



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)
<u>See the CDC Guide lines. Currently we know of no restrictions at the Indiana or local area for COVID. Face masks will strongly be encouraged to all.</u>
Venue cleaning protocols for before, during, and after the event
<u>Munster H.S. janitorial staff will continuously clean the area before, during and after the event. They operate under the Munster Indiana, Munster School board, and State of Indiana cleaning protocols.</u>
Face-covering requirements and enforcement
<u>Currently Munster High School does not require face coverings for vaccinated public. Non-Vaccinated must wear face coverings. We still practice the CDC 6' social distancing and encourage all to wear a facemask.</u>
Modifications to registration and check-in area and process
<u>Due to the small size of the event, we are practicing social distancing where necessary. We do not plan on having a check-in area for our meet.</u>
Warm-up social distancing requirements and enforcement

Because this has been historically a small event we are limiting the number of swimmers per lane to 4 swimmers. We are planning to have both 10 lane pools and the 2 middle lanes for a total of 22 lanes available. Swimmers will be encouraged to start at opposite ends of the pool.

Venue facilities that are available and off-limits to participants

Currently Munster has no restrictions for vaccinated public.

Swimmer requirements for races (entering and exiting the water)

Swimmers will be asked to respect the 6' social distancing rule. This applies to both other swimmers and meet staff such as timers etc.

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

Continuous notifications of maintaining 6' social distancing will be announced. We do not plan on issuing awards.

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

Please see attached.



When You've Been Fully Vaccinated

How to Protect Yourself and Others

Updated Sept. 16, 2021 [Print](#)

CDC now recommends that people aged 65 years and older, residents aged 18 years and older in long-term care settings, and people aged 50–64 years with [underlying medical conditions](#) **should** receive a booster shot of Pfizer-BioNTech's COVID-19 Vaccine at least 6 months after completing their Pfizer-BioNTech primary series. Other groups **may** receive a booster shot based on their individual risk and benefit. [Learn more.](#)

[COVID-19 vaccines](#) are effective at protecting you from getting sick. Based on [what we know](#) about COVID-19 vaccines, people who have been fully vaccinated can do things that they had stopped doing because of the pandemic.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for [healthcare settings](#).

Learn more about [booster shots](#).

In general, people are considered fully vaccinated: ⁺

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may not be fully protected even if you are fully vaccinated. You should continue to take all precautions recommended for unvaccinated people until advised otherwise by your healthcare provider.

People with moderately to severely compromised immune systems should [receive an additional dose](#) of mRNA COVID-19 vaccine after the initial 2 doses.



COVID-19 County Check

Find community transmission levels by county.

Select a Location

State

County

What You Can Do



COVID-19

- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#).
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to [the situation at your international destination](#) before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to [show a negative test result](#) or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've had [close contact](#) with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.



About the Delta Variant: Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including this variant. Vaccines are highly effective against severe illness, but the [Delta variant causes more infections and spreads faster](#) than earlier forms of the virus that causes COVID-19. [Learn more about variants in the US.](#)

What You Should Keep Doing



For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you [travel](#), you should still take steps to [protect yourself and others](#).
- [Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).

- Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others. If your test is positive, isolate at home for 10 days.
- People who have a condition or are taking medications that weaken the immune system, should continue to take all [precautions](#) recommended for unvaccinated people until advised otherwise by their healthcare provider.

What We Know

- COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.
- COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.
- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.
- If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others.
- People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

What We're Still Learning

- How long COVID-19 vaccines can protect people.

Want to learn more about these recommendations? Read our expanded [Interim Public Health Recommendations for Fully Vaccinated People](#).

± This guidance applies to COVID-19 vaccines currently approved or authorized for emergency use by the U.S. Food and Drug Administration (Pfizer-BioNTech, Moderna, and Johnson & Johnson [J&J]/Janssen COVID-19 vaccines) and some vaccines used for U.S. participants in COVID-19 vaccine trials (such as Novavax). This guidance can also be applied to COVID-19 vaccines that have been listed for emergency use by the World Health Organization (such as AstraZeneca/Oxford). More information is available at [Interim Clinical Considerations for Use of COVID-19 Vaccines | CDC](#).

Related Pages

- › [Interim Public Health Recommendations for Fully Vaccinated People](#)
- › [Science Brief: Background Rationale and Evidence for Public Health Recommendations](#)
- › [Infection Control after Vaccination for Healthcare Workers](#)

RECOMMENDED COVID-19 POSITIVE-TEST PROTOCOL

IF A MEMBER OF YOUR TEAM/FACILITY OR VISITOR TESTS POSITIVE FOR COVID-19

General Items of Note:

- Immediately engage with Public Health.
- Attendance records for aquatics staff and participants should be available to help with contact tracing.
- The safety and cleaning protocols and social distancing guidelines should be available for any discussions with public health.
- You should comply with CDC guidelines for direct exposure (current guidelines at the time of publication are less than six feet for more than 15 minutes).
- A positive test does not necessarily mean an aquatics practice/class is out of the water for 14 days or the facility is shut down.
- Have a draft email on hand for distribution to alert aquatics staff and participant families that a positive COVID test result was received by an individual at the facility (see sample at the end of this document).

