

## SWIM MEET PROCEDURES IN COVID 19 ENVIRONMENT

USMS encourages members to be vaccinated for COVID-19, but it is understood to be a personal decision based on individual factors. USMS is not requiring COVID-19 vaccination to participate in this event. Attendees who have not been vaccinated must wear a mask covering the nose and mouth inside the facility at all times except while swimming. Disposable masks will be available at the facility for swimmers who have forgotten their mask. Note that USMS liability insurance does not cover transmission of viral or bacterial infections.

Swimmers who must wear a mask should bring a Ziploc bag with their name written on it to keep the mask clean and dry while the swimmer is in the water. Ziploc bags and magic markers will be available at the facility. Swimmers should remove their mask just before entering the water and put the mask on as soon as the race is completed.

Persons exhibiting COVID-19 like symptoms are not permitted to compete or enter the facility.

Work with the facility to ensure enhanced sanitation practices are followed. Hand sanitizers or hand washing stations will be available.

Swimmers should limit spectators and nonessential attendees.

Bathroom access may be limited to avoid crowding in the bathroom. Swimmers should arrive and leave in their suits.

No food and drinks will be provided. Swimmers should bring snacks, water, etc. in individually wrapped or sealed containers.

Swimmers and guests should space out seating areas. Do not congregate behind the blocks before or after races. Swimmers should not congregate on the side or at the end of the pool to cheer for friends.

Swimmers will be required to check in maintaining social distancing. Swimmers deck entering should submit their application at the check in table, again taking care to maintain social distancing.

A schedule of events will be posted on site. Swimmers should avoid gathering closely to review their assigned heats and lanes. Listen closely for when you are being called to the starting block.

If possible, relay events will use every other lane. Relay swimmers should avoid crowding behind the starting block.

Each lane will have only one timer. Timers will 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. They then will move back to their original position.

At the end of each race, swimmer should clear the area quickly to avoid crowding behind the blocks.

Swimmer should not linger to ask for times once a race is completed.

Swimmers in the next heat should be positioned nearby the starting blocks and not move up to the blocks until instructed to do so. Additional time will be allowed between heats and events to avoid crowding behind the blocks.

Once the races are completed, swimmers should leave the facility without lingering to socialize or cheer on teammates.