



MVN Masters Long Course Meets

Competition Plan/Safety Plan

This document is specific to MVN Masters Dual Meets.

GOAL: To provide access to the City's Aquatics Facility (Marguerite Aquatics Center) in a manner safe for both participants, volunteers, and staff.

RESOURCES: Re-opening procedures for the facility and for competition were developed using guidelines and recommendations provided by the Center for Disease Control and Prevention, State of California, Orange County Health Agency, USA Swimming, Southern California Swimming, U.S. Masters Swimming and the American Red Cross.

PRIOR TO THE MEET:

- Swimmers/Volunteers/Staff MUST review this document in its entirety. Attendance at the meet will indicate that you read this document and agree to all the rules, regulations, policies, and procedures described in this document. Anyone failing to abide by the conditions stated in this document will be removed from the meet/facility.

STANDARD OPERATING PROCEDURE FOR MEETS:

- Anyone with a fever, cough, shortness of breath, loss of smell or taste, or other signs of illness should not come to the meet.
- ALL NON-VACCINATED SWIMMERS/VOLUNTEERS/STAFF/OFFICIALS are REQUIRED to wear masks. Face shields with no masks are not permitted as acceptable.
- **Spectators:**
 - Spectators will be permitted in the pool area.
- **Timers:**
 - We will use 8-lanes for competition. We will have one timer for each lane and one head timer. Each timer will have a chair in a designated area located at the approximate mid-point between the blocks and the gate behind the blocks.
- **Officials:**
 - Each session will be staffed with one deck referee, one starter, up to 2 stroke & turn officials, one administrative official and one timing judge. All stroke & turn officials will use a headset and will call potential disqualifications directly to the deck referee. The deck referee will mark all DQ's on a heat sheet and will either call the accepted DQ's into the AO via radio or will text the AO a photograph of the heat sheet with noted DQ's.
- **RESTROOMS FOR COACHES/OFFICIALS/STAFF** will use the restroom up at Swim School.



SWIMMER STANDARD OPERATING PROCEDURES FOR MEETS:

- Swimmers must evaluate their health before coming to the meet. Anyone with a fever, cough, shortness of breath, loss of smell or taste, or other signs of illness should not come to the meet.
 - Screening verification of all participants who are entering the facility will take place before the meet.
 - Have you had a fever within the last 24-hours?
 - Have you had a cough or sore throat in the last 24-hours?
 - Have you traveled from overseas in the past month?
 - Have you had *direct* exposure to a known COVID-19 patient within the last 7 days?
 - Have you had unexplained fatigue, body aches, or headaches in the last 24-hours?
 - Have you lost your sense of smell or taste within the last 7 days?
 - Is anyone in your residence displaying symptoms of COVID-19 in the last 14 days?
- ALL NON-VACCINATED SWIMMERS are **REQUIRED** to wear masks. Face shields with no masks are **not permitted**. Masks must be worn at ALL times when not swimming and must immediately put on while walking around the deck.
- Swimmers must abide by all posted signage while walking through the facility.
- Only **ONE** heat of swimmers will be permitted behind the blocks at any time. Swimmers will be allowed a warm down.
- Next heat will approach the blocks **ONLY** when the entirety of the previous heat has passed the barricades.
- There will be **NO DECK CHANGING ALLOWED** on any part of the MAC deck.



PLAN FOR ILLNESS

- Anyone with direct exposure to a confirmed case of COVID-19 must **NOT** attend this meet.
- Anyone with any type of illness must **NOT** attend this meet.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned or non-sanctioned events. It is not possible to prevent against the presence of the disease. Thus, if you choose to participate in a USA Swimming sanctioned or non-sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Likewise, the Mission Viejo Nadadores, cannot prevent you (or your (child(ren))) from becoming exposed to, contracting, or spreading COVID-19 while participating in a program or swim meet. It is not possible, to prevent against the presence of the disease. Thus, if you choose to participate in this meet, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTRILY ASSU<E ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTHERN CALIFORNIA SWIMMING, THE CITY OF MISSION VIEJO, MISSION VIEJO NADADORES CLUB AND EACH OF THEIR OFFICIERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVE FROM ANY LIABILITY OR CLAIMS, INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND WAIVE ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



Emergency Action Plan

Event:	MVN Masters Dule Meet
Host Team:	Mission Viejo Nadadores
Location:	Marguerite Aquatics Center 27474 Casta Del Sol, Mission Viejo, CA 92691
Dates:	Sunday, July 11, 2021
Meet Manager:	Sarah Dawson
Meet Referee:	Paul Szuszkiewicz
Meet Admin:	Judi Divan



Medical Response

Emergency:	Dial 911
Medical Assistance or First Aid:	Available in the Main Swim Office Hallway or at the admin desk.
Medical Emergency:	Call 911/Notify City of Mission Viejo/Maintain crowds safe distance from victim/Administer First Aid/Await assistance from first responders.
Non-Emergency Phone Number:	(949) 770-6011
Closest Hospitals:	Saddleback Memorial Care 24451 Health Center Laguna Hills, CA 92653 Mission Hospital 27700 Medical Center Rd. Mission Viejo, CA 92691
Closest Urgent Care:	Marque Urgent Care 25482 Marguerite Pkwy #101 Mission Viejo, CA 92692



Law Enforcement Response

Emergency:

CALL 911

OC Sherriff's Department:

(714) 647-7000 or (949) 770-6011 (non-emergency)

Life Safety

Facility Emergency: Assess if its life threatening and if so, clear the facility. Call 911 (if appropriate). Direct patrons to safety and call the City of Mission Viejo to notify them for further assistance. Fill out reports and turn into the Team Operations Director.

Weather Emergency: Clear the pool/building and direct patrons to safety. If lightning in the area, all patrons must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area.

Earthquake Emergency: Clear the pool immediately. Call 911 (if needed). Evacuate all patrons to the parking lot or front lawn away from all buildings. Conduct all teams to do an accountability check.

Hazardous Materials/Chemical Emergency: Alarm sounds, assess the scene and call 911. Clear the pool /building and direct patrons to the parking lot. Confirm alarm and evacuate further and contact the City of Mission Viejo. Fill out appropriate reports and send to the Teams Operations Director.

Electrical Emergency: Call 911. Notify all patrons to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from hazard. Fill out reports and submit to Team Operations Director.

Emergency Contacts

Team Operations Director:

Sarah Dawson, 805-558-6953

Team Operations Coordinator/Meet Director:

Dea Del Rosario, 949-290-8090

City of Mission Viejo

949-470-3001

Non-Emergency Number:

949-770-6011