



## 2021 Swimming Return to Activity Guidelines

Updated 3/26/2021

### Screening Process

- All Return to Activity (RTA) pre-event screening protocols must be followed. Protocols may be found at <https://www.sonj.org/sports/sonj-return-to-activity-guidelines/>. The screening process includes athletes, coaches, volunteers, and any family members/caregivers that remain for the duration of practice.
- Athletes must have current medical and COVID waiver prior to the start of training
- Volunteer certifications are required prior to the start of training
  - Coaches (age 18+) – Updated Class A Form/Background Screen, Protective Behaviors, Concussion and COVID waiver
  - Volunteers (age 14+) – Updated Class B Form and COVID waiver
  - Unified Partners (if applicable) – Updated Class A Form, protective behaviors and COVID waiver

### Venue

- All programs must adhere to venue capacity rules and regulations. As such, spectators may be asked to leave venues if capacity limits are met and are expected to comply. Current guidance – no more than **fifty (50)** total individuals
  - 50 total all-inclusive to athletes, coaches, volunteers, and spectators
- Confirm with venue regarding additional restrictions
- Locker rooms or restrooms may not be available based on venue guidelines – check with venue prior to training

### Training Guidance/Equipment

- All practice structure must align with the current Special Olympics New Jersey RTA guidelines
- Athletes can practice no more than one (1) time per week
- While at the venue, ensure all participants practice social distancing and maximum group number limitations as outlined in the current RTA plan
  - Waiting areas must be social distancing compliant
  - For larger programs, consider splitting athletes and coaches into 2 squads



## 2021 Swimming Return to Activity Guidelines (cont.)

- Mask Compliance
  - Swimmers must wear mask when on pool deck and only remove when entering the pool. If possible, each swimmer will place mask in Ziploc bag (identified with name) while actively swimming, and wear mask upon exiting pool.
  - Coaches, volunteers and spectators are required to wear masks at all times
- No equipment should be shared between athletes and cleaned or sanitized after each practice (towels, goggles, etc.)
- Sanitizing Equipment – Equipment must be sanitized prior to and following practice
  - Check with venue regarding sanitizing protocols
  - PPE equipment is available in the Coach Tool Kit (available by SONJ)
- Training/Practice Structure
  - No more than **three (3)** athletes per lane
  - If possible, have deck traffic proceed around the pool where athletes will enter the starting area from one side. Either enter lane 8 and exit lane 1 or vice versa.

### Volunteers/Spectators

- Programs must use the minimum number of volunteers possible for training/practice
  - Volunteers are required to be pre-registered through Special Olympics New Jersey
  - Volunteers must always wear a mask and maintain social distancing protocols
  - Volunteers are counted as part of the total number of individuals allowed at a venue
- Spectators are discouraged to attend training/practices
  - Spectators must always wear a mask and maintain social distancing protocols
  - Spectators are counted as part of the total number of individuals allowed at a venue

### Competition

- Remote Competition: Programs will swim at their home pool and submit official times
- Events Offered: Athletes may compete in **two (2)** individual events
  - Butterfly – 25M, 50M, 100M
  - Freestyle – 25M, 50M, 100M, 200M, 400M
  - Backstroke – 25M, 50M, 100M
  - Breaststroke – 25M, 50M, 100M

- IM – 100M, 200M