

RETURN TO COMPETITION RECOMMENDATIONS

COMPETITION BEST PRACTICES

Safety is the top priority with all aspects of our return to competition. Clubs will need to adhere to municipal, provincial and national regulations regarding public gatherings and other related restrictions or obligations. Clubs must also follow their Provincial Section and facility requirements. This may impact the number of divers at a competition, the officials and volunteers required and the attendance of spectators. The competitive environment (pool and dryland areas) should be continually assessed to ensure precautions are taken to minimize risk to the divers, coaches, officials, volunteers and those attending events as spectators (where and when permissible). Initially, return to competition may only take place locally, as clubs/programs consider the impacts of travelling away to competitions (hotels and restaurants).

Each Provincial Section has the authority to determine appropriate competition guidelines within their jurisdictions based on their current local and provincial health authority mandates and guidelines. As part of the Return to Competition framework, best practices, recommendations and examples of how to run a competition have been created, including the minimum # of officials required on deck, how to physical distance during a competition, and how to limit the handling of paper, among other items. A variety of meet formats/competition opportunities may be offered across the country including In-house competitions, virtual meets, and non-sanctioned competitive opportunities.

Competition may look very different for athletes, coaches, officials, volunteers and spectators as things start back up again. Meet Managers will need to be adaptable and work with Provincial Sections, and club technical staff, in order to conduct sanctioned competitive opportunities based upon the current local and provincial health authority mandates and guidelines, and Provincial Section guidance.

PRE-COMPETITION

- The Meet Manager will coordinate and/or delegate the safety measures to be put into place for the competition (at a minimum in accordance with provincial, municipal and local mandates and guidelines).
- The Meet Manager will work with the facility to confirm all logistics and expectations.
- The Meet Manager and Meet Referee will work with the facility to create a plan that outlines all expectations including entry and exit, flow/movement and location of all officials, coaches, and divers, based on the facility requirements. Best practice would be to create a pool diagram that details where everyone will be located and the flow of traffic on the deck.
- We recommend that each participating club be designated an area on the pool deck where they will place their belongings and where they will be throughout the entire competition.

Communicating this to the coaches prior to arrival at the facility along with a pool diagram that clearly indicates where they are expected to go will facilitate this process.

- Disinfection protocols should be established and published before the beginning of the meet by the Meet Manager and built into the session timelines for the competition.
- No in-person technical meetings should be conducted. Technical meetings can be completed via email, a virtual meeting or conference call ahead of the competition.
- Provide direction to officials/volunteers on what they need to bring with them, for example their own mask/face covering, hand sanitizer, pre-filled water bottle, pencil, clipboard as appropriate. They should also be told ahead of time what is expected of them once they arrive on pool deck (for example, where they should meet, where they are able to go and not go, etc.).
- Depending on what the facility requirements are regarding access to the changerooms at the time of the competition, divers should arrive to the pool wearing their bathing suit already.
- We recommend that each club bring their own pop up changing tents (see example [HERE](#)) in order to limit usage of the changerooms.
- We recommend that divers do not use the lockers in the changerooms, and that they put all their belongings at the designated area for their club on pool deck.
- Officials should arrive at the pool, at a pre-designated time and location, dressed in their uniform and bringing their deck shoes, and follow any directions they were given upon arrival.
- All equipment, such as keypads, flip cards, clip boards, whistles, laptops, chairs, should all be cleaned and disinfected prior to and following every session.
 - Recommend that each official have a specific touch pad and/or score card assigned to them for the entire weekend.
 - Recommend that each official bring their own whistle.
- Have all participants (athletes, coaches, officials, volunteers and any other people involved) sign a conduct and compliance form that details the conditions in the meet package.
- Failure to adhere to conduct and compliance form will result in a participant's removal from the event.

PHYSICAL DISTANCING AND SAFETY PRECAUTIONS

- At the venue we recommend that clear indicators (i.e coloured dots, tape, stickers etc.) be used on the floor and on the platforms to communicate to the divers where they should stand while waiting in line in order to respect physical distancing.
- Divers waiting in line should not be in the stairs. Instead we recommend that a limited number of divers (depending on the space available at each facility) wait on the platforms and that most of the divers wait down on the floor and go up once they see a diver get in the water. The number that we recommend for each platform would be 4 divers maximum. This would give them a space to do simulations before their dives.
- The use of walkie-talkies should be considered when available. Disinfecting will be required between users.

