



U.S. Masters Swimming 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.
- Require all attendees (swimmers, volunteers, officials, and facility staff) to complete a USMS COVID-19 Participant Screening Form.
- Discourage travel. Attendees should travel from no farther than a 100-mile radius from the event venue. In areas where population density is greater (or the boundaries of the LMSC don't exceed a 100-mile radius), travel should be limited to within the LMSC.
- Require all attendees to wear face masks at all times, except while in the water. Provide disposable masks in case attendees forget to bring their own.
- Limit event lineup to individual races (i.e., no relays).
- Provide plenty of time between heats to avoid crowding behind the blocks.
- Meet warm-up and post-race cool-down need to be tightly managed like a workout to maintain social distancing with limited number of swimmers in each lane starting from opposite ends.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.).
- Space out seating areas.
- Provide hand washing stations and hand sanitizer.
- Check temperature of each attendee before entry to the facility.
- Sanitize common areas and surfaces frequently.
- Utilize plexiglass barriers to help protect volunteers and officials while interacting with attendees.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not ask timers for their times.
- Swimmers in the next heat should be positioned at least 6 feet behind the timers and not move up to the blocks until instructed to do so.
- Once races are completed, exit the facility without lingering to socialize or cheer on teammates.
- Swimmers should not congregate on the side or at the end of the pool to cheer for friends.

Officials and Timers

- Referee and starter should be on opposite sides of the pool.
- Stroke & turn officials should remain in the middle of their jurisdiction at the ends of the pool.
- Stroke & turn officials should stand back from the starting block while the swimmers get up and take their position. Do not move up to the edge of the pool until the swimmer has left the block and is in the water.
- Sanitize any equipment before use (e.g., podium, microphone, etc.)
- There should be only ONE starter using the microphone. Do not share or switch off.
- Officials should wear masks, but the referee may lower for whistles and the starter may lower for starting commands.
- All officials should be equipped with radios.
- Physical DQ slips shouldn't be used and passed around. Call all DQs in over your radio and have the administrative official or Hy-Tek operator enter them into the computer. Mark the DQs on your heat sheet in case there are any questions.
- Timers should remain 6 feet back 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.
- There should only be one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)

The Fairfax County Health Department continues to encourage all residents to take personal responsibility for protecting themselves and others by staying away from others when sick, getting tested, taking action to isolate safely, if the test is positive, and notifying close contacts so they can monitor themselves for symptoms and follow established quarantine guidelines, based on their vaccination status

Describe venue cleaning protocol for before the event, during the event, and after the event

In addition to our normal cleaning protocols, we will be conducting deep cleaning throughout the day using medical-grade, EPA-registered disinfectants recommended for use against COVID-19. We are deploying enhanced cleaning technologies including, electrostatic sprayers, which will enable comprehensive, thorough disinfecting of all surfaces throughout the Complex.

Touchless Hand Sanitizers:

Touchless hand sanitizer stations have been placed comprehensively throughout the Complex for your use. The hand sanitizer solution is 70% alcohol which is within the CDC guidelines recommendations for effective use of hand sanitizer when soap and water are not readily available.

Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue
All attendees agree they are in good health prior to entering the venue
Describe face-covering requirements and enforcement
No face-covering requirements at this venue
Describe modifications to registration and check-in area and process
There are no requirements in place
Describe warm-up social distancing requirements and enforcement
There are no social-distancing requirements for this venue
Describe venue facilities that are available and off-limits to participants
All areas of the pool complex are available to participants
Describe participant deck space usage requirements and enforcement
Spectators are seated in the balcony area allowing more space for swimmers on deck
Describe swimmer requirements for races (entering and exiting the pool)
There are no requirements for races
Describe other participant interaction modifications (awards, results, etc.)
There are no rewards. Results will be posted in the venue as available
Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
All attendees/coaches are asked to inform the meet director if a participant tests positive for COVID-19. The meet director will email all attendees if a participant reports a positive test result.