



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)
Virginia Executive Order 79 is the current order relating to COVID-19 in Virginia. https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-79-and-Order-of-Public-Health-Emergency-Ten-Ending-of-Commonsense-Public-Health-Restrictions-Due-to-Novel-Coronavirus(COVID-19).pdf
Venue cleaning protocols for before, during, and after the event
NOVA Aquatics has a robust cleaning protocol for their facility. Their facility COVID protocols are found at https://www.teamunify.com/team/vsnva/page/fall-2020-nova-covid-19-procedures
Face-covering requirements and enforcement
Masks will be required for all participants – vaccinated and unvaccinated – except when swimming or for officials such as the starter or referee who must be heard by swimmers or who must blow a whistle. There will be an assigned meet marshal for mask enforcement.
Modifications to registration and check-in area and process
Participants will check in at the administrative desk – in the lobby of the facility. Only individuals registered to swim, volunteers, officials, and coaches will be permitted to enter the pool area. Spectators will not be allowed. No deck entries (other than for relays) will be accepted this year. Because we will have online entries only, check-in will be limited to picking up a copy of the meet program. The check-in desk will be located at the entry to the building where there is adequate space for social distancing if there is a line for the check-in. We will request that relay entries be brought to the administration desk by one person from each team to limit congregation at the administrative desk.

Warm-up social distancing requirements and enforcement
Only five swimmers will be allowed per lane during warm-ups. Signs will be posted along the walls to remind swimmers and meet marshals will be available to remind swimmers about warm up requirements and masking requirements.
Venue facilities that are available and off-limits to participants
The officials' hospitality room will be unavailable to all but meet officials during the meet. The remainder of the facility will be available to meet participants.
Swimmer requirements for races (entering and exiting the water)
Swimmers will be required to keep masks on until just before they get on the blocks. They will be required to mask up again as soon as they get out of the water after their race.
Other participant interaction modifications (awards, results, etc.)
Ribbons will be available at the administration desk – swimmers will be able to pick them up on a “honor” system basis to limit congregation. Results will be posted on the LMSC website and uploaded to the USMS database. Social distancing for seating will be recommended – the pool area is large enough to permit such seating. There will be no hospitality at the meet, no social event, and no award ceremony for participants.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
If the meet directors are notified that an attendee has tested positive for COVID-19 after the conclusion of the meet, the meet directors will notify attendees by email of the possible exposure. If the Henrico Health District or the Virginia Department of Health contact the meet directors requesting assistance in contact tracing, full support will be provided.