



## USMS COVID-19 Safety Plan Addendum (Phase 3)

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](mailto: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><b>Our state and facility guidelines allow 75 people in an activity, plus staff and volunteers as long as we are under 50% capacity.</b> The maximum capacity at the Lake Forest Academy Pool is 200, so we are well under the 50% mark with participants (50), coaches (1-2), lifeguards (2) and volunteers (4-5).</p> <p>We will have swimmers complete a self-screening form and take their temperature with a contactless thermometer before entering the pool area. Masks are required at all times by anyone in the pool area unless they are swimming, entering or exiting the water, or actively lifeguarding.</p>
Venue cleaning protocols for before, during, and after the event
Our pool is sprayed with an anti-COVID disinfected spray daily at 6:30am. It will be sprayed before warm ups and after the meet is over. Surfaces are cleaned by hand with disinfectant every half hour around the entire pool deck. Bathrooms are cleaned by the custodial staff every morning, and throughout the day as needed.
Face-covering requirements and enforcement for unvaccinated attendees
<p>Per mandate by the ByLaws of North Shore Masters, all participants in all NSM events (practices, meets, social events, and more) must be fully vaccinated without exception.</p> <p>As a further measure, face coverings are required at all times except for when participants are swimming, entering or exiting the water. Hooks and benches are available on the wall behind the blocks to hang masks on, or participants can put them with their personal belongings and leave them behind the blocks. Reminders will be given to swimmers who are not swimming and are not wearing a face covering.</p>
Modifications to registration and check-in area and process
Registration will be done online ahead of the meet entry deadline. There will be a check-in procedure in the area adjacent to the pool entrance. This large, open area can accommodate 50 people. All participants will confirm registration and vaccination at this check-in spot. The Covid screening form and waiver will be included with the meet information and can be printed and brought in that day. If a participant has not yet filled out the Covid screen or waiver, they will be directed to do so before going into the pool area.
Warm-up social distancing requirements and enforcement
<p>The general warm up time will allow for up to 6 swimmers circle swimming in each lane, entering/exiting the pool feet first from both ends.</p> <p>For the final 15 minutes of warmup, one way starts off the blocks will be allowed in 2 lanes. While waiting for their turn off the blocks, swimmers should stay 6 feet apart.</p>

Venue facilities that are available and off-limits to participants
Men's and women's locker rooms and restrooms are available to all participants. Water fountains are available outside the locker room and on the pool deck. Bottled drinks and sealed snacks will be available for purchase. Participants need to stay in the pool area and adjacent hallways, and not wander around the rest of the facility.
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 with their personal belongings 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 some sort of towel behind the blocks to dry their face before placing the mask back on, so they can do so before walking back to their seat. We will have at least 2 timers per lane, 3 when record attempts are being made. Each should stay 6 feet behind the blocks except for when the swimmer in the water is finishing their race and the timers needs to stop their watch. Timers will have masks on at all times.
Other participant interaction modifications (awards, results, etc.)
The meet director will issue electronic results within 48 hours of the conclusion of the meet.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
<p>Our facility has standard communication forms for the following scenarios:</p> <p>Direct exposure and need for quarantine (Based on more than 15 minutes in close contact with someone who developed symptoms and tested positive.)</p> <p>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.)</p> <p>The meet director will work with Lake Forest Academy and Lake County Public Health Board to contact the appropriate participants if there are any post-event positive COVID-19 cases.</p>