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# USMS COVID-19 Safety Plan Addendum (Phase 3 – Updated 5.21.21)

**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**](https://www.usms.org/volunteer-central/guide-to-local-operations/event-management/pool-meet-management/sanction-application-process)**. Please copy** [**events@usmastersswimming.org**](mailto: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.
* Per CDC guidance (updated May 13, 2021), attendees that have not been vaccinated should be required to wear a mask covering the nose and mouth inside the facility at all times except while swimming. Provide disposable masks in case attendees forget to bring their own. Distributing Ziploc bags (write names with a Sharpie) can help facilitate compliance by providing a way to keep masks clean and dry while swimmers are in the water and reduce the number of masks discarded throughout the venue.
* Limit spectators and nonessential attendees.
* Limit bathroom access (swimmers arrive and leave in their suits).
* Limit 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. Encourage swimmers to avoid congregating behind the blocks before or after races, in the warmup pool, or to cheer from the side of the pool.
* Provide hand washing stations and hand sanitizer.
* Sanitize common areas and surfaces frequently.
* 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.
* For larger events, consider splitting the event into sessions to minimize the number of attendees at the venue at any given time.
* If you become aware of COVID-19 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](http://www.aquatics-coalition.org/wp-content/uploads/2020/09/Recommended-Guidelines-for-Positive-COVID-19-Test.pdf) from the [Aquatics Coalition](http://www.aquatics-coalition.org/).
* Pool Meets:
  + Provide plenty of time between heats and events to avoid crowding behind the blocks.
  + Limit the number of swimmers allowed in each warmup lane to allow for physical distancing. Encourage swimmers to be flexible with their warmup routines and considerate of fellow swimmers.
  + Relays may be held if ample space for distancing and all other COVID-19 mitigation efforts can remain in place. Using only every other lane is a good way to provide additional space for relay swimmers.

### Event Directors (continued)

* 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 disposable masks for unvaccinated swimmers to wear as soon as they exit the water.

### Officials and Timers

* The referee, starter, and stroke and turn officials should space out as much as feasible corresponding to various pool configurations.
* Sanitize any equipment before use (e.g., podium, microphone, etc.)
* Timers should keep ample space 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.
* Consider using only one timer per lane.

## COVID-19 Safety Plan Details (include additional pages as needed). Describe plans for each protocol as applicable for your area and venue.

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| Current applicable federal, state, local, and facility orders regarding size of gatherings, other COVID-19 protocols, etc. (include links where appropriate) |
| NA |
| Venue cleaning protocols for before, during, and after the event |
| The facility has a person on staff fulltime that is in charge of cleaning public areas. The bath rooms and locker rooms are cleaned daily. The facility will be clean upon arrival, and we plan on having the touched surfaces (example: sink and shower handles dis-infected after the meet halfway point) |
| Face-covering requirements and enforcement for unvaccinated attendees |
| While in the facility masks / face coverings for unvaccinated are required unless you are in the water competing. |
| Modifications to registration and check-in area and process |
| Registration will be done online, they will check in at the front desk where they will have there temperature taken. |
| Warm-up social distancing requirements and enforcement |
| We are not allowing people to gather on the pool deck, we are going to limit the number of people in each lane to a maximum of 2 people. The deck will also be running in a counter clockwise direction increasing the distance between people by utilizing a larger area of the pool deck. Enforcement will be done by one of the lifeguards on duty. |
| Venue facilities that are available and off-limits to participants |
| Only the pool area, two locker rooms, and single family restroom will be available to participants. The remainder of the building will be locked and off limits. (the building is a Jr. Highschool) |
| Swimmer requirements for races (entering and exiting the water) |
| The pool deck will operate in one direction, counter clockwise. This will allow people leaving water a minimal interaction with those who are arriving behind the block for the next heat / event.  There will be no congregation / loitering behind the blocks while waiting for the next event. There will be one group in the water, and only the next group waiting in a designated area. |
| Other participant interaction modifications (awards, results, etc.) |
| Results will be posted electronically  We are not giving out awards (medals) |
| Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| We are going to utilize the USMS screening form to provide us an account of who was physically at the meet (Including those who didn’t register for the meet, such as all volunteers and officials). We will already have contact information on those who registered for the meet. If an event attendee would test positive, using the forms in conjunction with the registration list we will be able to engage with the local health authorities and properly contact trace and notify all parties. |