**Open Water Safety Plan**

**Application Instructions**

* Before applying for a USMS open water sanction, event hosts must review their event information and safety plans with their LMSC Sanctioning Officer. Upon approval from the LMSC Sanctioning Officer, the event host is then ready to apply for sanction.
* When applying for a USMS open water sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC) ON THIS APPLICATION through the online sanction process. We welcome additional supporting information—after all, many event hosts have developed extensive safety plans over years of hosting events—but everyone must submit this completed application to ensure that all pertinent points are covered in safety planning.
* Using a Google Earth map or equivalent, event hosts are also required to upload a map of the venue and course with the safety plan application. Maps must include locations of start & finish, guide & turn buoys, feeding stations, safety craft, lifeguards/first responders, on-site medical care, and evacuation points.
* In the best scenario, the Safety Director should assist the event host in the developing the event safety plan. If the Safety Director did not take part in developing of the safety plan (usually in the case of appointment after the sanction request or in the case of a substantially unchanged safety plan developed over years of experience), the event host must give the Safety Director a copy of the approved safety plan.
* Upon request, USMS OWCC David Miner will send you a copy of the approved safety plan. Contact David at [openwateradvisor@usmastersswimming.org](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

**Open Water Safety Plan Application**

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## Event Information

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| **General Information** |

Name of Host: Kate Andrup Stephensen

Name of Event: John Shrum Memorial Cable Swim

Event Location: Chris Greene Lake

City: Charlottesville State: VA LMSC: VMST

Event Dates: 6/2/2018 through 6/2/2018

Length of Swim(s): 1 mile and 2 mile cable swims

Dual Sanctioned with USA-Swimming: NO Yes or No

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| **Key Event Personnel** |

Event Director: Kate Andrup Stephensen. Phone: (503) 574.4498 E-mail: kands606@gmail.com

Referee: Kate Andrup Stephensen. Phone: 000-000-0000 E-mail: Click to enter e-mail address

Certified Safety Director: Jim Miller . Phone: 000-000-0000 E-mail: [jwmswimmd@aol.com](mailto:jwmswimmd@aol.com)

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 6/2/2018 Time: 6:45am

Tentative agenda: Rescue Squad and Kayaker placement, buoy and cable check/placement, signaling for assistance

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 6/2/2018 Time: 8:15am and 9:15am

Tentative agenda: Course Description, Race Rules, signaling for assistance, and water craft placement

**Course & Event Conditions**

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| **The Course** |

Body of water: Lake Choose oneWater type: fresh water Choose one Water depth from: shallow/wading to about twenty feet

Course: Closed – only event water craft Choose an item.

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): None

How is the course marked?

* Turn buoy(s): Height(s) 4feet Color(s) orange Shape(s) pyramid
* Guide buoy(s): none – this is a cable swim so the swimmers use the cable as a guide Enter text
* Approximate Distance between Guide buoys: ¼ mile along the cable

Number of Feeding Stations: none – not needed in a 1 or 2 mile swim

Type of structure(s) used as feeding station(s):N/A Click here to describe feeding stations

Number of people the structure(s) can safely hold: N/A Click here to enter number.

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| **Water & Air Temperatures** |

Expected air temp range: 70F Expected water temp range: 80-83F Wetsuits: Not allowed. Choose an item.

**USMS Water Temperature Index for sanctioned open water events:**

**- Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is REQUIRED**

**- 57°F-60°F (Cold) - heat-retaining swimwear is required or a Thermal Plan for Cold Water Swims is REQUIRED**

**- 60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is RECOMMENDED**

**- 66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is ENCOURAGED**

**- 72°F-78°F (Cool) - No Thermal Plan required**

**- 78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.**

**- 82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is RECOMMENDED**

**- 85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is REQUIRED**

**- 87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held**

**- Over 95°F (Extremely hot) - