# USMS Open Water Safety Plan Application

When applying for a USMS sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC). For 2015, any event not sanctioned in 2014 shall use the Safety Plan Application and events sanctioned in 2014 may use it. In 2016 all events are required to use this application to submit their safety plan (OWGTO Part 1: Sanction Guidelines, Article OW-102.4).

Maps shall be uploaded using the additional documents upload capability of the sanction system, including a Google Earth Map (or equivalent) of race course. Indicate on the map the locations of the start/finish, turn buoys, intermediate buoys, all safety craft, Lifeguard/First Responders, onsite medical care, feeding stations, evacuation points, etc.

## Event Information

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| **Basic Information** | | | | |
| Name of Host: Swamthat.com | | | | |
| Name of Event: SwamThat Race | | | | |
| Event Location: Emerson Bay | | Event Date(s): 09/13/15 | | |
| City: Okoboji | State: IA | | LMSC: IA | Zone: |
| Length of Race(s): 2.5K, 5K, 7.5K, 10K | | | | |

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| **Key Personnel** | | | | |
| Event Director(s): Arlo Lorenz | | | | |
| Cell Phone: 402-238-5544 - | Home Phone: ( ) - | | E-mail: arlolorenz@hotmail.com | |
| Event Referee: Arlo Lorenz | | Phone: | | E-mail: |
| Event Safety Director: Okoboji Dive and  Rescue | | Phone: (712) 332-5260 | | E-mail: http://www.apofd.com/contacts/ |
| Independent Safety Monitor approved by LMSC - Okoboji Dive and  Rescue | | Phone: | | E-mail: |

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| **Water Quality** |
| It is recommended that one week prior to the event, check water quality  If results returned are inconsistent with the local governing body’s standards, notify swimmers who participated in the event of any known exposures post-race.  If an exceptional event such as heavy rain or flooding affects the water quality, the Referee or the Meet Director shall have the authority to postpone or cancel the race.  It is recommended to take and retain water samples on race day and retain for reference.  Describe your plans for checking water safety.  <http://waterdata.usgs.gov/usa/nwis/uv?site_no=06604200>  Working directly with DNR |

| **Pre-Race Officials Meeting (required)** |
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| Tentative date/time of MANDATORY Pre-Race Safety meeting (officials and safety personnel must attend):  Tentative agenda. Work with Okoboji Dive and Rescue, make introductions with my certified safety kayak group, and lifeguards. Course layout, swim progression, and signaling. Available shelters and vehicles. Kayak count and participant count, Swimmer needs. |

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| **Pre-Race Swimmer Meeting (required)** |
| Tentative date/time of MANDATORY Pre-Race Safety meeting (swimmers must attend to participate in race):  Tentative agenda.  Course detail, Spotting, safety protocols and personnel, signaling for help, shelter and transport options. Water conditions. |

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## Event Conditions

Note: If water temperature is potentially less than 64° F, refer to Thermal Plan for Cold Water Swims at bottom of application.

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| **Race Day conditions** | |
| Expected air temperature: 72 | Expected water temperature: 72 |
| Wetsuits: (circle one) Not allowed Optional Optional based on race day conditions Required | |
| Type of body of water: (circle one) Ocean Lake River Bay Other: | |
| Water type: (circle one) Salt water Fresh Water | Course: (circle one) Closed course (not accessible by non-event boat) Open course |
| Range of water depth of course: 10-30Ft | |
| If open course, please indicate the agency used to control the traffic while swimmers are on the course. | |
| Agency: Okoboji Dive and Rescue, | How to contact during event: Phone |
| Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards)  Slight inward tide toward the beach. | |
| How is the course marked? 6 buoys  Turn buoy height: 4ft Color Lit and Orange  Intermediate buoy height: 2 Color Lit and Orange Approximate distance between Intermediate buoys: 300M  Starting Location: On Beach In Water Alternate Location: In water  Finish Location: On Beach In water Alternate Location: In water | |

