



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 bottles, 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)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)
St. Louis Area Masters will comply with and enforce existing health and safety guidelines of United States Masters Swimming, Ozark LMSC, the State of Illinois and Madison County. Per state and county guidelines the Chuck Fruit Center will be filled to no more than 60% of its capacity and there will be no more than 425 people in the facility during this event. No more than 4 swimmers will be allowed in any of the 16 lanes of the competition and warmup pools at any time; the pool capacity is 64 swimmers.
Describe venue cleaning protocol for before the event, during the event, and after the event
The bleachers, starting blocks and pool deck will be sanitized before the start of the meet & after the meet ends.
Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue
All attendees should self-screen at home and take their temperature at home. Stay at home if not feeling well or if you have been in contact with anyone who has or may have COVID-19.
Describe face-covering requirements and enforcement
Masks will be worn at all times by all participants except when swimming; swimmers will remove their masks just prior to swimming and reapply them after they leave the pool. The swimmers' masks will be put into zip-lock bags and placed with their towel in a designated basket next to the starting block during their events. Masks will be worn at all times by all volunteer and paid officials, timers and staff for the duration of the event.

Describe modifications to registration and check-in area and process
<p>All registration will be conducted online prior to the meet. Swimmers will be assigned lanes and heats for each of their events and space themselves at least 6 feet apart in the bleachers or in portable chairs prior to the meet. Heat sheets will be sent electronically to the swimmers before the meet. Results will be available electronically after the meet. No heat sheets or results will be posted during the meet.</p> <p>Upon arrival to the facility the swimmers will check in by name. They will be advised to space themselves at least 6 feet apart in the seating area for the meet, where they will remain except when swimming their events or going to the bathroom.</p>
Describe warm-up social distancing requirements and enforcement
<p>Swimmers can not enter the venue until 15 minutes prior to warmups. Swimmers will space themselves at least 6 feet apart in the bleachers or portable chairs. No more than 4 swimmers will be allowed in each lane of the competition and warmup pools. The total number of swimmers should not exceed the pool space available. Swimmers will keep their masks in their zip-lock bag in the designated basket next to the starting block while warming up and resume wearing their mask as soon as they exit the pool.</p>
Describe venue facilities that are available and off-limits to participants
<p>The swimmers will be able to use the locker room bathrooms, changing rooms, and showers. Swimmers are also able to show up in their suits and leave in their suits. Drinking from the water fountain is prohibited but using the water-bottle filler is allowed; swimmers should provide their own water-bottle and snacks.</p>
Describe participant deck space usage requirements and enforcement
<p>Swimmers will space themselves at least 6 feet apart in the bleachers or in a portable chair on deck. Swimmers will remain in their seat except when swimming or using the restroom. When the heat before them gets up on the blocks they will stand against the wall behind the starting blocks at each lane. Swimmers will stand behind the blocks and place their towels and their zip-lock mask bag in the designated basket just prior to the start of their heat. The next heat will stand at least 6 feet behind the blocks until the swimmers in the heat before them have exited the pool and retrieved their towels and masks.</p>
Describe swimmer requirements for races (entering and exiting the pool)
<p>Swimmers will remain in their seats until the heat before theirs steps up on the blocks, then proceed to stand at least 6 feet behind the starting block in their lane. They will remain there until the swimmers in the heat before them exit the pool, retrieve their belongings, and walk to the warm down pool or their seat. They will walk from the wall to stand behind the blocks, remove their masks into a zip-lock bag and put it in the designated basket. After their race they will exit the pool, retrieve their belongings, and walk to the warm down pool or their seat.</p>
Describe other participant interaction modifications (awards, results, etc.)
<p>There are no awards at this meet. Results will be available online at the Ozark LMSC Facebook page and will be emailed by the meet director to meet participants.</p>
Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
<p>When registering for the meet, each participant is required to commit to informing Ozark LMSC within 24 hours if they develop symptoms of COVID-19 and/or test positive for COVID-19 within 10 days after the meet. All other attendees will be informed of the same requirement. If a positive test result occurs, all meet attendees will receive an email notice.</p>

