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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. 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](http://www.aquatics-coalition.org/wp-content/uploads/2020/09/Recommended-Guidelines-for-Positive-COVID-19-Test.pdf) from the [Aquatics Coalition](http://www.aquatics-coalition.org/).

### 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)

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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) |
| * There are no state-wide orders regarding COVID protocols in South Dakota. The host city, Pierre, SD also does not have any mandates in place. The city website offers this statement: “Safety protocols impact each organization differently, and each organization is empowered to make decisions that are best for it.” The hosting facility is the Oahe Family YMCA. As of 8/25/2020 they have entered Phase 4 of their reopening plan. Open swim, locker room, shower and sauna use has resumed. Children under the age of 7 must be accompanied by an adult. Daily member health verification consists of : “temperature check and health status verification upon entering the facility – if you feel unwell, stay home.” |
| Describe venue cleaning protocol for before the event, during the event, and after the event |
| The Oahe Family YMCA will provide cleaning of the facility before and after the event. During the event we will provide a volunteer to wipe down frequently used surfaces (door handles, pool ladders, etc) on an hourly basis with a sanitizing cloth. |
| Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue |
| The Oahe Family YMCA requires a temperature check and health screening of all individuals entering the facility. We will also have participants fill out the USMS Attendee screening form in the event that the Oahe Family YMCA health screening does not cover all points on the document. |
| Describe face-covering requirements and enforcement |
| Face masks will be mandated at all times for all participants, officials, and volunteers. Face masks will be provided in a zip lock “swag bag” for all participants and also available for any officials and volunteers. Participants will be made aware of the mask requirement during the registration process and reminded again upon entering the venue. Swimmers are expected to put their mask back on when they exit the pool. Bags will be available at the starting blocks for swimmers to store their masks and towels during the race. |
| Describe modifications to registration and check-in area and process |
| Registration is done online before the event. No on-deck registration is planned. Social distancing and mask use is recommended during the check-in process. |
| Describe warm-up social distancing requirements and enforcement |
| Swimmers will be encouraged to space themselves out during warm-ups. Attempt to limit number of swimmers per lane and discourage congregating at the walls. |
| Describe venue facilities that are available and off-limits to participants |
| Participants can access all areas of the Aquatic Center. The YMCA building areas are off limits. |
| Describe participant deck space usage requirements and enforcement |
| Participants will remain in their camp area until their race. They should use social distancing and wear masks while in camp areas. They will report to the staging area 2 heats prior to their event. They will be wearing their masks. Cheering from the ends of the pool will be discouraged. |
| Describe swimmer requirements for races (entering and exiting the pool) |
| Swimmers will wait in the staging area until the previous heat has left the water. They will approach the blocks from the right side (staging area will be near zero depth entry) of the pool and deposit their mask and any other belongs in the designated area/bag. After the race they will immediately leave the water, retrieve their belongings, and put their mask back on. They will exit the starting area to the left side (bleacher) of the pool. |
| Describe other participant interaction modifications (awards, results, etc.) |
| The post-meet social hour, meeting and meal have been cancelled for this year. |
| Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| We will follow the post-event notification protocol as recommended by US Masters Swimming. |