



**U.S. MASTERS  
SWIMMING**

**USMS COVID-19 Safety Plan Addendum for Nov. 6, 2022,  
San Diego Swim Masters 2022 North County San Diego  
SCM Meet at Alga Norte Aquatic Center, Carlsbad, CA**

For sanctioned events, a COVID-19 Safety Plan Addendum must be created and emailed to the SI LMSC sanctions chair and accompany the sanction application. Copy the National Office regarding safety plan correspondence ([events@usmastersswimming.org](mailto:events@usmastersswimming.org)) and seek assistance as needed.

**The COVID-19 rate for San Diego County (as of 9/20/2022) is “LOW.”**

See <https://covid19.ca.gov/safely-reopening/#what-to-do-now>

As of 9/8/2022, CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group:

- People ages **5 years and older** should get all primary series doses, and the booster dose recommended for them by CDC, if eligible.
  - People ages **12 years and older** are recommended to receive one updated Pfizer or Moderna (bivalent) booster, including people who have received all primary series doses and people who have previously received one or more original (monovalent) boosters.

Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19. People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines, including boosters. COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest data.

### **General Recommendations (some are no longer applicable in San Diego County or California)**

#### Recommendations for 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 the Center for Disease Control (8/12/2021 CDC update), at indoor facilities in areas with substantial or high COVID-19 transmission levels, it is recommended, but not required, that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming.
- Attendance by spectators and nonessential personnel may be limited.
- Space out seating areas if possible. Encourage swimmers to avoid congregating behind the blocks before or after races, in the warmup pool, or while cheering from the side of the pool.
- Sanitize common areas and surfaces frequently. Provide hand sanitizers or washing stations.
- If notified that COVID-19 exposure occurred during the meet, (i.e., an attendee tests positive shortly after the event and could have exposed other attendees), communicate this information to all attendees so attendees may determine if quarantining and/or testing are needed.
- Pool Meets:
  - Avoid crowding behind the starting blocks; allow adequate time between heats and events.
  - The number of swimmers in warmup lanes may be limited to allow for physical distancing.
  - Allow ample space during relay events for social distancing. If possible, use only every other lane to provide additional space for relay swimmers.

#### Officials and Timers

- The referee, starter, and stroke and turn officials should maintain 6' of distancing where possible.
- 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.

**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>The COVID-19 rate for San Diego County (as of 9/20/2022) is “LOW.”</b></p> <p>See <a href="https://covid19.ca.gov/safely-reopening/#what-to-do-now">https://covid19.ca.gov/safely-reopening/#what-to-do-now</a></p> <p>Per Center for Disease Control (CDC) recommendations (9/8/2022 update), all attendees are advised to stay up-to-date with COVID-19 vaccination, including all primary series doses and boosters for their age group. The event director will research and abide by all current applicable federal, state, local, and facility orders related to COVID-19 and will clearly communicate protocols and/or updates to attendees as needed and in a proper format.</p>
Venue cleaning protocols for before, during, and after the event
Common areas and surfaces will be sanitized as frequently as possible. Hand washing and sanitization will be encouraged. Equipment is to be sanitized before and after use (e.g., podium, microphone, etc.).
Face-covering requirements and enforcement
Per the Center for Disease Control (8/12/2021 CDC update), at indoor facilities in <a href="#">areas with substantial or high COVID-19 transmission levels</a> , it is recommended, but not required, that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming. The COVID-19 rate for San Diego County (as of 9/20/2022) is “LOW.” It is recommended, but not required, that unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming.
Modifications to registration and check-in area and process
Social distancing will be encouraged. Registration is done on-line and in advance. Deck entries /registrations are NOT permitted. Check-in area will be spaced out if possible. Swimmers will be encouraged to avoid congregating.
Warm-up social distancing requirements and enforcement
Social distancing will be encouraged. Seating will be spaced out if possible. Swimmers will be encouraged to avoid congregating behind the blocks before or after races, in the warmup pool, or while cheering from the side of the pool. Enforcement will be done to the extent allowable by the County of San Diego and the state of California.
Venue facilities that are available and off-limits to participants
Any venue facilities that are deemed available or are off-limits to participants will be marked as such.
Swimmer requirements for races (entering and exiting the water)
Standard USMS Rules apply
Other participant interaction modifications (awards, results, etc.)
This meet does not offer awards. Results will be posted online, via a phone app, and on the SI LMSC website as well as physically posted in a socially distanced manner if possible.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
If notified that COVID-19 exposure occurred during the meet, (i.e., an attendee tests positive shortly after the event and could have exposed other attendees), communicate this information to all attendees so attendees may determine if quarantining and/or testing are needed.