

CIAC 2020-21 BOYS' SWIM PACKET

1. **Purpose of this Packet** – The CIAC Boys' Swim Committee has assembled this packet to assist coaches and athletic directors in successfully conducting the 2021 boys' swim season. This information is supplemental to the CIAC Winter Sports Plan. The CIAC Winter Sports Plan contains the COVID modifications for all CIAC winter sports including swimming. The CIAC Winter Sports Plan takes precedence.
2. **Restrictions for Pools** – Swim teams can have up to four (4) swimmers per lane during practice and pre-match warm-up periods, provided:
 - Cohorts consisting of up to four (4) swimmers that will use the same lane at the same time are constant throughout the entire season.
 - Swimmers are engaged in continuous swimming while using the same lane (i.e. the group isn't gathered at one end of the lane without masks during break periods or to receive coaching).
 - Swimmers remain maximally spaced to the extent possible during active swimming (i.e. pair swimmers of similar skill level/speed to the extent possible).
3. **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat. **For meets that are to be live-streamed or recorded for later broadcast the meet referee shall provide approval of the camera location(s).**
4. **Voluntary Dives**

February 8-14 -	Forward Category
February 15-21 -	Back Category
February 22-28 -	Inward Category
March 1-7 -	Twist Category
March 8-14 -	Reverse Category
March 15-21 -	Forward Category (Note: This is for teams that may be competing in regular season meets through these dates. Some schools may be involved in league competition.)
5. **Scheduling League Post Season Meets** – In an effort to efficiently schedule officials for post-season league competitions, schools are required to post the date, site and times for their post-season meets on the CIAC schedule site by Monday, March 8, 2021.
6. **Posting Times and Scores** – Coaches should post the times and diving scores on the CIAC web site.
7. **Swimming and Diving League Championships**
 - During league post-season competition, schools **MUST** follow the CIAC COVID guidelines as detailed in the CIAC Winter Sports Plan.
 - The general recommendations below **ARE NOT REQUIRED**. They are posted in an effort to offer assistance to the leagues planning virtual league post-season competition. These are for leagues to consider and/or use as a starting point to organize their post-season.

- a. Establish a Range of Dates for Tournament Play
 - Schools competing in the league championships will have to pick a date, schedule officials, notify the league of their date. Enter the sites, dates and times on the CIAC Eligibility Center by March 8, 2021.
 - Schools should not be allowed to change their post-season competition date except for COVID or for weather considerations.
 - There should be a requirement that officials are present to judge and verify the times.
 - All Championships should take place in a pool with an electronic timing system.
 - If a school cannot compete during the tournament dates an alternative would be that they may enter their scores from a regular season meet. The school will have to pick one date on which they competed using an electronic timing system and a yard pool. The school can only enter times and scores from that one date. There should be a requirement that an official be at the meet to verify the times and scores.

- b. Qualifying for the League Post-Season
 - Consider allowing all swimmers to enter the post-season meet with no entry cut-offs.
 - The limit for events an individual swimmer can compete in should be four (4) (following the same rules as in the past).
 - A team's top four times in each different event may be submitted for scoring.
 - The top 24 in each meet should be scored.

- c. Timing Systems
 - Championship meets should be swum in a pool that has a timing system.
 - Every lane should have a back-up timer with a hand held stopwatch.

- d. Authenticating Times
 - The timing system at each event will print out the times.
 - The official will sign the meet sheet with the times and thus authenticate the times.
 - A copy of the signed meet sheet should be given to each head coach, who in turn, must give a copy to their school's athletic director.
 - If the timing system malfunctions during the event, the official should make a judgment about the times, considering the order of finish and the times on the stopwatches. Officials will follow the rulebook procedures for when the timing system fails.

- e. Paying Officials
 - Leagues must determine if the individual school or the league will pay officials.

- f. Diving
 - Determine the date, site and location of the diving. Leagues will be allowed to send all divers to one site.
 - There should be qualifying scores in order to enter the competition for diving. This is a safety consideration.

CERTIFICATIONS / COACHING CERTIFICATIONS

Required Coaching Certifications:

- Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Temporary coaching permit application can be found at this link: http://ctcoachinged.org/ed_186.pdf
- 5 Year coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-Renewal>
- Concussion training for coaches: https://portal.ct.gov/-/media/SDE/Certification/Coaching/student_and_parent_concussion_informed_consent_form.pdf?la=en
- Connecticut Coaching Education Program: <http://www.ctcoachinged.org/concussionpage.html>
- Coaching Education Overview: <http://www.ctcoachinged.org/>
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Concussion Renewal Form: https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2019-20.pdf?la=en
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>

Volunteer Coaches – The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.