

## **MCDL Proposal**

Montgomery County Dive League is a 1-meter recreation dive league. Our league consists 25 to 30 teams from community swimming pools in the County. Our teams are typically closely affiliated with the swim teams that participate in the Montgomery County Swim League. We similarly have a 7-week season with dual meets the first five weeks, followed by divisional and all-star weeks. We fully understand that the landscape revolving around COVID-19 is changing even by the hour and appreciate the County's desire to maintain a safe environment for our residents.

It is our intent to ensure that we are in continual compliance with all State, County, and local pool requirements as all times. As a sport, diving is considered by the CDC to be a lower risk sport. Distancing is easily accomplished both during practices and competitions. All of our competitions will take place outside. Because we compete by age and gender groups, we can easily stay below the outside gathering limit of 50 participants for our competitions. We normally compete on Sunday evenings starting at 4pm, which traditionally is not a peak attendance time for our pools. But because we recognize that every pool will have a different capacity levels this summer, we are requiring our reps to schedule meets on different dates and/or times if necessary, to ensure that we do not violate any capacity levels required by the pool or the County. The league will continue to monitor the State, County and pool directives to ensure that the league remains in compliance.

**We are not requesting any waivers to any current or future requirements.** This request is being submitted to comply with the requirement that all organizations request a letter of approval concerning Covid Protocols prior to holding any organized sporting events. Because we are not requesting any waivers, we are hoping that we can quickly get a final letter of approval to allow the league and associated teams to continue planning for the summer to hold diving competitions and practices at the league and local pool level.

Thank you for your time and attention during this challenging time.

### **Procedures:**

- All dive practices and competitions procedures will be designed to comply with current State, County and Pool distancing, masking, health screening, contact tracing, gathering limitations and other Covid requirements.
- Coaches and Reps will be trained in Covid protocols and required to sign a document where they acknowledge the policies and their intent to comply. Areas of compliance include but are not limited to:
  - Enforcing the proper use of PPE.
  - Documenting attendance to allow contact tracing.
  - Ensuring that participants are properly distancing and appropriately sanitizing.
  - Gather limits are maintained.
  - Events staggered with an appropriate amount of time for warm ups.
- Parents and Divers will be required to acknowledge the Covid policy and procedure requirements as well.
- Below is additional information concerning MCDL League protocols

**Attestation Requirement**

## COVID-19 RISK MITIGATION COMPLIANCE ATTESTATION

*Please complete and accept the following statement in order to participate in Montgomery County Dive League (MCDL) activities*

I hereby attest that:

- I understand that I must comply with required procedures in order to ensure, to the greatest extent possible, my own health and safety, as well as the health and safety of others.
- I understand that I must comply with the following risk mitigation strategies:
  - Maintain a distance of at least 6 feet from other people whenever possible.
  - Wear a face-covering during MCDL events
  - Adherence to any and all national, state, and/or local regulations relating to covid protocols, including travel and government quarantines.
  - Conduct a health check prior to participating in MCDL activities. If I am experiencing symptoms and suspect I may have COVID-19 I will not come to any MCDL event. According to the Centers for Disease Control and Prevention (CDC), the symptoms most commonly associated with COVID-19 include the following:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea

First Name \_\_\_\_\_, Last Name: \_\_\_\_\_ Date: \_\_\_\_\_

Pool \_\_\_\_\_

Signature \_\_\_\_\_

## Health Screening

The league expects pools to health screen all participants prior to entry according to County guidelines. If the pool does not conduct screening, teams are required to conduct their own prior to participation in any practice or meet.

Health Screening:

Health screening must include the questions below.

1. In the last 24 hours has the participant had any of the following symptoms

- ✓ cough
- ✓ shortness of breath
- ✓ difficulty breathing
- ✓ new loss of taste or smell
- ✓ fever of 100.4° or higher
- ✓ chills or shaking chills
- ✓ muscle aches
- ✓ headache
- ✓ sore throat
- ✓ nausea or vomiting
- ✓ diarrhea
- ✓ fatigue
- ✓ congestion or runny nose

2. Is the participant waiting for a COVID-19 test result, been diagnosed with COVID-19, or been instructed by any health care provider or the health department to isolate or quarantine?

3. In the last 14 days, has the participant had close contact (within 6 feet for a total of 15 minutes or more in a 24 hour period) with anyone diagnosed with COVID-19 or suspected of having COVID-19 (i.e., tested due to symptoms)?

If the answer to **ALL** of the questions above is **NO**, the individual may participate in MCDL events/activities.



**Meet times** - some pools may have an issue with dive meets at 4 pm on Sunday because of capacity issues, others can not open prior to 11 due to neighborhood restrictions - Primary meet time will be 4pm Sundays, but meet host (home team) may opt for Sunday morning instead (this will be good for the 4th of July). Pools may also agree on a different date and time but both reps must agree. If the assigned home team can not hold the meet at their pool on Sunday or another mutually agreeable day and time, the opponent will become the host.

**Limitations on participation** - Home pools may establish staggered start times as necessary to support capacity limitations: Spectator guidelines must follow pool and county requirements. Sample recommended timing for meet flow with significant capacity restrictions is below. Reps determine the arrival time of dive groups according to the number of potential divers in each group. Potential meet line ups **numbers, names not required**, must be provided no later than Wednesday morning to the home team rep for planning purposes. Teams who clearly violate submitted numbers (way too few) should be reported to the league president. Reps may add no more than 2 late entries per event.

**Below is an example of a timeline. This assumes that sports competition rules in Montgomery County stay at the current number of 50 - it also assumes that pools can still have other patrons at the pool. Assumes dives take approximately 30 seconds each**

- 3:30 pm
  - The first flight from away team arrives and sets up, a flight consists of no more than 23 individuals, maybe multiple events - recommend no more than 12 divers plus team rep, coach, parent volunteers to judge, work the table and properly marshal the younger children.
  - Dive sheets submitted at this time
- 3:45 pm
  - The first flight of away team divers warms up.
  - Dive sheets are checked
  - Table workers assigned
  - Judges briefing
  - Dive order determined
  - Dive order announced
- 4:00 pm - 4:40 - **First Flight Dives:** Assumes first flight has 12 divers from each team (total of 24) all in the 10 and under age group events, even number of divers in each group, 3 dives each at 30 second intervals 36 minutes of total dive time, divers, these young divers might not be able to leave because parents are working the table. No winners announced, no ribbons provided.
- 4:40 to 4:45pm First flight leaves and Second flight arrives.
- 4:45 to 5:00pm
  - The second flight of away team divers warms up.
  - Dive sheets are checked
  - Table workers assigned
  - Judges briefing

- Dive order determined
- 5:00 pm - 5:40 **Second Flight dives**
- 6:00 pm to 6:40 **Last flight dives.**

**We may need to limit the number of divers per team. If the per dive timing is really about 30 seconds per dive, we probably will only have time for a maximum of 120 minutes of diving time or about 240 dives. That would be 80 8 and under divers of 40 oldest divers. This could cause issues for some of the larger teams. I counted the number of divers on the dive results of the Rock Creek/Tanterra competition and there were 72 divers in the meet from a roster of 92. That number of divers would be difficult to get in with this format. Of course the 30 seconds per diver feels a bit conservative.**