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# USMS COVID-19 Safety Plan Addendum (Phase 3)

**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**](https://www.usms.org/volunteer-central/guide-to-local-operations/event-management/pool-meet-management/sanction-application-process)**. Please copy** [**events@usmastersswimming.org**](mailto: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](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html) (updated July 28, 2021), at indoor facilities in [areas with substantial or high COVID-19 transmission levels](https://covid.cdc.gov/covid-data-tracker/#county-view), 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](http://www.aquatics-coalition.org/wp-content/uploads/2020/09/Recommended-Guidelines-for-Positive-COVID-19-Test.pdf) from the [Aquatics Coalition](http://www.aquatics-coalition.org/).
* 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.

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| Current applicable federal, state, local, and facility orders regarding size of gatherings, other COVID-19 protocols, etc. (include links where appropriate) |
| See link for state of Tennessee <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>  This will be a continuing and evolving update to protocols up to state and local facility mandates. |
| Venue cleaning protocols for before, during, and after the event |
| Kingsport Aquatic Center is cleaned daily Monday-Friday from 6am-7pm, Saturday 8am-6pm, and Sunday 12pm-6pm. During the swim meet KAC staff will disinfect any highly touched surfaces including bathrooms, door handles, and rails. Before and after the St. Patrick’s Day Invitational the facility will be disinfected and sanitized with OT-Plus & BNC-15, which is dispensed using a Ryobi backpack Sprayer. After the event is over and everyone has left the facility, staff will disinfect and sanitize the facility using QT-Plus and BNC-15 including:   * Restrooms (deck, lobby, bathrooms, and locker rooms) * Benches, chairs, bleachers * Rails on bleachers, glass dividers and step rails * Dive blocks, plungers for timing system * Tables * Party rooms   any other area that was used during the meet |
| Face-covering requirements and enforcement for unvaccinated attendees |
| All attendees will be required to wear a face covering while attending this event. The only individuals who are exempt from wearing a face covering are the swimmers who are racing or getting ready to step onto the block. Once the swimmers exit the water they will be asked to place their face covering back on. If anyone refuses to wear a face covering they will be asked to leave the event. There will be designated hanging stations for face covering throughout the facility for swimmers to hang their mask when racing, warming up, and cooling down. |
| Modifications to registration and check-in area and process |
| Online registration only for this event. We will have check for the 500 year free style and the mile. There will be a limited number of spots for the 500 and mile. |
| Warm-up social distancing requirements and enforcement |
| Teams will be assigned lanes for warm-ups. Swimmers should maintain 6 feet distance when out of the pool. They will also be asked to tell their swimmers what warm up is going to be at their designated team area where all swimmers and coaches will be wearing face covering before reporting to their lanes. When they get to their lanes the swimmers will need to get into the water right away to avoid overcrowding behind the blocks. If coaches are practicing starts they will need to do this in a way where all swimmers can still be socially distanced on deck or in the water. If there is no coach present then swimmers will be asked to socially distance themselves in the water.  Depending on number of swimmers who register, we will split the warm up sessions until age groups and/or teams. If we have multiple large teams register then we will do 1-2 sessions for large teams and then 1-2 sessions for small teams. We will be using the HMG competition pool, which has 16 25 yard lanes.  For cool down during the meet we plan to have the shallow end of the HMG Competition pool available. |
| Venue facilities that are available and off-limits to participants |
| The deck bathrooms will be limited to volunteers and officials only with a max of 3 individuals at one time. The locker rooms will be limited to swimmers only and will have a max of 8 swimmers total. The family bathrooms will be limited to general public only. The lobby bathrooms will be available for KAC staff and spectators to use with a max of 2 people per bathroom. Signs will be posted the doors of these bathrooms limits listed. Also, the bathrooms will be disinfected every hour of the competition.  The play pool, Palmer Center Warm Pool, and outdoor waterpark will be off limits to all participants. The YMCA locker rooms will also be off limits to all participants. |
| Swimmer requirements for races (entering and exiting the water) |
| At this point any individual that is exhibiting signs and/or symptoms of COVID-19 will not be allowed to attend the event. Hand sanitizer will be available for all attendees to use when entering the facility. All attendees that enter the facility will be required to wear a face covering at all times unless they are actively swimming or at the starting blocks immediately before swimming. |
| Other participant interaction modifications (awards, results, etc.) |
| Results for this meet will be posted on our website. |
| Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19 |
| In our meet announcement, we will impress upon swimmers the importance of reporting to the meet director if, after the event, they become test positive for COVID-19. If a swimmer reports a positive COVID-19 test after the event, NAC staff would take all necessary steps to notify the right individuals and organizations. |