



MVN Masters Open Water/Mission Mile Lake Swim Event Plan/COVID-19 Safety Plan

This document is specific to MVN Masters Open Water Events.

GOAL: To provide a safe and healthy environment for the event in manner safe for both participants, volunteers, and staff.

RESOURCES: Event guidelines were developed using 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 EVENT:

➤ Participants/Volunteers/Staff **MUST** review this document in its entirety. Attendance at the event 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 event/facility.

STANDARD OPERATING PROCEDURE FOR THE EVENT:

COVID-19 Safety Plan Details

➤ Participants must evaluate their health before coming to the event. 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 PARTICIPANTS/VOLUNTEERS/STAFF/OFFICIALS** are **REQUIRED** to wear masks if cannot maintain 6 feet from others. Face shields with no masks are not permitted as acceptable.

- Social distancing requirements of 3 feet shall be in place for the warmup area.
- Spectators will be permitted on the beach. Vaccinated persons do not need a mask.
- Marshals will be on the beach monitoring safety guidelines in the warm-up area.
- Two timers will be located on each side for the finish and two counters recording participants numbers as they finish.
- One official will be in a boat on the lake monitoring the event course and swimmers.
- Restroom facilities will be cleaned before, during, and after the event.

Race Specific Protocols

- Participant areas to be marked off for bag storage
- Race meetings will be held in designated area with appropriate room to social distance
- Participants are encouraged to arrive to the Lake wearing their racing suits.
- Meetings, check-in times, and other in-person gatherings will be staggered to avoid overcrowding.
- Participants will be numbered using markers. The event personnel doing the marking will wear a mask and face shield. Markers, hands and other exposed items will be sanitized between athletes. Athletes must wear a mask for the numbering process.
- Spectators must maintain social distancing. **Spectators are asked to only be on site for their participant(s) races.**

USMS COVID-19 Safety Plan (Phase 3) Updated August 3, 2021

- Swimmers will enter and exit the water on the beach
- Results will be posted and made available online.
- Awards will be handed out after the conclusion of the event.

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.

- If an attendee subsequently tests positive for COVID-19 they should notify the event director.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19

VIRUS: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Emergency Action Plan

Event: Mission Mile – Lake Mission Viejo, CA

Host Team: Mission Viejo Nadadores

Location: 22555 Olympiad Rd. Mission Viejo, CA 92692

Dates: Sunday, September 12, 2021

Meet Manager: Mark Moore

Meet Referee: Paul Szuskiewicz

Meet Admin: Robert Mitchell

Safety Director: Eileen Span

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

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 lake and direct patrons to safety. If lightning in the area, all patrons must wait at least 30 minutes after the last lightning strike in the area.

Earthquake Emergency: Clear the lake 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 lake 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

Lake Mission Viejo, 949-770-1313

Team Operations Director: Sarah Dawson, 805-558-6953

Meet Director: Mark Moore 949-233-6521

Non-Emergency Number: 949-770-6011