



Missouri Valley Masters Swimming and the Jewish Community Center of Kansas City are pleased to announce the 7th Annual “Make a Ripple” Swim Meet on Sunday, August 1st.

Masters swimmers of all skill levels are invited to come enjoy a morning of competition and camaraderie to benefit a worthwhile cause. The meet will be competed at the J’s long course outdoor pool.

Warmups will being at 7:30 a.m. and the first race at 8:00. This is a USMS sanctioned event, and all times are official.

The fee is \$25 per swimmer. Registration will be available the first week of July.

If you are not a USMS member, you can obtain a one-day registration at the deck. Online registration is encouraged. Please contact Scott Moore with questions at scottrm72@gmail.com

Net proceeds from the “Make a Ripple” Swim Meet benefit the Faith Always Wins Foundation, which strives for “making good things happen” in the disciplines of medicine and the performing arts.



“Make a Ripple” Meet Information

Sunday, August 1st, 2021 – 8:00 a.m.

The J KC – 5801 W. 115th Street, Overland Park, KS 66211

Order of Events

Event	Seed Time	Event-	Seed Time
1. 400 Free	_____	11. 400 IM	_____
2. 100 Breast	_____	12. 50 Breast	_____
3. 50 Fly	_____	13. 800 Free	_____
4. 200 Back	_____	14. 100 Back	_____
5. 1500 Free	_____	15. 200 IM	_____
6. 100 Free	_____	16. 200 Fly	_____
7. 50 Back	_____	17. 50 Free	_____
8. 200 Breast	_____	18. 400 Medley Relay	_____
9. 100 Fly	_____	19. 400 Free Relay	_____
10. 200 Free	_____		



U.S. MASTERS SWIMMING

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 current Federal guideline are to social distance, wash hands frequently, and wear masks when social distancing cannot be followed. The state of Missouri current has the following: there are no orders from the state of Missouri that will impact the masters swimming sanctioned event. Jackson County Missouri has the following orders: mask mandate (last updated on 9-Apr-2021) for public indoor area from Jackson County Missouri that will impact the masters swimming sanctioned event, but there are no capacity limits.

The City of Lee's Summit has current guidelines: There is a mask mandate for public indoor area, so our attendees will need to abide by this mandate.

The Lee's Summitt School District has the following guidelines: There are no orders or mandates beside the Jackson County mask mandate for public indoor spaces, and has no capacity restrictions.

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

The Lee's Summitt School district staff clean the facility before, midway through, and after the USMS events.

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

Each attendee will be asked to complete a questionnaire on their current health and potential exposure of Covid-19. Swimmers will be encouraged to get vaccinated at least two weeks before the event.

Describe face-covering requirements and enforcement

Face Covering will be required for those not actively swimming. The coaches and meet staff will help support the enforcement and remind attendee to wear masks. Announcement will be made during each set of events, with periodic breaks taken about every 15-20 minutes.

Describe modifications to registration and check-in area and process

Registration check-in will be used to collect the screening forms. All support staff at check-in will wear masks, and work to minimize the exposure of attendees at check-in. Signs will be posted to keep social distance of at least 6 feet, and places in line to check-in will be marked with tape on the floor by check-in.

Describe warm-up social distancing requirements and enforcement

The event will be small (no more than about 50 swimmers) and we anticipate having access to 8 lanes for warm-ups, (This is an 8 lane 50 meter pool), so we will ask swimmers to train in the same facility to share a lane, which should allow other swimmers to warm-up in their own lane. Meet staff will marshal the warm-up.

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

The Facility currently may NOT have its locker rooms opened, so they may be marked as closed. Swimmers will be informed in the meet announcement to plan to arrive and leave at the facility in swim attire due to the locker room may be closed.

Describe participant deck space usage requirements and enforcement

There is limited deck space will be used by the meet staff, and swimmers will be asked to use the stadium seating above the deck level which can hold 450 people. Swimmers to live or training together may sit in groups, and otherwise, attendees will be asked to social distance.

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

Swimmers will be asked to remain in the seating area until the heat before their swim. Ample time will be provided between heats for the swimmer to proceed to the starting blocks and verify with timers they are in the correct heat & lane. Swimmers will be asked to exit the pool promptly after the race, and those who need to swim to the edge of the pool to use a ladder to exit will be given time to exit the pool before the start of the next heat.

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

Normally, MOVY would hire a group to be timers. To minimize the number of people in the facility, the swimmers will provide the timing support for the heats and events that they are not participating. Our local meets have no awards, we are swimming for times that will be submitted for top ten consideration. Results will be announced at the breaks and the complete results provided to the swimmers by email after the meet.

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

During the meet registration, contact information will be collected. In the event there is a subsequent positive test confirmed for Covid-19, the meet staff will contact all the attendees.