What forms need to be filled out?

- [OSHA Form](#) (complete only if an employee has confirmed positive test result).
- Organizations affiliated with various activities and classes should be contacted to determine what their reporting requirements are.
- If you are a Local Swim Club affiliated with USA Swimming, complete [USA Swimming Report of Occurrence \(ROO\) form](#):
 - When completing ROO use 'other' designation categories and insert, "no accident reported except notice of COVID-19 Positive Test result."
 - Additional details section, insert, "all personnel removed from site in accordance with local guidelines."
- Any other forms required by local, state and federal public health agencies.
- Any required facility forms.

Who do we need to notify?

- Notify the local health authorities of the COVID-19 case.
- Notify facility staff, swim participants, and renters (as feasible) of potential COVID-19 exposures while maintaining confidentiality.
- If you are a Local Swim Club affiliated with USA Swimming, notify USA Swimming through the Report of Occurrence Form (ROO) (link listed above).

What cleaning/disinfecting procedures do we take when a positive COVID-19 test has been reported to the facility?

- In many cases, facilities might not learn of positive results for several days. However, facilities should proceed with proper deep cleaning and disinfecting immediately upon learning of the positive result.
- In the case where a facility has been made aware of someone testing positive for COVID-19 within 24 hours of their last visit to the facility:
 - Close off areas used by the affected person and do not use the areas until after cleaning and disinfecting them.

- Ensure [safe and correct](#) use and storage of [EPA-approved List N disinfectants](#).
- In every case, follow all facility procedures.

What steps do we take with the aquatic participant team/class/group when a positive COVID-19 test has been reported to the facility?

- All aquatics participants at the impacted facility will be out of the water after a positive test has been reported to the facility to accommodate facility cleaning and disinfection.
- Have all team/class/group members follow the recommendations of their family physician or medical professional.
- If you are a Local Swim Club affiliated with USA Swimming, maintain all [SafeSport](#) standards with respect to proper supervision, etc.
- Follow the contact tracing guidelines as outlined below and by federal, state and local authorities.

Contact Tracing

- *ALL decisions should be made in accordance with the information and guidelines published by the CDC. Once an individual receives a positive test result, they should follow the directions of their health care provider and the local public health orders at a minimum.*
- Upon testing positive, ask the aquatics participant to provide a list of ANY participants with whom he/she has been in close contact with, within the timeframe as instructed by their local health department from known onset of symptoms, inside and outside of the water.

Quarantine/Isolation

- *Local public health guidelines can be found under [Insert name of County/City Public Health] and COVID-19.*
- Any participant who is ill should stay home until their symptoms have resolved or they receive a negative COVID-19 test. It is recommended they contact their primary care provider and get a note stating they are clear to return to the pool.
- If a participant tests positive for COVID-19 they should:
 - Contact their medical provider for treatment and additional guidance.
 - Stay home and follow the local public health guidelines for isolation.
 - Any members of the participant’s immediate family who are also participants should also stay home and follow the local public health guidelines for quarantine of exposed individuals.
 - Follow the “Return to the Water” recommended recommendations below and in accordance with local public health guidelines.
- If a participant was in close contact (defined by the CDC at the time of publication as being within 6 feet for 15 minutes or longer) with any infected individual during the period defined above:
 - This participant is considered to have been exposed to COVID-19.
 - The participant, and any members of their immediate family who are also participants, should stay home and follow local public health guidelines for quarantine of exposed individuals.
 - The participant should be encouraged, but not required, to get tested for COVID-19 and follow the instructions provided by the health care facility that conducted the test and provided the results.

- Follow the “Return to the Water” recommended guidelines below and in accordance with local public health guidelines.
- If a participant lives with a household member who has symptoms that might be related to COVID-19:
 - This participant is considered to have been exposed to a person under investigation (PUI) for COVID-19.
 - This participant, and any members of their immediate family who are also participants, should stay home and follow local public health guidelines for quarantine of exposed individuals until their family member’s illness is resolved or testing is completed.
- *Practices/classes should be designed such that there are no instances of close OR brief contact. Sharing a lane while still being six feet apart when not actively swimming (i.e., opposite ends of the pool) does not inherently constitute contact unless other contact occurred.*

Return to the Water:

- Any participant who tested positive for COVID-19 should:
 - Contact their health care provider for clearance to return to the water AND complete the isolation directed by their local public health guidelines.
 - A participant should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline.
- Any participant who was exposed to COVID-19 should:
 - Complete the quarantine directed by their local public health department.
 - Follow the instructions above for ill or COVID-19 positive participants if the participant becomes ill during quarantine.
 - A participant should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline.
- It is recommended to require the individual’s medical provider to write a note when the person is cleared to return to the water.

