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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) |
| In response to the Saddlebrooke HOA2 board of Directors’ request, the Saddlebrooke Swim Club provided a detailed plan for the safe re-initiation of Club activities after the COVID-19 quarantine shut downs in May of 2020. The Swim Club initiated a structured system to make pool use available to its members. The pool use is limited to twelve swimmers in the pool at a time, and each member will remain isolated in the lanes by starting at opposite ends of the pool. Sign-ups, including the competition opportunities, are reserved through a web-based scheduling tool (e.g., SignUpGenius) available to members through links on the Swim Club Web page. Only Swim Club coaching staff and members with reserved lanes are allowed in the pool area. Spectators and family members must remain outside the fenced area and observe the six-foot distance restrictions as well.  Size of gatherings: Number of participants is limited to twelve swimmers on deck/in pool per session. Officials are limited to those required by event, physically distanced on opposite sides of the pool, and timers are spaced over 6 feet apart, only moving toward the pool at the completion of each race. No spectators are permitted. Sessions are approximately 45 minutes in length with a 15 minute buffer time for exits prior to the start of the next session.  Physical protective precautions: Members shall use hand sanitizer as appropriate and wear masks while in the parking lot and on the pool deck. Six foot social distancing will be required at all times.  Additional COVID restrictions: Event will be organized into sessions of 12 swimmers. Those swimmers are assigned lanes for warm up and competiton. No one shall enter the pool area until all participants of the previous session have exited the pool. No one shall enter the pool area until 5 minutes prior to their assigned time. Members must use their own home’s shower and toilet facilities before arrival and after their exercise, and shall arrive and exit in their swimsuits, as no changing facilities will be available. Bringing clothing on deck is strongly discouraged, but minimal accessories are allowed for entry and exit (towels, footwear, and outer coverings as necessary.) Such items should remain on the assigned side of the pool while the member is swimming. The single outdoor shower near the deep end is available for a quick rinse, as long as the 6-foot distance between people is maintained.  Note: The majority of participants will have had their second COVID vaccination. |
| Describe venue cleaning protocol for before the event, during the event, and after the event |
| HOA 2 Board of Directors provide staff for COVID sanitation of facilities and rest rooms on an hourly time schedule. |
| Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue |
| * All attendees will have their temperature checked prior to entry. All appropriate paperwork (USMS COVID-19 Participant Screening Form and release) will be required prior to entry. All attendees must be members of Saddlebrooke Masters. |
| Describe face-covering requirements and enforcement |
| Masks are required in the parking lot and on pool deck. |
| Describe modifications to registration and check-in area and process |
| Registration is limited to Saddlebrooke Masters and all registration in done through a web based application. Entry and temperature check will be done through one entry, exit will be a different gate. |
| Describe warm-up social distancing requirements and enforcement |
| Warm-ups will be permitted in assigned lanes with a maximum of two swimmers per lane. The two swimmers in each lane start at opposite ends of the pool so that the six foot requirement can be adhered to. Members assigned “deep end” shall enter and exit the pool at the west (deep) end and swim only on the tennis court side of the lane. Those assigned to “shallow end” shall enter and exit from the east (shallow) end and swim only on the gym side of the lane. “Deep end” members who cannot exit from the deep end may move to the shallow end for egress as long as they’re careful to maintain the required distance. Any rest periods between exercise sets are done at the designated start/finish end for that lane. Members in adjacent lanes may not stop at the same end.  Swimmers participating in relays will be required to wait in the six foot designations areas marked on the deck. Masks will be worn until swimmer approaches the block. |
| Describe venue facilities that are available and off-limits to participants |
| Locker rooms and hot tubs are closed and off limits during event. Restrooms are available ONLY for body-function emergencies, and shall not be used as changing rooms or for clothing storage. |
| Describe participant deck space usage requirements and enforcement |
| Alternating sessions will be assigned to place personal belongings on only one side of the pool (north or south) so that after each session, covid cleaning can be performed. |
| Describe swimmer requirements for races (entering and exiting the pool) |
| Only pre-registered members may enter pool area. Members shall enter ONLY through the gate near the Desert View main entrance. Participants must exit the pool area immediately after concluding their session, and must exit ONLY through the gate near the tennis courts. |
| Describe other participant interaction modifications (awards, results, etc.) |
| There will be no award ceremony. All results will be published on line. |
| Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| In the event that an attendee subsequently tests positive for COVID-19, all members of the SaddleBrooke Masters and officials will be notified through email. |