meet only if they complete the attached USA Swimming Release and the MESI COVID-19 form. Each participant and/or attendee (or legal guardian) must sign both forms in order to attend the meet. Electronic copies of these forms must be kept on file with the hosting club for each meet. It is recommended that these forms are sent, received, and filed electronically. These forms will be used for contact tracing if a positive COVID-19 case is detected. MESI will establish an electronic repository for these documents to be uploaded and securely stored.
- All attendees must wear a facemask at all times. Exceptions are for:
 - a swimmer in an active heat, and
 - the Starter (only when providing verbal command)
- Hand sanitizer must be readily available and regularly used by all attendees, including swimmers.
- Coaches must remain stationary, and physically distanced by 6' or more to the extent possible.
- Floor / seat markings are required to define spacing requirements. This for all competition and spectator area. Such marking should be put in place under the direction of the Meet Referee prior to any other people entering the pool deck.



No more than 10 persons should be on deck & spectator areas combined without markings in place.

- No food is allowed on deck or in spectator areas.
- No person may gather on the turn end of the pool. Only Officials should be present on the turn end. Exception being for longer distance events where lane counters are needed, only one lane counter / person per lane.
- Multiple sessions may need to occur to comply with capacity limitations. No more than three (3) sessions per day. Must allow enough time between sessions for a complete facility cleaning.
- Swimmers may swim not more than three (3) events per day in a preliminaries and finals meet, or no more than six (6) events each day in a timed final meet, according to 102.2.2. and 3 in the Rulebook.
- Warm ups and warm downs may occur, but limited to no more than 2 swimmers per lane at the same time. During a session, consider using a designated lane(s) for warm up and warm downs.
- Bathrooms are for emergency use only. You must designate a separate bathroom for 1) swimmers, 2) volunteers/timers, and 3) coaches and officials – and label as such. Only one person in a bathroom at a time. If a locker room is the only available bathroom space, that locker room must be closed to all other usage with only one person allowed in at a time. Bathrooms must be monitored and disinfected after each use.
- Staging of swimmers for next heat should occur in a designated area on deck. Traffic flow must be one way. For example, swimmers in current heat exit the same direction while the next heat enters from the opposite direction (e.g. swimmers never pass each other). Staging should have a designed floor marking (e.g. tape, cones, etc.) for each lane with each being at least 6' apart.
- Meets should be pre-seeded, and no deck entries or changes are allowed.
- The use of live stream media platforms is encouraged (e.g. Facebook Live, etc.). It is suggested to have 1 designated volunteer on deck running this platform, or better if a camera can be on deck and the operator off-deck.



Officials:

- Each venue must have an AO physically present.
- Virtual meets should have one (1) AO that is the “lead” AO and performs the merge of the meet from all venues.
- At venues where there are one to two teams, the meet sessions must be staffed with a minimum of 4, but no more than 6, officials. The minimum officials positions are AO, Meet Referee, Deck Referee, Starter, and one (1) Stroke and Turn. The Meet Referee should serve in two roles, but not be the AO.
- At venues where there are more than two teams, the meet sessions must be staffed with a minimum of 4, but no more than 7, officials. The minimum needed officials positions are AO, Meet Referee, Deck Referee, Starter, and two (2) Stroke and Turn. The Meet Referee can serve in two roles, but not be the AO.
- Deck Referees must use an electronic whistle. If requested by a club, Maine Swimming will reimburse a club for up to two (2) electronic whistles.
- In-person officials and timers briefings will not occur; rather a handout of expectations should be provided before the meet via email or in person. Ideally, a virtual meeting should occur within 24 hours of the start of the meet / session as organized by the Meet Referee (for Officials) or Starter (for Timers).
- Officials must be pre-assigned a wet or dry deck role and position by the Meet Referee prior to the start of the meet.
- No rotation of officials in role and position may occur during a session.
- Officials who leave the deck during a session, may not return without disinfection.
- Radio use is encouraged between officials. If not available, communications should be limited and preferably written.
- Deck Referee and Starter should be on opposite sides of the pool.
- No official(s) will be positioned behind the blocks. Start-end S&T officiating should be performed by the Starter, Deck Referee, or a designated official(s) from the side of the pool.
- Officials must be physically distanced by 6’ or more to the extent possible.