Disclaimer: These policies are recommendations; aquatics facilities/clubs are encouraged but not required to enact them. ALL actions should be in accordance with local, state, and federal guidelines as well (particularly with recommendations made by the CDC and the state and local Department of Health at minimum; these recommended policies are intended to be as or more restrictive than these established guidelines). Clubs affiliated with USA Swimming should be aware that USA Swimming insurance will likely not apply if local, state, or federal guidelines are not followed. Facilities not affiliated with USA Swimming should contact their agency, company or governing organization to learn about their liability requirements. The aquatics club/facility holds no liability for any member contracting or being exposed to COVID-19, nor any quarantines, self-isolations, or damages therein.

TALKING POINT TIPS IF POSITIVE COVID TEST

Prioritize

Determine the one thing, above all else, you want your audience to take away from your message (e.g., safety, health, and well-being of all). Prioritize, in order, what you want to address – remember: quality versus quantity. So, address your top priority plus two to three other priorities and you will be successful.

Prepare

Talking points are useful if the communicator knows and is educated on the details of the message being conveyed. Talking points are reminders so do not rely on them for breadth and depth of the message.

Pre-empt

Anticipate questions about your message. Be prepared to defend your statistics or other data (if provided). But, if you don't know the answer, don't make up one—let the inquirer know that you will work to find the answer and get back to them.

Focus on facts

Be engaging without your talking points and rely on facts. Be prepared to explain to the audience how those facts impact them.

Be direct

Even if the message is a negative one (ex. COVID-19 positive diagnosis), get straight to the point and own what you are saying. Talking points should include information on how you/club/LSC are responding to the situation and working to make it better. Be honest and share a plan for addressing the situation – the takeaway is you/organization are problem solvers and trustworthy. Don't sugarcoat or beat around the bush as this lessens trust with your audience. Additionally, do your best to make sure the aquatic participant/athlete with a positive test feels supported and is not receiving any negative backlash.

SAMPLE SCRIPT: POSITIVE DIAGNOSIS OF COVID-19 AT AQUATICS FACILITY

Good morning/afternoon/evening.

My name is _____.

My role is _____ with Club/Facility/LSC.

The information I am providing is on behalf of Facility-Site/Club/LSC regarding the positive COVID-19 diagnosis for an individual present at the Facility-Site/Club/LSC during the period of MM-DD-YY to MM-DD-YY. We will not be identifying the individual due to federal privacy laws.

Facts we want you to know:

1. This facility has been operating in compliance with CDC guidance as well as local health and state guidelines since our return to practice on MM-DD-YY.
2. We have been utilizing a “cleared for entry” protocol that includes:
 - a. Signage to explain the new screening process;
 - b. Pre-screening station located 10-20 ft. prior to the facility entrance and documentation of those entering and exiting the facility for contact tracing purposes;
 - c. Daily health screenings for individuals prior to entering facility (*describe any screening procedures, i.e. temperature checks*);
 - d. Health, travel and potential exposure screening questions answered by all individuals prior to entry to facility;
 - e. Social distancing at all times – i.e., 6 feet minimum;
 - f. Masks worn by facility personnel, coaches and non-athletes at all times;
 - g. Masks worn by participants/athletes when entering facility, readying for practice/class and departing the practice/facility.
3. An individual received a positive diagnosis on MM-DD-YY date and communicated this to our Head Coach/Facility Manager on MM-DD-YY date. We proceeded with the following actions (*c, d & e are options - please read and determine which is most appropriate*):
 - a. Emailed all active participants OR all exposed participants, depending on your local health department’s guidance, to make them aware that an individual tested positive and/or participant’s relative tested positive.
 - b. Once the facility has been properly cleaned and sanitized, practices may resume.
 - c. The positive diagnosis was for a participant’s family member, therefore, the participant will need to quarantine based on their local public health recommendations and provide the facility with a written note from the individual’s medical provider when the person is cleared to return to the water.
 - d. The training group that the positive participant is in will have to pause their practices, swim lessons, lap swim, water exercise and therapy classes, etc. and they have been provided with the following requirements:
 - i. These participants can choose to quarantine for 14 days and then return OR they can get tested for COVID-19 and provide the facility with a written note from the individual’s medical provider when the person is cleared to return to the water.
 - ii. The coach or administrator of the training activity must get tested and cannot resume activity until they have received negative results.

SAMPLE LETTER TO AQUATICS PARTICIPANTS – POSITIVE TEST

To: All families

Date: MM-DD-YY

We have been notified that a person tested positive on [date] and is now self-isolating. The last date the person was at an [aquatics activity – swim practice/swim lesson/fitness class] was on [date and time]. We have notified the proper health, facility, and local authorities.

[Insert paragraph about what actions are required...should include note that the team is following CDC guidelines and the recommendations from the County Public Health.]

We are letting you know of this incident so you may contact your family physician and follow their advice. If you have questions about COVID-19 or your situation please talk with your doctor and visit the CDC website.

Our thoughts are with our patrons impacted by the virus and we wish them a speedy recovery. The team is here to support everyone during this difficult time and if you have any questions, please contact me.

Sincerely,