



## 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](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.
- 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. **For this purpose "in the water" begins as the swimmer steps up to the starting block.**
- 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 six 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. **At this meet the Deck Ref and Starter will also act as stroke & turn officials.**
- 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. **Wireless phones with texting capability may be used in lieu of 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. **DQs may be submitted via text message.**
- Timers should remain six 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. **The head timer may approach a timer to provide a substitute stopwatch.**

## 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)

In applying for the sanctioned meet on March 14 2021, the West Express , in conjunction with Minnesota Masters, 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. Per the current capacity section of Minnesota's Stay Safe Plan for Indoor Event/Entertainment, there will be six feet of social distancing between persons, the Pioneer Ridge Middle School pool will be used to no more than 25% of its maximum capacity and there will be no more than 250 persons simultaneously in the facility. Masks, which are strongly recommended for workers and customers by the State, will be required as stated throughout this Safety Plan Addendum.

Swimmers must wear masks up until they arrive at their assigned lane to compete and then will reapply masks directly after racing.

Hooks on the wall behind each lane will hold each swimmer's mask and towel during racing. After swimmers finish their races each must immediately place apply a face mask. The wall hooks will not be sprayed down between heats; swimmers are encouraged to place their masks in plastic bags.

Swimmers competing in the 500 and 1000 Freestyle and the 400 IM may swim 50 cool-down yards in the competition pool directly after finishing.

The upcoming heats will be staged in discreet areas on the pool deck and those participants will maintain six

feet of separation. Please see section “Describe swimmer requirements for races (entering and exiting the pool)” for more details.

Volunteers wearing masks will monitor the heats as swimmers wait in the ready areas.

All other swimmers will be seated in their designated bleacher. Volunteers located in the pool deck area will monitor distance between persons and mask wearing.

Warm up and cool down pool lanes will not exceed four swimmers at any time. Lifeguards will monitor both pools.

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

The professional maintenance staff of Park Ridge Middle School will follow the same cleaning procedures as they have for numerous swim meets earlier this year and in 2020. These procedures are consistent with Minnesota Covid-19 guidelines.

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

All swimmers and other attendees will, within 24 hours of the meet, be required to fill out and bring to the meet the USMS COVID-19 Attendee Screening Form. All potential swimmers, volunteers, officials and staff will be told not to enter the facility if the answers disqualify them. A volunteer at the entry to the facility will be assigned the task of receiving and quickly reviewing the forms, assuming time allows. The volunteer may require body-temperature assessment of some attendees.

**Describe face-covering requirements and enforcement**

Each official and volunteer will be required to wear a face mask at all times while inside the building. Exceptions to this rule will enable the Starter to speak clearly into the starting-system microphone and allow other officials to speak into radios if any.

Swimmers must wear masks up until they arrive at their assigned lane to compete and then must reapply masks directly after swimming.

Wall hooks for every swimmer will hold each individual’s mask and towel before approaching the blocks. After swimmers finish their races and have been able to return to an aerobic breathing cadence, each must then return to masked status. Volunteers located in the dryland and pool deck areas will oversee body-distance and mask compliance.

**Describe modifications to registration and check-in area and process**

All registration will be conducted online in advance of the meet. Swimmers will be assigned heats, lanes and a designated in-venue chair by e-mail prior to the meet. No heat sheets or results will be posted at the venue. Meet Mobile will be available to inform swimmers and other interested parties of times.

Upon arrival, and not before 10:45 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.

Swimmers must arrive and leave in their racing attire. They may leave over-garments in proximity to their bleacher locations and put those back on when they are ready to depart. They may change out of their wet suits in the appropriate locker room.

Locker rooms are not available for changing or for showering either before or after the meet. Locker room bathrooms are, however, available to swimmers for lavatory purposes.

Officials and volunteers may use the available restrooms.

Attendees may not use the water fountains. Swimmers, officials, coaches and volunteers must bring their own filled water bottles or other sustenance.

There will be one combination Deck Ref and Stroke & Turn Official and one combination Starter and Stroke & Turn Official.

Non-swimmers on the pool deck may include eight timers, one head timer, two officials, two lifeguards, one Hy-Tek operator, one Colorado operator, one announcer and seven volunteers for a total of 21 persons. The total number of person at any one time on the pool deck and spectator area, including swimmers and swimmers-in-waiting, will not exceed 65.

**Describe warm-up social distancing requirements and enforcement**

In applying for USMS sanctioning of the West Express Masters Meet to take place on March 14 2021, the West Express 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.