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| **Feeding Stations** |
| Designated area that nourishment may be passed on to swimmers. It is recommended that the feeding station be a boat, series of boats, or barge. |
| Will you have a feeding station? Yes No |
| What type of structure(s) will serve as the feeding station? |
| How many people can the structure(s) safely hold? |

## Event Safety

| **Medical Personnel** |
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| Name of lead medical personnel (emergency trained) on site : Okoboji Dive and Rescue |
| Circle One: M.D. D.O. EMT-P EMT NP PA |
| Experience in extreme events (Marathon, Triathlon, etc.) (Recommended): Yes No |
| Will medical personnel be located on the course? Yes No |
| The required number of medical personnel will be dependent on the course layout, number of swimmers in the water, expected conditions, etc. How many medical personnel do you plan to have on site? (recommended 4 for closed 1K loop course) \_\_\_\_\_\_\_\_\_\_ |

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| **First Responders/Lifeguards** |
| Indicate the qualifications of the first responders (prefer open water experience).    ARC Lifeguards USLA YMCA Equivalent water certified first responder |
| Number on course: \_\_\_4-8\_\_ Number on land: \_\_2\_\_\_  Indicate their location on the Race Plan Map. On course in the center, on beach |

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| **Ambulance/Emergency Transportation** |
| Recommended 1 ambulance per 250 swimmers, with additional on-call. Number on site: Okoboji Dive and Rescue boat contains all transport and care needs, additional vehicle is available via fire dept. |
| Have you spoken with the local emergency response agency regarding your event and potential emergencies? Yes No |

| **On Site Medical Care** |
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| Describe the on site set up for medical care, such as medical treatment tent, heating or cooling tent or facility. Indicate the location on the Race Plan Map.  State part shelters are available. Boat will be onsite, fire dept on standby and presence on beach. |

| **Medical Facilities** | |
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| Name of closest medical facility: Spirit Lake hospital | |
| Type of medical facility: (eg. urgent care, hospital) | |
| Distance to closest medical facility: 5 Miles | Approximate transport time: 8 Minutes |

| **Water Craft** |
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| Number of motorized craft to cover the course: Number\_\_2\_\_\_\_ |
| List safety craft:  Motorized 1st Responders \_4\_\_ Non-motorized 1st Responders \_4\_\_ Motorized 2nd Responders \_4\_ Non-motorized 2nd Responders 2\_ |
| List additional water craft for Officials (not counted as safety craft): 2 additional kayaks |
| List other water craft for race supervision: (Boats, Jet Skis, Kayaks, paddle boards, etc) |
| List additional water craft for feeding stations – Each participant provides their own spot kayaker |
| List additional water craft for escorted events: Okoboji Dive and Rescue, 5-10 volunteer kayakers |
| Emergency Signal Flag for all water craft (Boats, Jet Skis, Kayaks, paddle boards, etc.): Color:\_\_\_Red\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Swimmer Accountability** |
| Describe method of swimmer body numbering: Cap and Arm |
| Describe method of electronic identification of swimmer (Recommended): NA – unless you can provide? |
| Describe different cap colors for the various divisions (Recommended): YES |
| Describe method of accounting for all swimmers before, during and at conclusion of race(s): 1 kayak per swimmer, count is kept from center course by Okoboji Dive and Rescue. Cap color and kayak bodies also help to establish count. |
| Describe method of accounting for swimmers who do not finish: 1 kayak per swimmer, count is kept from center course by Okoboji Dive and Rescue. Cap color and kayak bodies also help to establish count. |

| **Warm-up/Warm-down Plan** |
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| Explain safety plan for warm-up/warm-down.  Designated swim area, just off the beach. |

