

MOVY Masters All-Relay Masters Meet, 2021

Hosted by MOVY Masters Swimming

Saturday, June 26th, 2021

Sanctioned by Missouri Valley LMSC for USMS Inc.

Description: This meet features relays of two different courses: SCY and LCM. You may pre-plan your relays, or Bill will assign you to teams. There are no limits to the number of relays you swim.

Location: LSR7 aquatic center, 3498 SW Windemere Dr, Lees Summit, MO 64082

Time: Check-in and warm-up: 10:00am **meet starts:** 10:30, finishes by 1:00

Eligibility: You must bring a copy of your 2021 USMS registration card with your meet entry. If you are not currently registered, you may register online at www.usms.org. Request to be part of the MOVY Masters team unless you are bringing your own team. No swimmer will be allowed to participate who is not currently a member of USMS.

Rules: The 2021 USMS rules will govern the conduct of the meet. All events will be deck seeded. The lengths of the competition courses are in compliance and on file with USMS in accordance with Articles 105.1.7 and 107.2.1

Fees: \$25.00 entry fee. Make checks payable to *MOVY Masters Swimming*.

Entries: If you want to be put on relays, just show up willing! Please mail or e-mail your preferred strokes, distances, and how often you want to swim (possible 10 times in 3 hours!) to Bill Sherman (bsherm81@gmail.com, or at 816-560-6215) as far before the meet as possible. See the entry form for more information. **Waivers will be available for signing at the meet.** Relays will be organized and seeded at the meet. Swimmers can bring their own, pre-organized relay teams to the meet without having to send an e-mail in advance, though it would be nice to know you are coming.

Timers: Bring friends if you can, as we will all take a turn with the watches.

Social: A Masters social will be organized following the meet. Details will be announced at the meet.

Meet Director: Bill Sherman, 816-560-6215 (bsherm81@gmail.com)

Entry Form ~ Movy Masters All-Relay Meet 2021

Sunday, June 26th, 2021, 10:00

LSR7 Aquatic Center

Name _____ Birthdate _____

Address _____ Age on 6/26/2021 _____

City _____ State _____ Zip _____

Day phone _____ Evening phone _____

E-mail _____

2021 USMS # _____ Workout group/Team _____

Date _____

Signed _____

Please bring: 1. A check for \$25.00 made out to
MOVY Masters Swimming

2. A copy of your 2021 USMS registration card
(non-MOVY swimmers only). If you

are not currently registered, you may fill out a
USMS application at the meet.

Questions? Bill Sherman Phone:

816-560-6215 E-mail: bsherm81@gmail.com

Bring this form to the meet

MOVY All Relay Meet

Order of Events:

1. SCY 400 Free
2. SCY 200 Medley
3. SCY 800 Free
4. SCY 200 Free
5. SCY 400 Medley
6. LCM 200 Free
7. LCM 400 Medley
8. LCM 800 Free
9. LCM 400 Free
10. LCM 200 Medley



U.S. MASTERS SWIMMING

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.
- Limit event lineup to individual races (i.e., no relays).
- Provide plenty of time between heats 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.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.).
- Space out seating areas.
- 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.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not ask timers for their times.
- 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 facility 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.

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 up to the edge of the pool until the swimmer has left the block and 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)

The current Federal guideline are to social distance, wash hands frequently, and wear masks when social distancing cannot be followed. The state of Missouri current has the following: there are no orders from the state of Missouri that will impact the masters swimming sanctioned event.
 Jackson County Missouri has the following orders: mask mandate (last updated on 9-Apr-2021) for public indoor area from Jackson County Missouri that will impact the masters swimming sanctioned event, but there are no capacity limits.

The City of Lee's Summit has current guidelines: There is a mask mandate for public indoor area, so our attendees will need to abide by this mandate.

The Lee's Summitt School District has the following guidelines: There are no orders or mandates beside the Jackson County mask mandate for public indoor spaces, and has no capacity restrictions.

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

The Lee's Summitt School district staff clean the facility before, midway through, and after the USMS events.

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

Each attendee will be asked to complete a questionnaire on their current health and potential exposure of Covid-19. Swimmers will be encouraged to get vaccinated at least two weeks before the event.

Describe face-covering requirements and enforcement

Face Covering will be required for those not actively swimming. The coaches and meet staff will help support the enforcement and remind attendee to wear masks. Announcement will be made during each set of events, with periodic breaks taken about every 15-20 minutes.

Describe modifications to registration and check-in area and process

Registration check-in will be used to collect the screening forms. All support staff at check-in will wear masks, and work to minimize the exposure of attendees at check-in. Since will be posted to keep social distance of at least 6 feet, and places in line to check-in will be marked with tape on the floor by check-in.

Describe warm-up social distancing requirements and enforcement

The event will be small (no more than about 50 swimmers) and we anticipate having access to 8 lanes for warm-ups, (This is an 8 lane 50 meter pool), so we will asked swimmers to train in the same facility to share a lane, which should allow other swimmers to warm-up in their own lane. Meet staff will marshall the warm-up.

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

The Facility currently may NOT have it locker rooms opened, so they may marked as closed. Swimmer will be informed in the meet announcement to plan to arrive and leave at the facility in swim attire due to the locker room may be closed.

Describe participant deck space usage requirements and enforcement

There is limited deck space will be used by the meet staff, and swimmer will be asked to use the stadium seating above the deck level which can hold 450 people. Swimmers to live or training together may sit in groups, and otherwise, attendees will be asked to social distance.

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

Swimmers will be asked to remain in the seating area until the heat before their swim. Ample time will be provided between heats for the swimmer to proceed to the starting blocks and verify with timers they are in the correct heat & lane. Swimmers will be asked to exit the pool promptly after the race, and those who need to swim to the edge of the pool to use a ladder to exit will be given time to exit the pool before the start of the next heat.

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

Normally, MOVY would hire a group to be timers. To minimize the number of people in the facility, the swimmers will provide the timing support for the heats and events that they are not participating. Our local meets have no awards, we are swimming for times that will be submitted for top ten consideration. Results will be announced at the breaks and the complete results provided to the swimmers by email after the meet.

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

During the meet registration, contact information will be collected. In the event they is a subsequent positive test confirmed for Covid-19, the meet staff will contact all the attendees.