



USMS 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.
- Per [CDC guidance](#) (updated July 28, 2021), at indoor facilities in [areas with substantial or high COVID-19 transmission levels](#), it is recommended that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming.
- 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](#) from the [Aquatics Coalition](#).
- 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 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.

Current applicable federal, state, local, and facility orders regarding size of gatherings, other COVID-19 protocols, etc. (include links where appropriate)
Florida does not currently have any restrictions on facility operations or gatherings related to COVID-19 in place. We will encourage all participants to come only if they are symptom-free and not exposed to COVID recently.
Venue cleaning protocols for before, during, and after the event
Before and after the swim meet, 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, Bernie R. Lefebvre Aquatic Center- staff will disinfect and sanitize the facility, specifically: <ul style="list-style-type: none"> ● Restrooms (deck, lobby, bathrooms, and locker rooms) ● Benches, chairs, bleachers ● Dive blocks, stopwatches ● Tables ● Any other area that was used during the meet
Face-covering requirements and enforcement
Face coverings are optional at the Bernie R. Lefebvre Aquatic Center. We encourage any at-risk or unvaccinated individuals to wear face covering.
Modifications to registration and check-in area and process

Check-in for the meet will be set up at a table outside the pool entrance (weather permitting). On-line registration is encouraged, however we will accept paper registration forms and checks at the time of the meet and late entries of eligible athletes who do not exhibit COVID-19 symptoms will be allowed on a space-available basis at the discretion of the meet director.

Warm-up social distancing requirements and enforcement

Swimmers will be limited to 6 swimmers per lane and encouraged to keep social distancing practices in mind. Efforts will be made to keep training groups together during their warm-up.

Venue facilities that are available and off-limits to participants

None of the available venue facilities are off-limits to participants. We will have outdoor spaces with seating and tables set up on the patio and on the east side of the pool building. Doors to the facility will be kept open, if weather conditions permit, to allow for ventilation and easy movement between inside and outside the pool. Our facility is co-located on property with Liza Jackson Preparatory School. Fencing, gates and locked doors prevent access to the school grounds and facilities.

Swimmer requirements for races (entering and exiting the water)

Swimmers will be encouraged to enter the starting block area from the lane 1 side and exit the area next to lane 6 where they can immediately step outside, or walk around the pool.

Other participant interaction modifications (awards, results, etc.)

Social distancing between groups who do not normally train together will be encouraged and masks are optional. No other modifications are deemed necessary. Results will be posted on the outside pool windows and accessible from the outdoor patio.

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

All attendees will have an e-mail address and phone number on file with the meet director and will be notified first by e-mail and secondarily by phone if there is a positive COVID-19 case among attendees.