



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)

Host will follow COVID-19 related guidelines and restrictions set forth by the CDC, Indiana State Health Department, Marion County Health Department, and the Mayor of Indianapolis. The IU Natatorium is located within Marion County which currently stands at a restriction level 250 people for gatherings. Our swim meet will be limited to 24 swimmers per IU Natatorium restrictions plus an additional ten volunteers (two officials,

four timers, two deck marshals, two timing operators). The IU Natatorium is a large facility that can house 5000 spectators and 1500 competitors on deck. Only 34 participants will be in this facility at one time for our event. The Marion County Health Department and the Indiana State Health Department mandate masks or face coverings in indoor facilities. Face coverings are required when not in the pool, cleaning/disinfecting procedures are performed throughout the day, and there will be no admittance for persons who do not pass the USMS COVID-19 Participant Screening criteria.

IU Nat Safety Procedure Video - <https://vimeo.com/442768408>
Indiana Governor Executive Order: [Latest County-based Restrictions](#)

Describe venue cleaning protocol for before the event, during the event, and after the event

All surfaces will be disinfected before, between sessions, and after the second session including pool area, locker-rooms, control room, and entry/exits.

Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue

All swimmers, volunteers, officials, and facility staff will be required to complete the USMS COVID-19 Participant Screening Form and submit at check-in upon arrival. Signage will be placed in key areas including screening questions, social distancing reminders, and sanitizer reminders.

Describe face-covering requirements and enforcement

Masks must be worn by all swimmers, volunteers, officials, and facility staff at all times unless behind a block preparing for a race or in the pool swimming. Ziploc bags will be encouraged for use to place mask in behind the block while competing. The Control Platform for the Meet Management and Timing Operators is surrounded by Plexiglass. Deck Marshals will be available to enforce policy. Participants will not be admitted without a face covering. Extra masks and Ziploc bags will be available at check-in if necessary.

Describe modifications to registration and check-in area and process

- Swimmers in the morning session are not to arrive before 7:45 am and swimmers for the afternoon session are asked to not arrive before 11:45 am. This will allow a lighter flow of traffic and movement of people in and out of the facility at the same time. And it will reduce the risk of swimmers congregating on deck getting ready to warmup.
- Two check-in tables will be available spaced six feet apart upon entry into the pool. Attendees are asked to bring a completed USMS COVID-19 Participant Screening form with them to check-in. A temperature will be noted on the form. Participants must stand in line at least 6 feet apart. If participant does not bring a completed form, they will be asked to step aside to the other table to complete. Pens will be sanitized for one use per participant only.

- Once participant is cleared, they may proceed on deck. A facility cleaning will take place before, after, and between sessions.

Describe warm-up social distancing requirements and enforcement

Deck Marshals will be available to enforce social distancing requirements:

- Swimmers must enter the pool feet first in a cautious and controlled manner.
- Only three swimmers per lane during warmup and all swimmers must maintain 5 yards apart while stopped in the pool.
- Swimmers must maintain at least six feet apart while on deck.
- One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions only.
- Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3).
- Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.
- Warmup/cool down during competition will be available in four outside lanes in the competition pool. No more than three swimmers per lane are permitted in the warmup/cool down lanes and swimmers must maintain five yards apart at all times.

Describe venue facilities that are available and off-limits to participants

Swimmers may use the locker-rooms for changing/showering/toilet usage. Lockers may not be used for storing belongings. Swimmers must place belongings at least six feet apart on the bleachers on deck. Water fountains are not available. Participants may fill personal water bottles at a filling station.

Describe participant deck space usage requirements and enforcement

Swimmers must sit on bleachers at least six feet apart. No spectators are permitted. There will be only one timer per lane and only four lanes will be used for competition. Swimmers will not be allowed to congregate behind blocks or elsewhere. Deck Marshals will be on deck to enforce.

Describe swimmer requirements for races (entering and exiting the pool)

- During warmup, swimmers will enter pool maintaining at least six feet from other swimmers on deck and five yards apart from other swimmers in the pool.
- Starter will call heats to the blocks to maintain safe spacing and minimize congestion around timers and other swimmers. Only four lanes will be used for competition.

- Swimmers will approach the block for race after previous swimmer has exited and maintain six feet between swimmers and timers.
- Swimmers must exit the pool after his/her race as quickly as possible and maintain at least six feet distance from timers and the next competitors.

Describe other participant interaction modifications (awards, results, etc.)

- Heat sheet will be emailed to participants the night before.
- Timers will use their own clipboard and pencil for entire duration of the meet.
- Swimmers will be discouraged from asking timers for their time.
- Heat sheets will be posted on walls far apart and in several locations.
- No cheering or congregating on deck at any time.
- No cheering or congregating in the pool during warmup/cool down.
- No awards will be given.
- Results will be posted online.

Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19

In the event a participant tests positive within three days after the meet or after developing symptoms consistent with COVID-19 that occurred within three days of the meet, communication will be sent to all swimmers, volunteers, officials, and facility staff indicating details such as day of test and day of symptoms onset. The identity of the participant will not be disclosed. Guidelines for isolation and quarantined based on CDC guidelines will be provided. Participants will be encouraged to contact their healthcare providers for any questions/concerns/next steps. Contact tracing will be carried out as necessary and required.