



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)

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| Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate) |
| Consistent with the State, County and Municipal governments along with recommendations from the CDC, Face coverings are required in all public places. There are no restrictions on size of gatherings at this time as long as social distancing is practiced where possible and face coverings are used https://www.ocfl.net/Portals/0/Library/Emergency-Safety/docs/coronavirus/2020-23%20EEO.pdf https://www.flgov.com/wp-content/uploads/orders/2020/EO_20-244.pdf |
| Describe venue cleaning protocol for before the event, during the event, and after the event |
| The venue and all high touch surfaces at the venue will be deep cleaned before and after the event and cleaned at regular intervals during the event. |
| Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue |
| Attendees will be required to complete the health screening questionnaire at time of entry and temperature checks will be done for each attendee upon arrival. |

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| Describe face-covering requirements and enforcement |
| <p>Face coverings will conform to executive order and consist of a uniform covering of the mouth and nose. Attendees will be required to have a face covering at all times when not swimming. Face coverings will be provided to athletes as they exit the water. Staff will be reminding persons not in compliance and after a third warning will be required to leave the venue.</p> |
| Describe modifications to registration and check-in area and process |
| <p>Registration will be in multiple areas for social distancing purposes. All surfaces will be disinfected routinely between registrants and social distancing markers will be used to queue registrants in such a way as to socially distance them.</p> |
| Describe warm-up social distancing requirements and enforcement |
| <p>Mask to Block and once race/warm up is completed</p> |
| Describe venue facilities that are available and off-limits to participants |
| <p>Venue is a facility that is covered with a 50m pool an 25 m pool a teaching pool and plenty of deck space as well as parking facilities that allow for the crowd to be spread out.</p> |
| Describe participant deck space usage requirements and enforcement |
| <p>See above</p> |
| Describe swimmer requirements for races (entering and exiting the pool) |
| <p>Swimmers will be sent to the blocks using one side of the deck as a ready room</p> |

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

Results will be uploaded and displayed on a large screen in real time. Awards will be done in a staggered fashion to limit the amount and size of groups. Timelines for awards will be posted and sent out before the race and announced on site and posted in several areas.

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

Contact tracing will be done through the Dept of Health. If the department of health or the positive participant contacts event staff, an email will be sent to participants advising them of a positive test from the event.