



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.
- Consider geographic requirements (e.g., event limited to specific LMSC or a specified radius from the venue) as an option to limit participation and comply with local and state health requirements. 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. Distributing Ziploc bags to participants (write their name with a Sharpie) can help facilitate compliance by providing a clean and dry place to place the mask while they are in the water and reduce the number of masks discarded throughout the venue.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No 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.
- 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.
- 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.
- To minimize the number of attendees in the venue at any given time, consider splitting the event into sessions.
- 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](#) from the [Aquatics Coalition](#).

Event Directors (continued)

- Pool Meets:

- o Provide plenty of time between heats and events to avoid crowding behind the blocks.
- o 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.
- o Relays may continue to be problematic for many events due to the large number of people at one end of the pool. Relays may be held if ample space for distancing and all other COVID-19 mitigation efforts can remain in place. For example, 200M relays in a pool formatted for long course competition with only 2 swimmers on each side of the pool are less problematic than short course relays with all four relay participants on the same side of the pool. It may be prudent to continue to only host individual events based on the layout of the facility hosting the event, the distance of the relays and the competition course. Should it be determined that relays can be done safely, USMS is recommending that they only take place in every other lane to help providing ample space for distancing.
- Open Water Races:
 - o Avoid mass starts and use wave, time trial, or rolling starts instead to avoid crowding.
 - o Provide a receptacle for swimmers to discard masks as they enter the water and masks for swimmers to wear as soon as they exit the water.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not linger to ask for times once race is completed.
- Swimmers in the next heat should be positioned with ample space behind the timers and not move up to the blocks until instructed to do so.
- Once races are completed, exit the venue 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.
- Swimmers should remove mask just before entering the water and put a mask on as soon as race is completed. For pool meets, use a Ziploc bag to keep the mask dry. For open water races, check with race director to ensure masks will be available once you finish your swim.

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 to the edge of the pool until the swimmer 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 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.
- There should only be one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)

Spectators, coaches, and swimmers must be masked when not in the water.

Describe venue cleaning protocol for before the event, during the event, and after the event

Flat surfaces will be disinfected before, during and after each session.

Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue

Self-sceening is encouraged for all participants.

Describe face-covering requirements and enforcement

Spectators, coaches, and swimmers must be masked when not in the water. . Entry staff and deck marshalls will enforce this.

Describe modifications to registration and check-in area and process

There will be no check in. Swimmers can go immediately to their assigned areas.

Describe warm-up social distancing requirements and enforcement

Lanes will be assigned and coaches will control their lanes.

Describe venue facilities that are available and off-limits to participants

Pool, deck, seating gallery and cafeteria will be available. All other areas are off limits.

Describe participant venue space usage requirements and enforcement

Overflow seating will be available in the cafeteria.

Describe swimmer requirements for races (entering and exiting the water)

Entering will be the same. We will do fly over starts for swimmers to exit.

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

Awards will be given to coaches after the meet.

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

Coaches will be responsible for sharing with meet director any positive tests from their team. Meet director will contact other affected teams.