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:

- o Avoid mass starts and use wave, time trial, or rolling starts instead to avoid crowding.
- o 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)
Masks are required at all times by anyone in the pool area unless they are swimming, entering or exiting the water, or actively lifeguarding. This follows the state mandate for mask wearing at Indoor facilities. When swimmers are not wearing a mask, they should do their best to maintain a 6 foot distance from others.
Venue cleaning protocols for before, during, and after the event
Our pool is hosed down with a chlorine spray at the closing of each day. Surfaces are cleaned by hand with disinfectant before and after the swim meet around the entire pool deck. Bathrooms are cleaned by the custodial staff roughly every hour throughout the day.
Face-covering requirements and enforcement
Face coverings are required at all times except for when participants are swimming, entering or exiting the water. Hooks are available on the wall behind the blocks to hang masks on, or participants can put them in a personal container and leave them behind the blocks.
Modifications to registration and check-in area and process
Registration will be done by mail ahead of the meet entry deadline. There will be a check in area in the lobby by the main doors to the building. This is a large, open area where swimmers can check their events and staff can make sure all forms and payment are turned in.

Warm-up social distancing requirements and enforcement
A decision will be made whether to split the warm up or not depending on the number of entries. The day before the meet, an email with warm up protocol and lane assignments will be sent via email. The general warm up time may be split into 2 groups with the following schedule: 20 minutes - Warm Up A 20 minutes - Warm Up B 15 minutes - One way starts, walk around. Swimmers will walk on the side nearest their lane and should stay 6 feet apart while waiting behind the blocks.

Venue facilities that are available and off-limits to participants
Men's and women's locker rooms are available for bathroom use. We also have 4 family style changing rooms that we recommend for changing. Swimmers should only be in the locker rooms or on the pool deck. No one is allowed upstairs on the fitness floor or near the ice rink.

Swimmer requirements for races (entering and exiting the water)
While the heat before is finishing their final length, swimmers in the next heat should remove masks and either hang them on an available hook or place in their own storage container and leave behind the blocks. Following the race, swimmers may exit the water at the end of their lane and should retrieve their mask immediately. They may also swim to the side and either cool down in the designated lanes or exit the pool from the ladder and retrieve their masks. We recommend swimmers bring a towel behind the blocks or have a small washcloth in their container to dry their face before placing the mask back on, so they can do so before walking back to their seat. We will have 1 timer per lane. They should stay 6 feet behind the blocks except for when the swimmer in the water is finishing their race and the timer needs to stop the watch and button. Timers will have masks on at all times.

Other participant interaction modifications (awards, results, etc.)
Our meet will be on Meet Mobile so swimmers can see results on their device at their seat.

Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
Our facility has standard communication forms for the following scenarios:
Direct exposure and need for quarantine (Based on more than 15 minutes in close contact with someone who developed symptoms and tested positive.)
Indirect exposure and monitoring requested but quarantine not required (Based on being in the area on the same day as someone who later tested positive, with or without symptoms. However, no prolonged close contact was experienced.)
The meet director would work with the Inwood Athletic Club HR Coordinator on contacting the appropriate participants with the letters.