



U.S. Masters Swimming 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.
- Require all attendees (swimmers, volunteers, officials, and facility staff) to complete a USMS COVID-19 Participant Screening Form.
- Discourage travel. Attendees should travel from no farther than a 100-mile radius from the event venue. In areas where population density is greater (or the boundaries of the LMSC don't exceed a 100-mile radius), travel should be limited to within the LMSC.
- Require all attendees to wear face masks at all times, except while in the water. Provide disposable masks in case attendees forget to bring their own.
- Limit event lineup to individual races (i.e., no relays).
- Provide plenty of time between heats to avoid crowding behind the blocks.
- Meet warm-up and post-race cool-down need to be tightly managed like a workout to maintain social distancing with limited number of swimmers in each lane starting from opposite ends.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.).
- Space out seating areas.
- Provide hand washing stations and hand sanitizer.
- Check temperature of each attendee before entry to the facility.
- Sanitize common areas and surfaces frequently.
- Utilize plexiglass barriers to help protect volunteers and officials while interacting with attendees.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not ask timers for their times.
- Swimmers in the next heat should be positioned at least 6 feet behind the timers and not move up to the blocks until instructed to do so.
- Once races are completed, exit the facility without lingering to socialize or cheer on teammates.
- Swimmers should not congregate on the side or at the end of the pool to cheer for friends.

Officials and Timers

- Referee and starter should be on opposite sides of the pool.
- Stroke & turn officials should remain in the middle of their jurisdiction at the ends of the pool.
- Stroke & turn officials should stand back from the starting block while the swimmers get up and take their position. Do not move up to the edge of the pool until the swimmer has left the block and is in the water.
- Sanitize any equipment before use (e.g., podium, microphone, etc.)
- There should be only ONE starter using the microphone. Do not share or switch off.
- Officials should wear masks, but the referee may lower for whistles and the starter may lower for starting commands.
- All officials should be equipped with radios.
- Physical DQ slips shouldn't be used and passed around. Call all DQs in over your radio and have the administrative official or Hy-Tek operator enter them into the computer. Mark the DQs on your heat sheet in case there are any questions.
- Timers should remain 6 feet back 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.
- There should only be one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)

The Washington State protocol (as of 05/12/2021) provides guidelines Swimming Pools and Swimming Competitions, which states the following:

- Limit fan attendance and athlete session attendance to allow social distancing
- Caps on number of athletes (200 for facilities of this size) which we propose two sessions of 40
- Ensure adequate spacing for athletes and teams
- Manage the number of people in restroom facilities
- Participants, coaches, officials, and spectators should wear face covering when possible
- Athletes and coaches should refrain from high fives, handshaking and avoid contact with teammates, opposing teams, coaches and officials and fans.
- Disinfection and handling of sporting equipment
- Consider using virtual participation or spectating options where possible
- Provide physical reminders of social distancing
- Implement cleaning and disinfecting practices

These protocols may be modified to reflect increased requirements due to Covid conditions OR these protocols may be loosened to reflect easing of requirements due to reduced Covid conditions.

Describe venue cleaning protocol for before the event, during the event, and after the event

Before and after the Give It A Shot event the facility will be disinfected and sanitized with OT-Plus & BNC-15, which is dispensed using a Ryobi backpack Sprayer. During the event Snohomish staff will be disinfecting and sanitizing highly touched surface areas periodically. During the event doors will be propped open to decrease the amount of surfaces touched. Highly touched surfaces including : bathrooms, rails, and door handles will

be disinfected hourly. After the event is over and everyone has left the facility, staff will disinfect and sanitize the facility using QT-Plus and BNC-15 including:

- Restrooms (deck, lobby, bathrooms, and locker rooms)
- Benches, chairs, bleachers
- Rails on bleachers, glass dividers and step rails
- Dive blocks, plungers for timing system
- Tables
- Party rooms
- any other area that was used during the meet

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Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue

Swimmers will be required to complete the USMS Covid-19 Attendee Screening Form in the 24 hours preceding the event. They will need to turn in this form the day of the event. There will be a table located just inside the entrance of the facility. All swimmers, coaches, staff, and volunteers will check in at the table, turn in their Attendance Screening Form and have their temperature checked as they enter the building. At this point any individual that is exhibiting signs and/or symptoms of COVID-19 will not be allowed to attend the event. Hand sanitizer will be available for all attendees to use before entering the facility. All attendees that enter the facility will be required to wear a face covering at all times unless they are actively swimming or at the starting blocks immediately before swimming.

