



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. Distributing Ziploc bags to participants (write their name with a Sharpie) can help facilitate compliance by providing a clean and dry place to place the mask while they are in the water and reduce the number of masks discarded throughout the venue.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.). If food or drinks need to be provided, use individually wrapped or sealed containers in a grab and go setting.
- Space out seating areas and preassign to groups or individuals if possible.
- 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.
- Publish results online only to avoid crowds at results posted on-site
- To eliminate the need for meetings that typically are held in-person (for officials, safety personal, open water safety briefings, etc.) publish information in advance and/or organize virtual meetings via Zoom.
- Avoid or minimize post-event socials and awards ceremonies.
- To minimize the number of attendees in the venue at any given time, consider splitting the event into sessions
- If you become aware of COVID-10 exposure (i.e. an attendee tests positive shortly after the event and could have exposed other attendees, communicate to all attendees through email or other possible means the possible exposure times and locations so attendees may determine if quarantining and/or testing are needed. [Here are positive test protocol recommendations](#) from the [Aquatics Coalition](#).

Event Directors (continued)

- Pool Meets:
 - Limit event lineup to individual races (i.e. no relays).
 - Provide plenty of time between heats and events 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.
- Open Water Races:
 - Avoid mass starts and use wave, time trial, or rolling starts instead to avoid crowding.
 - Provide a receptacle for swimmers to discard masks as they enter the water and masks for swimmers to wear as soon as they exit the water.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not linger to ask for times once race is completed.
- 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 venue 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.
- Swimmers should remove mask just before entering the water and put a mask on as soon as race is completed. For pool meets, use a Ziploc bag to keep the mask dry. For open water races, check with race director to ensure masks will be available once you finish your swim.

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 to the edge of the pool until the swimmer 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)
CDC Guidelines https://www.cdc.gov/coronavirus/2019-ncov/index.html Florida Department of Health Guidelines: https://floridahealthcovid19.gov/community-events/ Palm Beach County Covid19 Guidelines: https://discover.pbcgov.org/PDF/COVID19/PBC-EO-12.pdf
Number of participants will be limited to 150. PBC requirements is 50% of facility capacity. North County Aquatic Complex capacity is 354 persons. Spectators will not be permitted entry.
Describe venue cleaning protocol for before the event, during the event, and after the event
Bleachers, ladders, chairs, blocks, are sanitized with a bleach solution before and after sessions. 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 setup at the pool entrance. The sidewalk outside the pool is marked in six-foot increments for proper social distancing. Swimmers will be asked to complete the USMS COVID screening form before coming to the pool and bring with them to speed up the pool entry process. All attendees will be temperature checked upon arrival and their information recorded. The screening forms will be collected at the check-in table.
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
Online entries only will be accepted. No paper registrations. No same day deck registrations. A check-in table will be setup at the pool entrance. The sidewalk outside the pool is marked in six-foot increments for proper social distancing. Swimmers will be asked to complete the USMS COVID screening form that morning before they come to pool and bring with them to speed up the pool entry process. All attendees will be temperature checked upon arrival and their information recorded. The screening forms will be collected at the check-in table. Heat sheets will be available online and emailed to participants. No printed copies of heat sheets will be available.
Describe warm-up social distancing requirements and enforcement
A safety marshal will manage the warmup pool. In accordance with Palm Beach County COVID regulations, the warmup pool will limit swimmers to no more than 4 per lane. Swimmers will be asked to limit their time to warmup in the pool to 15 minutes. Swimmers will be spread out and attempt to fill 2 swimmers in all lanes before adding a 3 rd swimmer, and then fill 3 swimmers in all lanes before adding a 4 th swimmer to a lane. Swimmers will enter/exit from opposite ends of pool.

Describe venue facilities that are available and off-limits to participants
<p>The facility is fully open.</p> <p>The locker rooms may be used to change. Toilets will be available for use. Indoor and outdoor showers are available for use.</p> <p>Everyone will be asked to maintain social distance in the locker rooms and wear their mask at all times.</p>
Describe participant deck space usage requirements and enforcement
<p>Outdoor deck space is more than adequate. Swimmers will be asked to space out when seated and maintain social distance. Swimmers may use the bleachers and chairs of the pool, but we recommend they bring their own chairs and umbrellas or tents.</p>
Describe swimmer requirements for races (entering and exiting the pool)
<p>Swimmers will wear masks while on deck. Swimmers in the next heat will remain behind the timers until they are called to the blocks. Swimmers in later heats will stand at least six feet apart from one another.</p> <p>There will be a published event timeline which we will adhere to. Swimmers should arrive just in time to prepare for their first event and depart promptly after their last event of the day.</p>
Describe other participant interaction modifications (awards, results, etc.)
<p>No awards will be provided at this meet.</p> <p>Results will be available online during the meet via Meet Mobile. Results will be published online after the meet.</p>
Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
<p>The meet director will have email addresses and phone numbers for all participants, coaches, officials and volunteers and will use for any such notifications.</p>