- AO station must be in a separate room or have a transparent barrier up to at least 6 feet on three sides. No verbal swimmer, coach, or spectator interaction should occur with the AO; written communication is encouraged.
- A maximum of two (2) persons are allowed at the AO station and must be physically distanced by 6' or more to the extent possible.
- If radios are available:
 - DQ slips are not to be used.
 - DQs or other issues should be recorded on a heat sheet, and called into the Deck or Meet Referee
 - DQs should be processed by the AO once verbally approved by the Deck or Meet Referee.
- If radios are unavailable:
 - DQ slips are not to be used.
 - If swimmers are staged on the pool deck, DQs should be recorded on a heat sheet, and shown to the Deck Referee at the end of the session, and then processed by the AO as a batch at the end of the session.
 - If swimmers are staged off the pool deck (e.g. outside building, in a gym, etc.), DQs should be recorded on a heat sheet, and shown to the Deck Referee at the end of each event, and then processed by the AO as a batch at the end of each event.
- Timers:
 - Limited to one (1) timer per lane, and one (1) backup timer per session.
 - Should not speak to or assist the swimmers.
 - Must be pre-assigned prior to the meet to a lane.
 - No rotation of a timer in role and position may occur during a session.
 - Each timer / lane should have a spray bottle of disinfectant available.
 - Are responsible for disinfecting the blocks after each heat.
 - Timing equipment must be disinfested prior to and after each session.
 - Timers who leave the deck during a Session, may not return without disinfection.
- All meet equipment (pens, clipboards, stopwatches, timing buttons, etc...) must be sanitized with wipes or cleaner containing at least 70% alcohol.



Swimmers:

- Must remain masked at all time, except when swimming. Bring a plastic bag to put your mask into when behind blocks before heat. Mask must be put back on as soon as you exit the water. Bring extra masks in case one gets wet.
- Must physically distanced 6' or greater from any other person to the extent possible.
- Locker rooms cannot be used. Swimmers must arrive and depart the facility in their swimsuits.
- If an on-deck shower is available, swimmers should rinse off while maintaining physical distancing before entering pool. Swimmers must not enter the locker rooms.
- Should minimize their personal belongings on deck. Belongings must be kept tidy and self-contained. Loose belongings will be discarded.
- Only personal water is permitted; no food and no sharing.
- Only the active heat of swimmer(s) allowed behind the assigned block at any time.
- Must remain in their designated area. Any swimmer leaving the pool deck, must disinfect hands and body before returning to the deck.
- Should bring a chair or extra towel to sit on for wherever swimmers are waiting for their event(s). Do not sit on the pool deck.



Spectators:

- Should be discouraged.
- The use of live stream media platforms is encouraged (e.g. Facebook Live, etc..).
- If unavoidable, must be kept to a minimum. Only one (1) person per swimmer allowed. If an immediate family has multiple sibling swimmers, then still only one (1) spectator person in total.
- Any spectator in the same room (e.g. spectator area of a pool deck) counts towards total session allowance (e.g. the less spectators = more swimmers)
- Attendance by young children or the elderly is strongly discouraged.
- Personal belongings kept to a minimum. No backpacks, chairs, or extra gear in stands.
- No food or drink allowed.
- Must remain masked and physically distanced 6' or greater from any other person to the extent possible.

This document (Return to Competition Requirements) was adopted by the MESI Board of Directors on August 3, 2020.

Changes to this document may occur on a regular basis to comply with USA Swimming, State of Maine, or other COVID-19 requirements imposed on Maine Swimming LSC. Subsequent changes may also include lessons learned efficiencies without compromising safety. Such document revisions will be reviewed by the MESI Crisis Management Committee and recommended to the full MESI Board for approval; however, must be done in concurrence with the MESI Sanction Chair and MESI Officials Chair. The most recent version of this document will be maintained on the MESI website.