



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)
There are currently no Federal, State, County, City or YMCA COVID restrictions. Should that change, those restrictions will be published. <u>DO NOT ATTEND IF YOU'RE EXPERIENCING ANY SYMPTOMS OF COVID-19.</u>
Venue cleaning protocols for before, during, and after the event
Provided by the Pabst Farms YMCA.
Face-covering requirements and enforcement
Per <u>CDC guidance</u> , all attendees (both vaccinated and unvaccinated) will be required to wear a mask or face shield covering the nose and mouth at all times while indoors at the event except while swimming. You are responsible for providing your own mask.
Modifications to registration and check-in area and process
If you request a split for an event, email that to the meet manager (WMAC.Swim.MeetDir@Gmail.com) by noon CST on Friday January 7, 2022. Positive check in for the 1500 will be at the scorer's table. Please maintain social distance!
Warm-up social distancing requirements and enforcement
During warmups, USMS recommends a maximum of six swimmers per lane in the 25-yard pool. Swimmers are discouraged from hanging on the walls during warm-up. Please be flexible with your warm-up routine to avoid overcrowding and be considerate of your fellow swimmers.
Venue facilities that are available and off-limits to participants
Swimmers are encouraged to arrive and leave in their suits, but locker rooms and showers will be available.
Swimmer requirements for races (entering and exiting the water)
Per <u>CDC guidance</u> , all attendees (both vaccinated and unvaccinated) will be required to wear a mask or face shield covering the nose and mouth at all times while indoors at the event except while swimming. You are responsible for providing your own mask.
Other participant interaction modifications (awards, results, etc.)
Results will be posted at the turn end of the pool. Ribbons will be at the turn end of the pool. Please maintain social distance!
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact WMAC.Swim.MeetDir@Gmail.com