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Describe face-covering requirements and enforcement

All attendees will be required to wear a face covering while attending this event. The only individuals who are exempt from wearing a face covering are the swimmers who are racing or getting ready to step onto the block. Once the swimmers exit the water they will be asked to place their face covering back on. If anyone refuses to wear a face covering they will be asked to leave the event. There will be designated hanging stations for face covering throughout the facility for swimmers to hang their mask when racing, warming up, and cooling down.

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Describe modifications to registration and check-in area and process

Online registration only via Club Assistant. Swimmers will check in outside the facility at the front entrance. There will be tables where swimmers will check in, turn in their USMS COVID-19 Attendee Screening Form and have their temperature checked. Once all is completed they will be allowed to enter into the facility.

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Describe warm-up social distancing requirements and enforcement

The facility has ten lanes for warmup. Given a maximum of 40 athletes per session, this allows for 4 persons per lane. Meet officials will monitor lane usage and ask participants to move to maintain a maximum of 4 per lane. We do not anticipate many individuals attending from any single workout group so we do not see a role for coaches to play in managing this. For example, 15 work out groups could be represented with three athletes each, so coaches might not attend at all. The announcer will ask swimmers to go directly to their lanes for each heat. The swimmers will need to get into the water right away to avoid overcrowding behind

the blocks. At 30 minutes into the warmup a sprint lane and swim back lane will be created. If there is no coach present then swimmers will be asked to socially distance themselves in this part.

We are planning two sessions of 40 athletes each, with a break in between them. We will be using the Snohomish Aquatic Center pool, which has 10 25 yard lanes.

For cool down during the meet we plan to have two 15 minute breaks per session and repeat the 4 per lane rules.

Swimmers will be directed to maintain distance as they exit the water and return to their seats. The pool deck is large enough behind the blocks to allow for plenty of distancing since there will not be heats standing behind the blocks.

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Describe venue facilities that are available and off-limits to participants

The locker rooms and bathrooms are now open for use at the facility. USA-S meets are being run there every weekend now.

There are other pools in the facility but they will be off limits to all participants.

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Describe participant deck space usage requirements and enforcement

Only swimmers, officials, volunteers, and coaches will be allowed access onto the main deck. Meet officials will mark off six foot segments on the seating area using blue contractor tape. Bleacher seats are built into the facility. While on the pool deck swimmers, officials, coaches and volunteers will need to wear a face covering. Volunteers will have designated spots for their job. Timers on deck will be positioned behind the blocks. The timers will be asked to stand back away from the block while the swimmers are on the block. Once the swimmers have started the timers will then be allowed to step up to the block. The meet announcer will ask swimmers to proceed to the blocks when it is time for their event. This will slow the meet down but we do not have many athletes, so building in some delays will help swimmers rest between races. Once the heat of swimmers finish the swimmers will be asked to exit the pool and step to the back wall as the next heat starts. At this time the timers of each lane will need to step back to allow the swimmers to pass. Then swimmers will proceed to the coaches' area or seating. This means that only the timer and one swimmer will be behind the blocks at once. Swimmers will be required to wear a face covering to the block and we will have disposable plastic bags for their mask. The swimmers that are exiting the pool will also be asked to place their face covering back on before progressing to the coaches' area. As of now, the timers and officials must wear a face covering at all times. By June 6th WA protocols might have eased on this point and we would want to follow their lead.

The officials that are positioned on the start end will be asked to step back during the start of the race to ensure social distancing is occurring.

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Describe swimmer requirements for races (entering and exiting the pool)

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The officials that are positioned on the start end will be asked to step back during the start of the race to ensure social distancing is occurring.

There will be no relays offered at this meet due to social distancing requirements.

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Describe other participant interaction modifications (awards, results, etc.)

Results for this meet will be posted on our website.

No awards or food services will be provided.

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

In our meet announcement, we will impress upon swimmers the importance of reporting to the meet director if, after the event, they become test positive for COVID-19. If a swimmer reports a positive COVID-19 test after the event, Snohomish staff would take all necessary steps to notify the right individuals and organizations. We would also make sure facility and equipment was cleaned to prevent any spread.

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