



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)
<p><u>Host will follow COVID-19 related guidelines and restrictions set forth by the CDC, Indiana State Health Department, Marion County Health Department, and the Mayor of Indianapolis. The IU Natatorium resides in Marion County and is an indoor facility. As of August, there is a mask mandate for the IUPUI campus for all indoor facilities regardless of vaccination status. Facility capacity is permitted to be at 100%. Our swim meet will be limited to 60 swimmers plus an additional thirteen volunteers (two officials, seven timers, two deck marshals, two timing operators). The IU pool can house 1500 swimmers on deck and no spectators will be permitted. There will be no admittance for persons who do not pass the USMS COVID-19 Participant Screening criteria.</u></p> <p><u>Latest Marion County Public Health order:</u> https://drive.google.com/file/d/1JyHNBCVgLy261e4cJNVslpxUv4qpCCZm/view</p>
Venue cleaning protocols for before, during, and after the event
<p><u>Facility will be cleaned prior to the event start and after the event by the facility staff. Hand sanitizer will be available on deck for attendees and encouraged to be used throughout the event.</u></p>
Face-covering requirements and enforcement
<p><u>Masks are required for all attendees regardless of the vaccination status unless in the water swimming. Safety marshals and meet directors will be monitoring compliance.</u></p>

Modifications to registration and check-in area and process

Attendees are asked to not arrive earlier than 20 minutes prior to warm-up. All swimmers, volunteers, officials, and facility staff will be required to complete the USMS COVID-19 Participant Screening Form and a Facility COVID-19 Liability release form (if required) at check-in upon arrival. Signage will be placed in key areas including social distancing reminders and sanitizer reminders. Attendees will be asked to social distance at least six feet while checking in. Masks, zip loc bags, and sanitizer will be present at check-in.

Warm-up social distancing requirements and enforcement

Deck Marshals will be available to enforce social distancing requirements:

- Only four swimmers per lane during warmup and all swimmers must maintain 5 yards apart while stopped in the pool.
- Swimmers must maintain at least six feet apart while on deck.
- One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions only.
- Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3).
- Warmup/cool down during competition will be available in a separate non-competition pool. No more than four swimmers per lane are permitted in the warmup/cool down lanes and swimmers must maintain five yards apart at all times.
- Attendees must maintain six feet of distance on deck at all times.

Venue facilities that are available and off-limits to participants

Swimmers may use the locker-rooms for changing/showering/toilet usage. Swimmers must place belongings at least six feet apart on deck. Water fountains are not available. Participants may bring their own snacks and beverages.

Swimmer requirements for races (entering and exiting the water)

- During warmup, swimmers will enter pool maintaining at least six feet from other swimmers on deck and five yards apart from other swimmers in the pool.
- Starter will call heats to the blocks to maintain safe spacing and minimize congestion around timers and other swimmers. Only six lanes will be used for competition.

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

- Swimmers must sit on deck at least six feet apart.
- No spectators are permitted.
- There will be only one timer per lane and only six lanes will be used for competition.
- Swimmers will not be allowed to congregate behind blocks or elsewhere.
- No relays will be offered.
- Deck Marshals will be on deck to enforce.
- Heat sheet will be emailed to participants the night before.
- Timers will use their own clipboard and pencil for entire duration of the meet.
- Swimmers will be discouraged from asking timers for their time. A scoreboard is available.
- Heat sheets will be posted on walls far apart and in several locations.
- No cheering or congregating on deck at any time.
- No cheering or congregating in the pool during warmup/cool down.
- No awards will be given.
- Results will be posted online.

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

In the event a participant tests positive within three days after the meet or after developing symptoms consistent with COVID-19 that occurred within three days of the meet, communication will be sent to all swimmers, volunteers, officials, and facility staff indicating details such as day of test and day of symptoms onset. The identity of the participant will not be disclosed. Guidelines for isolation and quarantined based on CDC guidelines will be provided. Participants will be encouraged to contact their healthcare providers for any questions/concerns/next steps. Contact tracing will be carried out as necessary and required.