

Thermal Plan for Cold Water Swims

To increase swimmer preparation before the event, we will

- Emphasize & stress cold water swim conditions.
- Require prior cold water swim experience.
- Require swimmer cold water preparation plan.

To reduce swimmer exposure to hypothermia, we would

- Cancel the swim(s) under worst conditions
- Shorten the swims(s).
- Encourage wetsuits for all swimmers
(if the water temperature is less than 60 degrees F)
- Require wetsuits for all swimmers (if the water temperature. is less than 57 degree F)

To mitigate & treat symptoms of swimmer hypothermia, we would

- Bring in more emergency trained medical personnel and/or ambulances.
- Bring in more volunteers to assist medical personnel.
- Bring in more emergency craft & first responders on the course.
- Increase warm beverages before the swim and at feeding stations.
- Increase warm beverages after the swim
- Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.)
- Hot showers available on site
- Completed recommended thermometer readings below

Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.