



U.S. Masters Swimming COVID-19 Safety Plan Addendum

Until directed otherwise, all sanctioned events must complete this COVID-19 Safety Plan Addendum and email it to their LSMC sanctions chair in addition to completing the [standard sanction application on usms.org](#). Please copy events@usmastersswimming.org on correspondence so the National Office can gather comprehensive best practices and assist as needed.

Guidance and Recommendations

Event Directors

- The event director is responsible for researching and abiding by all current applicable federal, state, local, and facility orders related to COVID-19, clearly communicating protocols in published event information and providing email updates to attendees as needed.
- Require all attendees (swimmers, volunteers, officials, and facility staff) to complete a USMS COVID-19 Participant Screening Form.
- Discourage travel. Attendees should travel from no farther than a 100-mile radius from the event venue. In areas where population density is greater (or the boundaries of the LMSC don't exceed a 100-mile radius), travel should be limited to within the LMSC.
- Require all attendees to wear face masks at all times, except while in the water. Provide disposable masks in case attendees forget to bring their own.
- Limit event lineup to individual races (i.e., no relays).
- Provide plenty of time between heats to avoid crowding behind the blocks.
- Meet warm-up and post-race cool-down need to be tightly managed like a workout to maintain social distancing with limited number of swimmers in each lane starting from opposite ends.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.).
- Space out seating areas.
- Provide hand washing stations and hand sanitizer.
- Check temperature of each attendee before entry to the facility.
- Sanitize common areas and surfaces frequently.
- Utilize plexiglass barriers to help protect volunteers and officials while interacting with attendees.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not ask timers for their times.
- Swimmers in the next heat should be positioned at least 6 feet behind the timers and not move up to the blocks until instructed to do so.
- Once races are completed, exit the facility without lingering to socialize or cheer on teammates.
- Swimmers should not congregate on the side or at the end of the pool to cheer for friends.

Officials and Timers

- Referee and starter should be on opposite sides of the pool.
- Stroke & turn officials should remain in the middle of their jurisdiction at the ends of the pool.

- Stroke & turn officials should stand back from the starting block while the swimmers get up and take their position. Do not move up to the edge of the pool until the swimmer has left the block and is in the water.
- Sanitize any equipment before use (e.g., podium, microphone, etc.)
- There should be only ONE starter using the microphone. Do not share or switch off.
- Officials should wear masks, but the referee may lower for whistles and the starter may lower for starting commands.
- All officials should be equipped with radios.
- Physical DQ slips shouldn't be used and passed around. Call all DQs in over your radio and have the administrative official or Hy-Tek operator enter them into the computer. Mark the DQs on your heat sheet in case there are any questions.
- Timers should remain 6 feet back from the blocks at the start of the race and only move up to the pool's edge at the end of the race to stop their watch and/or push their button. Then they should move back to their original position.
- There should only be one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)
Florida Department of Health Guidelines: https://floridahealthcovid19.gov/community-events/
Describe venue cleaning protocol for before the event, during the event, and after the event
Bleachers, ladders, chairs, etc. are all sanitized with a bleach solution. Bathrooms are cleaned with appropriate disinfecting chemicals.
Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue
A check-in table will be set up at the pool entrance. The sidewalk outside the pool is marked in six-foot increments for proper social distancing. Swimmers will be asked to fill out the COVID screening form that morning before they get in line, to speed up the pool entry process. The COVID screening forms will be collected at the check-in table. All attendees will be instructed to take their temperature that morning, and that a staff member may ask and record the information.
Describe face-covering requirements and enforcement
Masks will be required to be worn for all participants, officials, and volunteers at all times except while swimming.
Describe modifications to registration and check-in area and process
A check-in table will be set up at the pool entrance. The sidewalk outside the pool is marked in six-foot increments for proper social distancing. Swimmers will be asked to fill out the COVID screening form that morning before they get in line, to speed up the pool entry process. The COVID screening forms will be collected at the check-in table.

Describe warm-up social distancing requirements and enforcement
Two swimmers per lane during warmups. Swimmers in warmups start at opposite ends of the pool, enter their lane on the right-hand side, and split the lane (no circle swimming). This meet is restricted to Sharks swimmers only and this has been the standard protocol during Shark workouts since May 5, so all participants are familiar with the procedure.
Describe venue facilities that are available and off-limits to participants
Swimmers are encouraged to arrive and leave in their swimsuits. If they do need to use the locker room, they must wear a mask at all times unless they are in the shower. Indoor shower use is limited to five minutes. Outdoor showers will be available on the pool deck.
Describe participant deck space usage requirements and enforcement
Deck space is more than adequate. Swimmers may use the bleachers on the south side of the pool, or they may bring their own chairs and use them in the shaded area behind the flagpole.
Describe swimmer requirements for races (entering and exiting the pool)
Swimmers in the next heat will remain behind the timers until they are called to the blocks. Swimmers in later heats will be staged in the marshaling area, standing at least six feet apart from one another. Swimmers will exit the pool to the side nearest their lane. They will NOT be allowed to exit the pool by hoisting themselves up onto the bulkhead where the starting blocks are located.
Describe other participant interaction modifications (awards, results, etc.)
No awards. Paper results will not be posted. Results will be published online after the meet.
Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
The meet directors will have email addresses for all participants and volunteers and will use email for any such notifications.