

## **USMS COVID-19 Safety Plan**

U.S. Masters Swimming is committed to providing a safe environment for this event. USMS reserves the right to alter COVID-19 protocols based on current (July 28, 2021) local, state, and national guidelines. Any updates will be posted and emailed to registered swimmers prior to the event.

- USMS encourages members to be vaccinated for COVID-19, but we understand it is a personal decision based on individual factors. USMS is not requiring COVID-19 vaccination for participation in club activities or sanctioned events.
- Do not attend if you're experiencing any symptoms of COVID-19. If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact the Meet Director.
- USMS recommends a max of six swimmers per lane during warm-up, and swimmers are discouraged from hanging on the walls during warm-up. Please be flexible with your warm-up routine to avoid overcrowding and be considerate of your fellow swimmers.
- The most recent [USMS liability release form](#) (2022-04-28) must be executed by each participant during the event registration process. Exposure to COVID-19 shall be reported in accordance with Section 4 of that document. To be clear, USMS liability insurance doesn't cover transmission of viral or bacterial infections.
- There are ample seating areas to spread out. Please don't congregate in crowded areas (behind the blocks, in the warmup pool, to cheer from the side of the pool, etc.).
- Swimmers are encouraged to arrive and leave in their suits, but locker rooms and showers will be available. (updated June 23, 2021)
- 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. Swimmers should remove their mask just before entering the water and put their mask on as soon as they exit the water. Please bring extra masks and Ziploc bags to keep your masks dry. It's also recommended you write your name on your mask(s).
- The Natatorium is on the grounds of a school district campus. All swimmers, coaches, and spectators need to comply with the facility regulations including bathroom access and seating proximity. Hand washing and sanitizer stations are provided.