



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>As more of our residents receive the COVID-19 vaccine, Illinois is moving toward the fifth and final phase of the reopening plan, in which all sectors of the economy reopen with businesses and recreation resuming normal operations, and where conventions, festivals, and large events can take place. We are currently in A Bridge to Phase 5 Guidelines. Under the Bridge, Health and Fitness events and Spectator Events are allowed 60% capacity. Comlara Park is a 2,200-acre county park and Evergreen Lake is a 925-acre fresh water lake. Capacity of an open water event would be between 300 and 500 people spread out through the park. We anticipate no more than 200, including participants, spectators and safety personnel.</u></p>
Venue cleaning protocols for before, during, and after the event
<p><u>We will be using Comlara Park's beach house and locker rooms for changing into suits and restrooms. Park personnel clean the beach house and locker rooms regularly, at least once per day. CIOWS volunteers will inspect the beach house, locker rooms and restrooms before, during and after the event and clean if necessary.</u></p>
Face-covering requirements and enforcement
<p><u>Masks will be required to be worn by all participants and spectators, vaccinated or not, during the event. CIOWS Director and other officials will enforce mask requirements.</u></p>
Modifications to registration and check-in area and process

	<u>Registration will be only online; no entries will be allowed on the day of the event. The check-in area will be spaced to allow social distancing.</u>
	Warm-up social distancing requirements and enforcement
	<u>We will have a large tent area in which check-in, body marking and timing chip, and other items will be handled. We will maintain social distancing under the tent. This will be enforced by the CIOWS Director and other officials.</u>
	Venue facilities that are available and off-limits to participants
	<u>Participants will use the beach house, locker rooms and restrooms that are located next to the lake and registration area. No other facilities are available for use.</u>
	Swimmer requirements for races (entering and exiting the water)
	<u>We start participants in two waves: 2.4 miles at 9:00 a.m. and 1.2 miles at 9:10. We will maintain social distancing as swimmers line up to enter the lake.</u>
	Other participant interaction modifications (awards, results, etc.)
	<u>Awards will be provided at an awards table under the registration tent. There will not be an awards ceremony. Results will only be printed and be available at the awards table. Also, results will be published online at the end of the event.</u>
	Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
	<u>By limiting registrations to only online, we will have a record of all participants including email and phone number. We do not anticipate a large number of spectators, but they will be required to provide name and email address. Anyone working or volunteering for the meet will also be recorded with email and phone number. If anyone tests positive for COVID-19 following the event, all participants, spectators, officials, and volunteers will be notified by email or phone call.</u>