

# Swimming

2021 Season. Updated 11/16/2020





# Return to Play 2020 -2021

- Practice Guidelines
- Competition Outline



# Swimming Season Time Line

- Season
  - October 1<sup>st</sup> - June 1<sup>st</sup>
- Session One
  - October – January
- Session Two
  - January - March
- Session Three
  - April - June



## Season Goals

- Practice & improve skill development
- Improve swimmers conditioning & fitness
- Offer small meets when possible
- Offer virtual meet amongst swimmers across the state
- Meets between teams may be set up
- Awards will be awarded at end of season



# Session Outcomes

## Session One

- Practice
- Conditioning & Fitness

## Session Two

- Continue with session one outline
- Gather scores submit to SOMA
- Scrimmages between teams may be set up

## Session Three

- Continue with session one outline
- Competition
- Awards will be awarded at end of session two

# Practice





# Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Max of 25 people per practice session teams must check with their pool on capacity guidelines.
  - 25 head count includes all participants, coaches and volunteers
- Recommend placing empty lane between swimmers
- Use opposite ends of lanes. Stay at assigned end, do not have swimmers cross at center of lane
- Masks must be worn at all times by everyone when not in the water
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared
- Recommended use same groups for every practice session



# Practice

- No spectators allowed for individuals over age of 21. Only one spectator if there is a viewing area for those under age of 21
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)



# Scrimmages





# Scrimmages

Teams may scrimmage vs other teams following Massachusetts guidelines for COVID 19

- No more than 25 people indoors, this includes everyone
- Masks must be worn at all times by everyone
- No spectators allowed for those over age of 21. If there is a viewing area only 1 spectator allowed for those under age of 21
- Teams may not cogate at same end of pool and must stay at their assigned ends of pool. Team A is lanes 1-3. Team B lanes 4-6
- Activities must end by 9:30pm
- May only play one team per day, may play multiple games vs that team
- All players and coaches must wash and sanitize hands upon arrival, during and after scrimmage
- All equipment must be sanitized prior to, frequently during and after scrimmage
- All individuals attending must take a COVID 19 screening prior to start of scrimmage, (*refer to return to play power point on [coaches resources section](#) of SOMA website*)

# Competition





# Competition Opportunities

- At Practice
  - Teams designate a practice in which players on team compete against each other. Special Olympics MA to provide awards based on predetermined divisions
- Virtual Meet
  - Players are divisioned against others from across state in a virtual meet. Awards provided at conclusion of season



# How Virtual Meet will work

## Session Two

- Swimmers or coaches submit all times accumulated from session two to Special Olympics MA
- Special Olympics MA will take swimmers best time from session to division swimmer vs other swimmers from across the state in a virtual swim meet



# How Virtual Meet will work

## Session Three

- Virtual meet begins
- Divisions will follow SOI divisioning guidelines and no fewer than 3 and no more than 8 per division
- Swimmers or coaches submit all times accumulated from session three to Special Olympics MA
- Special Olympics MA to create a leaderboard and post swimmers times, so they may see how they compare to others in their division
- At end of season, Special Olympics MA will use swimmers best time from the session and designate it as the swimmers final time and award all swimmers in the division
- Awards to be given out at end of season based on final standings with in each division

# Questions?

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