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# 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**](https://www.usms.org/volunteer-central/guide-to-local-operations/event-management/pool-meet-management/sanction-application-process)**. Please copy** [**events@usmastersswimming.org**](mailto: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)

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| Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate) |
| All NYS and [Erie County guidance and protocols](https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf) are in effect. |
| Describe venue cleaning protocol for before the event, during the event, and after the event |
| 1. University facilities cleans the facility each evening. High touch points are addressed with the electrostatic protexus sprayer throughout the day. |
| Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue |
| 1. All athletes and coaches must fill out daily visitor [UB Health Assessment](http://www.buffalo.edu/home/visiting-ub/visitor-daily-health-check.html). 2. Each team has a designated Health Assessment receipt tracker who keeps tabs on their own team members. The team tracker will be asked at any point to submit a roster of who was in our building each day. 3. Anyone who comes to campus is entered into the weekly campus pool testing and must comply or submit a test result within 5 days. 4. Officials must send their receipt of their Health Assessment to the Meet Host 60 minutes prior to arrival. 5. Facility operates at 18% capacity. 6. Essential personnel only on deck. 7. There are no spectators permitted in Alumni Arena, regardless of county protocols. This is a University decision. |
| Describe face-covering requirements and enforcement |
| 1. All persons on campus wear facial coverings when in the same room as another person, without exception. 2. Swimmer follow campus mask protocols. Upon arrival at the block, swimmers store mask in their own plastic bag. 3. There is a zero tolerance policy toward facial coverings. Violators will be immediately escorted out of the facility. 4. Aquatic staff signal management via whistle to address violators. |
| Describe modifications to registration and check-in area and process |
| 1. All meet entries are completed online. 2. Coaches are responsible for reporting any swimmers to the scoring table who are “scratching.’ 3. Coaches can formally send scratches via email, from their bench, to [nabourke@buffalo.edu](mailto:nabourke@buffalo.edu) to limit contact. |
| Describe warm-up social distancing requirements and enforcement |
| 1. The facility operates at 18% capacity. 2. Swimmers are expected to give each other plenty of space on the benches throughout the facility. 3. Warm-up and cool-down is staggered with a maximum of 4 people per lane during warm-up and cool-down. |
| Describe venue facilities that are available and off-limits to participants |
| 1. Swimmers have access to a locker room for changing, with only 8 persons permitted at one time in each locker room. Entry point is from the pool deck, and exits are into the hallway. 2. For this event, swimmer use the “After Hour Pool’ located off of the LaSalle parking lot, and enter through the facility main entrance. 3. Swimmers depart from the facility using the exit behind the diving well. 4. All other areas of the athletic complex are closed. |
| Describe participant deck space usage requirements and enforcement |
| 1. The facility operates at 18% capacity. Swimmers should spread out on the bleachers throughout the facility. 2. Swimmer should monitor themselves, and give each other plenty of space. 3. Aquatic staff will also monitor behaviors and take corrective action as necessary, which may include dismissal from the event and facility. |
| Describe swimmer requirements for races (entering and exiting the pool) |
| 1. Upon arrival at the block, swimmers store mask in their own labeled plastic bag, and put their mask back on immediately after exiting the pool. Traffic patterns around the pool deck is clock wise. 2. After the previous race has cleared the area behind the blocks, the next group will approach, unmask, bag, and prepare to race. 3. Swimmers should stay in their designated, socially distanced spot, near the clerking area. |
| Describe other participant interaction modifications (awards, results, etc.) |
| 1. There are no award for this event. 2. Results are available via Meet Mobile only. |
| Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| 1. All persons in the aquatic facility filled out their Daily Visitor Attestation. 2. In the event of a positive test, the Erie County Department of health will notify the University Environmental Health and Safety office. The campus Environmental Health and Safety office will then notify each individual (from their email collected on the daily attestation,) that there was a positive test. 3. The Head Coach of the group will be notified who tested positive, and to notify anyone who came within six feet of this person without a mask. Swimmers would then monitor their own health, encouraged to immediately isolate, and get tested. If the person is in the facility, they would immediately leave the event. |