



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.

<p>Current applicable federal, state, local, and facility orders regarding size of gatherings, other COVID-19 protocols, etc. (include links where appropriate)</p>
<p>No state or federal restrictions on outdoor gatherings; only applicable CDC advisory:</p> <p>“Event organizers, staff, and attendees who are fully vaccinated against COVID-19 should follow CDC’s Interim Public Health Recommendations for Fully Vaccinated People. People who are not fully vaccinated against COVID-19, including children under the age of 12, should use prevention strategies, such as wearing masks, physical distancing, hand hygiene, and respiratory etiquette. Event organizers can decide to implement multiple layered prevention strategies at an event or gathering that will include people who are fully vaccinated and people who are not fully vaccinated in order to protect all staff and attendees.”</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/event-planners-and-attendees-faq.html</p>
<p>Venue cleaning protocols for before, during, and after the event</p>
<p>As per the event’s venue, the Department of Conservation & Recreation will handle all cleaning protocols.</p>
<p>Face-covering requirements and enforcement</p>
<p>We will strongly encourage participants to wear a mask as feasible in line with CDC advisory for parks.</p>
<p>Modifications to registration and check-in area and process</p>
<p>All MBCC volunteers will be encouraged to wear a mask.</p> <p>Social distancing will be encouraged in all registration lines.</p>
<p>Warm-up social distancing requirements and enforcement</p>
<p>Social distancing will be encouraged for warm-up on the beach.</p>
<p>Venue facilities that are available and off-limits to participants</p>
<p>N/A</p>

Swimmer requirements for races (entering and exiting the water)
For the swimming races, participants will be starting in waves/pulses. Social distancing will be encouraged upon entering and exiting the water.
Other participant interaction modifications (awards, results, etc.)
Awards are handed out throughout the course of the event to discourage large gatherings at any one time. Finish times will be posted online following the event to minimize large gatherings. Social distancing will be encouraged. Participants will receive a “grab-and-go” goodie bag. For our buses to the start of the races, face masks will be required in line with Massachusetts Public and Private Transportation guidelines and social distancing will be encouraged.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
Volunteers, attendees, and vendors will be encouraged to self-report to event officials or MBCC if they have symptoms of COVID-19, have tested positive for COVID-19, or were exposed to someone with COVID-19 within the last 14 days. In this event, MBCC will send out a notification to attendees and volunteers to warn them of potential close-contact and encourage them to quarantine, especially if they are not fully vaccinated.