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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** **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) |
| See link for state of Alabama. <https://governor.alabama.gov/newsroom/covid-19/>This will be a continuing and evolving update to protocols up to state and local facility mandates. |
| Venue cleaning protocols for before, during, and after the event |
| Before and after the Oktober Splash Invitational, the facility will be disinfected and sanitized. During the event doors will be propped open to decrease the amount of surfaces touched. Highly touched surfaces including bathrooms, rails, and door handles, will be disinfected periodically. After the event is over and everyone has left the facility, Fairhope Recreation staff will disinfect and sanitize the facility, specifically:* Restrooms (deck, lobby, bathrooms, and locker rooms)
* Benches, chairs, bleachers
* Rails on bleachers, glass dividers and step rails
* Dive blocks, plungers for timing system
* Tables
* Any other area that was used during the meet
 |
| Face-covering requirements and enforcement for unvaccinated attendees |
| Fairhope Recreation Center is facemask preferred for all indoor for all. Outdoors, no masks are required. |
| Modifications to registration and check-in area and process |
| We will encourage online registration for this event. In a case where an individual does not have access to online registration we will allow paper entries. Swimmers will check in outside the facility at the front entrance. There will be tables where swimmers will check in. Once all is completed they will be allowed to enter into the facilities. |
| Warm-up social distancing requirements and enforcement |
| Each lane will have a maximum capacity of 6 swimmers to ensure that social distancing can take place in each lane. Coaches will be asked to stagger each lane for warm ups. They will also be asked to tell their swimmers what warm up is going on, and to be at their designated team area, where mask-wearing is preferred for all swimmers and coaches. When they get to their lanes, the swimmers will need to get into the water right away to avoid overcrowding behind the blocks. If coaches are practicing, then they will need to do this in a way where all swimmers can still be socially distanced on deck or in the water. If there is no coach present, then swimmers will be asked to socially distance themselves in the water and maintain no more than 6 swimmers per lane.  |
| Venue facilities that are available and off-limits to participants |
| Open. There are no unavailable facilities. |
| Describe swimmer requirements for races (entering and exiting the pool) |
| Swimmers will enter from the right side of the starting area of Rec Center pool (Lane 8). The swimmers will then gather their belongings and exit the deck to their left (Lane 1).Relays will be spaced every other lane. |
| Other participant interaction modifications (awards, results, etc.) |
| Awards will be presented off-site.  |
| Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| All swimmers will be notified by email. |