Swimmers may enter the venue no earlier than 10:45 AM for 11:00AM warmups.

Officials and volunteers will be required to wear face masks at all times while inside the building. Nevertheless the starter and the announcer may lower masks in order to speak into microphones and the deck referee may do the same if needing to speak into a radio.

Officials and volunteers will be required to self-screen and review personal temperature at home. None may attend the Meet if not feeling well or if coming in contact with anyone who has or is suspected of having Covid-19 within On February 28th or later.

West Express will designate a bleacher spot clearly marked for each swimmer. These spots will be at least six feet apart in each direction.

West Express will limit the total number of swimmers warming up to 32 in the eight-lane pool and 20 in the diving well. During the warmup period West Express will provide a table at each end of the eight-lane pool and the diving well for the placing of masks on sanitized surfaces.

During the warmup period swimmers may use either the eight-lane pool or the five-lane diving well to warm up if lanes do not already contain four swimmers. Tables will be subdivided for the purpose of segregating masks. When they exit that pool they will obtain their mask and will apply the available sanitizer to the appropriate spot for the lane they have exited. There will be no opportunity for swimmers to go off the blocks during warmups.

Swimmers who have completed their warmups will return to their designated personal seats.

Volunteers will assess the number of swimmers in each warmup lane and will prevent additional swimmers from entering lanes already holding four swimmers. Swimmers will receive an e-mail urging them to share lane time so that all participants have a reasonable opportunity to warm up and cool down.

If practical, West Express will set up a special waiting area, with swimmers wearing masks and being at least six feet apart, for those waiting for a spot in the warmup or cool-down lanes.

Lifeguards will act as sentinels over both pools during the warmup period as well as the events period.

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

Locker rooms will not be available for changing or for showering either before the meet. They will be available for changing out of wet suits after the meet but not for showering.

Locker room bathrooms will be available to swimmers as needed for lavatory purposes. No other bathrooms will be available to swimmers.

Officials and volunteers may use any available the restroom.

Water fountains are off limits. Swimmers, officials, coaches, volunteers and spectators must bring their own filled water bottles or other sustenance.

#### Describe participant deck space usage requirements and enforcement

There will be no more than 50 swimmers for this one-session meet. West Express will provide a designated bleacher spot for each swimmer and these will be separated by at least six feet in each direction.

West Express will limit the total number of swimmers in the pool deck area to those swimming in the current heat and the next two upcoming heats getting ready to swim. Thus the maximum number of swimmers in the pool deck area will be 24. Swimmers will not proceed to the starting blocks until the current swimmers in the water have exited the pool. Volunteers will monitor the heats as swimmers wait in the ready area on the pool deck.

All other swimmers will be seated at their designated bleacher positions.

Volunteers will assess for enforcement the use of masks and distancing protocols, covering both the dryland and the pool deck areas. No more than four participants may swim in any lane of either pool simultaneously. Swimmers who are seated in the dryland / lobby area must travel through the locker rooms after their warm-ups, races or post-race cool-downs.

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

As many as 50 swimmers may enter the Meet. The up-to eight swimmers in the current heat will be located behind the blocks, on the blocks or in the water or will be exiting the water.

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 "2<sup>nd</sup> Upcoming Heat" area, also six feet or more apart.

Volunteers will monitor the heat formations and staging as well as social distancing and wearing of face masks.

Warm up and cool down pools will not exceed four swimmers in a lane at a time.

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 a hook on the wall 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 begin mask-wearing. 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 diving well to cool down if lanes there do not already contain four 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.

Swimmers who have completed their events without cooling down and those who have finished cooling down will return to their designated personal seats

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

When entering the venue swimmers and other participants will hand in their COVID-19 Attendee Screening Forms to a mask-wearing person at a table or will drop the form into an available receptacle.

There will be no awards presented at the meet. Results will be available via Meet Mobile and will be e-mailed to participants during the week following the meet. There will be no heat sheets or results posted on the walls of the venue.

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

At the time of registering each swimmer is required to commit to informing Minnesota Masters as soon as practical after the Meet if they receive a positive COVID-19 test or otherwise come to the conclusion that they have contracted COVID-19 within 14 days of the Meet. Swimmers will receive an e-mail reminder of this commitment within eight hours after the end of the Meet.

All other attendees including timers, volunteers, lifeguards, officials and building personnel will be informed of this same requirement.

Upon receiving information that a positive test or other conclusive evidence of COVID-19 infection by an attendee has been received, Minnesota Masters will send an e-mail informing all attendees of this fact without disclosing any identities.