



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>Only swimmers will be allowed on the deck and in facility. Unless the swimmer is over 80 and needs an assistant. All will need masks at all time except when swimming.</u></p> <p><u>Timers will be spread apart, and will wear masks the entire time. Only the timers, the next heat of swimmers, and the swimmer in the water at the time, will be allowed at the start end of the pool.</u></p>
Venue cleaning protocols for before, during, and after the event
<p><u>The locker rooms and deck area will be hosed down with disinfectant before and after the meet. Hand sanitizers will be available in the locker rooms and around the deck.</u></p>
Face-covering requirements and enforcement
<p><u>All swimmers will wear a mask while checking in, while on the deck and while receiving awards. No masks are required once on the blocks and while swimming.</u></p>
Modifications to registration and check-in area and process
<p><u>There will be two check in lines, and a check in on the deck, if the lines are too long. There is no registration at the venue. All registration will be done on-line.</u></p>
Warm-up social distancing requirements and enforcement

Warm up will limit three per-lane, and only those who will be swimming in upcoming events.
There will be two lanes available for loosen down during the meet. There is an attached diving well that will be open and limited to no more than four swimmers at one time.

Venue facilities that are available and off-limits to participants

The locker rooms and hot showers will be available to all swimmers participating in the meet. The locker room toilets will be available to the officials. All the on deck space, which is very large and spread out, will be available to all swimmers.

The area around the start end of the pool will be limited to the timers (2 per lane-all manual timing), swimmers currently in the water, and the next heat waiting behind the timers.
No one except an official, and counters, one per lane for the 500 and 1650 will be allowed at the turn end.

Swimmer requirements for races (entering and exiting the water)

Swimmers will be required to wear their masks to the start end of the pool. Next heat will wait behind the timers. Then when current heat is done swimming, they will gather their masks and clothing and move off to the left side of the pool. The waiting heat will then move up to the blocks, remove their masks and warm up clothing.

Other participant interaction modifications (awards, results, etc.)

Only swimmers, timers and officials will be allowed on deck near the pool. The awards will be given out at the far right side of the deck on another level of the facility. Only one event will be called at a time. All volunteers and swimmers will be wearing masks at the time of award presentations.

Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19

If someone does notify us that they did acquire Covid, after the meet, the AZ Senior Games organization, the meet referee and admin official will reach out to all who were in attendance to notify them to get a Covid Test.