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| **Communications** |
| Primary method between Meet Officials: Radio Cell Phone Megaphone Other  Secondary method: |
| Primary method for communicating between medical personnel, first responders & safety craft:  Radio(separate channel/method from above) Cell Phone Megaphone Other  Secondary method: |

| **Swimmer Management** |
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| Maximum number of swimmers on course at a time: 100 |
| If more swimmers show up on race day, what is the procedure for adjusting the safety plan to accommodate the increased number of entries? Stagger races |
| How are the lifeguard staff and safety crafts distributed to supervise this event to maximize the recognition, rescue and treatment of any swimmer? Course and Beach – get them to Okoboji Dive and rescue. |
| How is the safety staff deployed to maximize the rapid response to a troubled swimmer?Course, Beach |
| How will the event be altered if insufficient safety personnel/craft are available race day? Single Kayaker per participant, so it grows with the event. |
| Missing swimmer plan: Okoboji Dive and Rescue, locate kayaker designated to the swimmer, search and deploy with the rescue boat and dive gear if necessary. |

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| **Severe Weather** |
| Is a lightning detector or weather radio available on site? |
| What is the severe weather plan? DNR will call off the race, shelter available within the State Park. |
| What is the course and site evacuation plan?  Course is shoreline – go directly to nearest point, vehicle pick up is available. |

## Thermal Plan for Cold Water Swims

| **General Information** |
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| Thermal Plan for Cold Water Swims: USMS Rules for Open Water Swims state: (1) A swim shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place. (2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.) unless a USMS-approved thermal plan is in place. |
| Remember that the average masters swimmer does little or no acclimatization to cold water, so that even a small drop in water temperature—especially in the colder ranges—dramatically increases the odds of thermal issues (1 Cold Shock Response, 2 Cold Incapacitation, 3 Hypothermia and 4 Circum-rescue Collapse) and hypothermia in staggering numbers. Be Prepared! |
| If your swim has even a remote chance of having water temperature on the course less than 60° F., you are **REQUIRED** to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event. |
| If your swim has a chance of having water temperature on the course less than 64° F., you are **URGED STRONGLY** to complete the thermal plan . |

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| **To increase swimmer preparation before the event, we will...** | **Y** | **N** |
| 1. Emphasize & stress cold water swim conditions. | Y |  |
| 1. Require prior cold water swim experience. | Y |  |
| 1. Require swimmer cold water preparation plan. | Y |  |
| Specify details for the above responses: | | |

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| **To reduce swimmer exposure to thermal issues, we will...** | **Y** | **N** |
| 1. Cancel the swim(s). | Y |  |
| 1. Shorten swim(s). | Y |  |
| 1. Encourage wetsuits for all swimmers. | Y |  |
| 1. Require wetsuits for all swimmers. | Y |  |
| Specify details for the above responses: | | |

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| **To mitigate & treat symptoms of thermal issues, we will...** | **Y** | **N** |
| 1. Bring in more emergency trained medical personnel and/or ambulances. | Y |  |
| 1. Bring in more volunteers to assist medical personnel. | Y |  |
| 1. Bring in more emergency craft & first responders on the course. | Y |  |
| 1. Increase warm beverages before the swim and at feeding stations. | Y |  |
| 1. Have special procedures for removing swimmers from the water and venue (different than normal trauma rescues). | Y |  |
| 1. Increase warm beverages after the swim. | Y |  |
| 1. Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.) | Y |  |
| 1. Make hot showers available on-site. | Y |  |
| 1. Make warming facilities (buildings, tents, vehicles, etc.) available on-site. | Y |  |
| 1. Other #1 (specify): | | |
| 1. Other #2 (specify): | | |
| Specify details for the above responses: DNR will cancel the swim if hazardous conditions exist. State park amenities are available for warming, hot beverages are available. Okoboji Dive and Rescue have warming aids at their disposal as well.  http://waterdata.usgs.gov/usa/nwis/uv?site\_no=06604200 | | |

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| **To understand event thermal issues we will...** | **Y** | **N** |
| 1. Complete recommended thermometer readings as follows:   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. | Y |  |