



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)
There are currently no restrictions in place at the federal, state, or local level.
Venue cleaning protocols for before, during, and after the event
Bluewater Aquatic Center and Riptide Swim Team will take action to maintain a clean environment consistent with Minnesota rules and regulations.
Face-covering requirements and enforcement
Face covering will not be required at the event.
Modifications to registration and check-in area and process
Swimmers are encouraged to maintain a safe distance from each other while in any lines. All registration will be conducted online in advance of the meet. Swimmers will be assigned heats and lanes in advance of the meet. No heat sheets or results will be posted at the venue except for communication of heat and lane assignments for events with positive check-in (400IM, 500 Free, 1000 Free, and 1650 Free). Meet Mobile will be available to inform swimmers and other interested parties of times. Upon arrival, and not before 8:45 AM, swimmers will check in by name and provide their filled-out USMS COVID-19 Attendee Screening Form to a person or a receptacle allocated near the entrance.
Warm-up social distancing requirements and enforcement
Unvaccinated swimmers are encouraged to stay as far away from other swimmers as possible while in the water and not to "hang" at pool walls. In applying for USMS sanctioning of the Riptide Fall Fling Meet to take place on October 10, 2021, Riptide Swim Team agrees to comply with and to enforce health and safety mandates and guidelines of United States Masters Swimming, Minnesota Masters Swimming, the State of Minnesota and Dakota County.

<p>Venue facilities that are available and off-limits to participants</p>
<p>Signs will be posted within the Bluewater Aquatic Center to indicate any off-limit areas.</p>
<p>Swimmer requirements for races (entering and exiting the water)</p>
<p>All swimmers will be required to wear face coverings except during those steps necessary to gain access to the starting blocks and while retrieving their masks after exiting the water. Hooks will be provided behind each starting block for masks.</p>
<p>If the Dakota County 14 day case rate as reported and available on 8 October 2021 is above 50 cases per 10,000 residents, all people at the meet will be required to wear face coverings at all times when not swimming (or preparing to enter or exit the pool). In addition, the following protocols will be implemented:</p> <ul style="list-style-type: none"> • The up-to eight swimmers in the next upcoming heat will be in the designated “On Deck” area six feet or more apart. • The final staged upcoming heat, those swimming after the “next upcoming heat,” will be located in the designated “2nd Upcoming Heat” area, also six feet or more apart. • Swimmers will not proceed to the starting blocks from behind the bleachers until the current swimmers in the water have exited the pool. There will be wall areas available for each swimmer to place a mask and towel before racing. • After swimmers finish their races and are physically out of the water, each must immediately put on their mask to cover their mouth and nose. These swimmers will depart while maintaining six feet of separation. They will move toward their right as they face the pool. Thus, swimmers who have finished their heats are moving in the opposite direction from the swimmers who will then be approaching the blocks. Wall hooks will be sprayed down with quick-drying disinfectant between heats. • After their heats swimmers may use the warm-up pool to cool down if lanes there do not already contain eight swimmers. At each end of that pool will be a table marked in such a way as to segregate individuals’ masks. When they exit the cool-down pool they will obtain their masks and will apply the available sanitizer to the appropriate spot.
<p>Other participant interaction modifications (awards, results, etc.)</p>
<p>There will be no awards ceremonies. Heat sheets will not be posted at the venue. Results will not be posted at the venue unless the Meet Director deems it safe and consistent with state and local regulations.</p>
<p>Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19</p>
<p>All meet attendees will be informed by e-mail within two days of Minnesota Masters receiving information that a meet attendee had tested positive for COVID-19.</p>