- The use of personal plastic bins to hold personal contents should be considered when available.
- It is recommended that trampolines and dry boards are not used when hosting a competition, and that each athlete brings their own stretching/yoga mats and other warm-up equipment.
- Each piece of shared training equipment used (if allowed by facility/provincial guidelines) should be disinfected after being used by an athlete.
- Cleaning protocols should be made clear by the host and should be communicated ahead of time to everyone.
- All individuals should follow provincial and facility regulations by wearing a mask while on deck with the exception of athletes in certain instances.
- Divers must wear a mask at all times, except during water training sessions, and while performing a dive in competition. It is recommended that divers wear masks between their dives during a competition.
- Masks must be kept dry to remain effective.
- We recommend that hosts have disposable masks available at the facility in case they are needed, but it is each individual and club's responsibility to bring their own facial coverings.
- Consideration on whether spectators are permitted as per local guidelines may also be required. If permitted, spectators will be required to follow health and safety protocol and sign a declaration of health when entering the facility.
- Anyone (athlete, coach, judge, event volunteer, etc.) that feels unwell should remain at home.
- All participants, coaches, judges, volunteers and spectators should be asked to complete a declaration of health each day upon arrival at the facility.

COMPETITION SCHEDULE AND FORMAT

- Training schedules will need to be reviewed and amended to maintain physical distancing, and proper cleaning between training groups.
 - Practices should be offered in the "training group" format as much as possible.
 - The number of divers in each training group should respect provincial/facility safety measures in place.
- There will be no "open" training sessions on competition days and during restricted training, only boards for the upcoming event will be "open".
- Concurrent events can occur if local health and facility guidelines permit. This is a capacity issue that needs to be determined based on the local situation.
- During training days, clubs should be assigned training flights.
- During competition days, athletes will be assigned training times based on the events they are entered in.
- Board closures may occur following every event for cleaning/sanitization of equipment.
- Only athletes and coaches participating in a current event will be permitted to remain on pool deck. Depending on facility guidelines, non-competing athletes may be permitted to remain at the venue while respecting social distancing.

- Coaches will be permitted to sit anywhere on pool deck that doesn't impede the view of officials or table workers.
- A designated space for the coach of the active (performing) diver competing will be marked and reserved. Upon completion of the dive, the coach needs to vacate that position.
- No hot tubs are to be used during a competition, but showers are permitted if social distancing can be achieved and municipal guidelines permit their usage.
- All coaches and athletes will be responsible for their own food and drinks during the competition.
- Consider providing boxed lunches for officials and volunteers. If lunches will not be provided, this needs to be communicated in advance.
- A dedicated space shall be provided for officials to gather that is large enough to provide for social distancing.
- No hospitality rooms are to be offered at the pool.
- If possible, additional TV/screens should be set up on deck to display results and replays to compensate for limitations on where coaches can stay through the competition.
- Athletes and coaches warming up in their assigned dry-land training time are permitted to be at the venue.
- Synchro events are not recommended and will not be contested at national events.

SECRETARIAT / MEET MANAGEMENT

- Limit the handling of paper between the secretariat team and the end user.
- Place hand sanitizing stations at key locations around pool deck and at the results tables.
- Dive sheets must be submitted electronically, prior to arrival at the competition site.
- The secretariat personnel should be the only person/people permitted in the secretariat room.
- Results can still be displayed on a dedicated wall, and diver verification sheets near the competitive board. If possible, a web-based document repository that includes start lists, diver verification sheets, and results should be implemented.
- A full log of all officials/volunteers, including contact information, who have worked the session should be maintained by the Meet Manager for all sessions.
- Finalist presentations will be conducted by the announcer only.
- Award ceremonies can be conducted if they respect social distancing measures. For example, an athlete can pick up their own medal from a table and stand on an expanded podium. No presenters are permitted to place the medal around the athlete's neck.
- Barriers should be installed around the 4 permitted results table workers, and positions should respect social distancing.
- Permitted event staff include; announcer, main computer operator, back-up computer operator, and shadow sheet recorder along with an overseer.

- It is recommended that the same table workers remain in the same position for the duration of their shift. Days could be split into two shifts.
- A back up volunteer or two should be scheduled for each shift to replace an individual in case they feel sick, or aren't performing their duties in a reasonable fashion.

JUDGES AND REFEREES

- Barriers should be installed between officials as social distancing will not be possible for proper judging.
- Officials should attempt to use the same equipment (score card, keypad, clip board, pencil, whistle) for the duration of the day
- If personal equipment is not possible, each piece of equipment must be sanitized between each event.
- Judging chairs will be sanitized between each event.
- If the spectators section is open and judges are located there, barriers need to be put in place to separate them from the general public, and seats sanitized between each use.
- Platform judge must wear a mask and a shield while performing their duties. If possible, a webcam can be used to replace the tower judge.
- Where hotel accommodations are required, officials will be placed in single rooms.
- The meet hotel will be within walking distance where possible.
- Large plastic bins will be supplied for the judges to store their personal belongings while on deck (coats, bags, boots etc).
- Small bins shall be provided to judges that can be stored under their chair to place small personal items (flip card, clip board, pencil, phone, whistle etc.)