Swimming

2021 Season. Updated 11/16/2020
Return to Play 2020 -2021

- Practice Guidelines
- Competition Outline
Swimming Season Time Line

- Season
  - October 1\textsuperscript{st} - June 1\textsuperscript{st}
- 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

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 then 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 cognate 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 then 3 and no more then 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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or

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