



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)
<p>Island County Public Health posts the latest statistics, community guidance including gatherings, and resources for Island County, WA. They have everything we'll need to keep updated on which phase Island County is in, restrictions for group gatherings and numbers, protocols, as well as county requirements for events. https://www.islandcountywa.gov/Health/Pages/COVID-19.aspx</p> <p>Washington Dept of Health COVID-19 Response website includes county/region phase status, a guide for gatherings, protocols, and everything we need to stay informed. https://www.coronavirus.wa.gov</p>
Describe venue cleaning protocol for before the event, during the event, and after the event
A special team of volunteers will be in charge of cleaning and wiping down all high-contact surfaces, including: reg tables, pens, portolets, popsicle sticks (for swimmer count), and park picnic tables (3).
Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue
<p>All swimmers and volunteers will be required to complete a USMS COVID-19 Participant Screening Form. All swimmers and volunteers will have their temperatures taken upon arrival at the race. All swimmers and volunteers will be sent a check-list of COVID questions to self-assess before and on race day.</p>
Describe face-covering requirements and enforcement
<p>All swimmers, volunteers, race officials, safety and medical personnel will be required to wear masks. No mask=no participation. Disposable masks will be provided for anyone without. Swimmers will be given a numbered plastic bag (their swim number) at check-in; swimmers will deposit their masks into these baggies right before entering the water, then leave the baggies on the beach stairs to be picked up as they exit the water.</p>
Describe modifications to registration and check-in area and process
<p>Signs will be posted at entry to race location to remind everyone to keep 6 ft apart. Swimmers will be given set times to show up for registration, in waves of 10. Additional reg tables will be added, along with volunteers. We will have markers on the ground behind the reg tables set at 6 ft apart.</p>
Describe warm-up social distancing requirements and enforcement
There will be a volunteer at the water's edge to remind and enforce distancing. We will request swimmers warming up to distance themselves when getting in, to spread out, and remind them to keep at least 6 feet apart in the water.
Describe venue facilities that are available and off-limits to participants
Our race is held in an open public park.
Describe participant deck space usage requirements and enforcement

Our race venue is a long beach-front park with lots of space to spread out for all swimmers. We will have signs encouraging and reminding them to keep proper distance, as well as reminders at check-in and announced.

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

We will have a staggered start, with long-course 2.4 mile swimmers starting first, and 1.2 mile swimmers starting 5 minutes later. Once in the water, the in-water start line is wide and will provide enough room for proper spacing of all participants. We will ask swimmers to self-seed, with faster swimmers in front, properly spaced.

We will also request and remind swimmers before the race, to keep proper distancing when they finish. There will be volunteers properly spaced at the finish line to remind swimmers getting out. Also, the finish line is wide enough (14 ft) to accommodate more than one swimmer through at a time.

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

No raffle will be held this year.

Our race SWAG will be given at check-in in a sealed bag.

Results will be virtual.

If food is provided, it will be prepackaged in individual bags. Most likely we'll skip food, encourage swimmers to bring their own food and hydration this year, and just provide bottled water if necessary.

Pre-Race Safety Meeting and Boater Meeting: (I just added this)

We will send via email to all swimmers and safety volunteer boaters our pre-race safety information. We will also have this info in printed format given to swimmers at check-in, and will briefly go over safety info with swimmers, including any questions they have, in their registration waves of 10 when they register: swimmer arrives, goes to temp check station, reg station, arm marking station, safety meeting station.