



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)
Facility maximum capacity is 200 individuals https://cob.org/about/contacts/city-closure-information
Vaccine cards are required and will be checked upon entry for anyone entering the building, if you believe you have special circumstance, please email the meet director
Venue cleaning protocols for before, during, and after the event
Up to facility
Face-covering requirements and enforcement
Masks must be always worn above the nose, except in the water, if one does not have mask or a mask up to code, a mask will be provided at no cost. Enforced through employees and Meet Director. Masks must be N95/KN95, surgical, or layered cloth masks (neck gators and other mask alternatives not permitted due to the close space everyone will in).
Modifications to registration and check-in area and process
Registration is all online and not available in person except for relays. Deck entries will only be available in OPEN LANES and only to swimmers already entered in the meet, and who are entered in less than the entry limit of 4 individual events. We are not having any positive check-ins, as there no events that need it.

Warm-up social distancing requirements and enforcement
Warm up will not include mixing of lanes and participants of different teams. Two 20 minute warm-up and split the pool by teams. When practicing dives, you must have your mask on until your turn is up next.
Venue facilities that are available and off-limits to participants
Lobby is closed, any socializing can be done outside. Locker room time should be limited to 5 mins.
Swimmer requirements for races (entering and exiting the water)
Must put mask back on immediately after exiting the pool and must be vaccinated to swim.
Other participant interaction modifications (awards, results, etc.)
Limit social time in closed spaces (lobby, locker room) and work to space out bleacher seating.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
Participants are encouraged to reach out to Meet Director with any information/questions.