



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1

Wilsonville, OR 97070

503.682.6722 fax: 503.682.0960 <http://www.osaa.org>



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To: Athletic Directors and Swim Coaches

From: K.T. Emerson, Assistant Executive Director
kte@osaa.org | 503.682.6722 x227

Subject: Swim Reminders for the 2021-22 Season

Please review this information with your swim staff and best of luck as you start your season! Each school offering swimming will be receiving a copy of the NFHS Swimming Rules Book from the OSAA. Feel free to contact me if you have questions.

COVID-19 Information

Students/officials are not required to wear a mask indoors or outdoors when practicing/playing or officiating a competitive sport. Students not actively participating (i.e., on the sideline during an indoor or outdoor competition, etc.) are required to wear a mask. Spectators (5 years or older), coaches, and support staff, regardless of vaccination status, are required to wear a mask in an indoor setting, except when actively eating or drinking. The OSAA will continue to communicate all COVID-19 updates as they pertain to interscholastic sports and activities. For the latest information visit our [COVID-19 Information](#) page.

NFHS Points of Emphasis for 2021-22:

Preventing Shallow Water Blackout – The rules for NFHS swimming and diving exist to ensure fair competition in a positive, safe and healthy environment. Consequently, the NFHS Swimming and Diving Rules Committee recognizes concerns that have been raised over instances of shallow water blackout, which can affect swimmers of all experience levels. Shallow water blackout is a potentially fatal condition that causes a swimmer to lose consciousness while under water. Shallow water blackout can be prevented through education, awareness, and understanding of the dangers of breath-holding. The tips below are provided by Shallow Water Blackout Prevention. For further information, visit shallowwaterblackoutprevention.org.

How to Avoid Shallow Water Blackout

- Never hyperventilate
- Never ignore the urge to breathe
- Never swim alone
- Never play breath holding games
- No repetitive underwater lap

Suggested Meet Warm-Up Procedures. The NFHS Swimming and Diving Rules Committee recommends schools follow the Meet Warm-up Procedures located on page 5 of the rules book. It is vitally important to review appropriate supervision protocol, safety suggestions, proper management of pace/sprint lanes, lane selection and other pertinent issues to aid in organizing warmups to ensure a safe, healthy and sportsmanlike environment. It is important each school maintains an established warm-up procedure that focuses on risk minimization and communicates that procedure to visiting schools/teams. Coaches should insist that their athletes always follow the rules and site procedures for warm-ups to provide an environment free of unnecessary injuries. This includes lane occupancy and number of athletes in the water at one time.

Responsibility of Official, Competitor and Lap Counter in Distance Events. When lap counter malfunctions occur (i.e., the lap counting device is inadvertently dropped into the water or an incorrect count is shown), it is the responsibility of the competitor to know the lap count and complete the prescribed distance. However, if the lap counter somehow aids the competitor, violates deck position or interferes with the competition, the competitor in that lane shall be disqualified. All competitors of the team in the race shall be disqualified if the lap counter enters the water in accordance with Rule 3, Article 4 and penalties. In the case of the starter sounding the warning device at an incorrect time, the referee has the authority to intervene. Swimmers may be instructed to swim additional distance to complete the race; if no other remedy is usable, the referee may order the race to be re-swum when there is

obvious unfairness caused by outside factors. The competitor shall not be penalized for circumstances out of the competitor's control.

GENERAL INFORMATION

OSAA SWIM PLAN BOOK: <http://www.osaa.org/docs/planbooks/swplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA swim specific policies and OSAA general policies.

UNIFORM REMINDERS: » [NFHS Swimming Uniform Clarifications](#)

Common questions and clarifications regarding the NFHS Swimming Rule 3.3.2.

PARTICIPATION LIMITATIONS *(OSAA Handbook, Participation Limitations, Swimming)*

(Revised Fall, 2007)

- A. **Team.** A school team shall not compete in more than 12 meets at each level of competition – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
- B. **Individual.** A student shall not compete in more than 12 meets – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships.

INTERRUPTED CONTESTS *(OSAA Handbook, Executive Board Policies)*

(Revised Fall 2013)

Following is the policy concerning interrupted athletic contests. NOTE: For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

ENDOWMENT GAMES *(OSAA Handbook, Executive Board Policies)*

[\(Endowment Game Application\)](#)

(Revised Spring 2016)

The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and want to work together to ensure the future of high school activities in the state of Oregon. The establishment of the OSAA Foundation will help us realize our goal. Endowment Games are a way for member schools and local communities to be active participants in growing the OSAA Foundation. Endowment Games regulations are as follows:

- A. Endowment Games applications should be submitted to the OSAA office by the host school a minimum of 15 days prior to the scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to ensure that the host school is able to effectively secure the facility and charge admission.
- B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.
- C. Endowment Games tickets will be \$6 for adults and \$4 for students. No passes shall be accepted except for the OSAA Media Pass.
- D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 50% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 50% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.
- E. Endowment Games are allowed at the varsity level only in the following activities:
 - 6) **Swimming.** One additional meet between the first contest date and the cutoff date.

HEALTH & SAFETY <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding air quality, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.

Practice Model: <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

Air Quality Guidelines: <http://www.osaa.org/health-safety/air-quality>

The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38 to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

Concussion Management: <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, on an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign a consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.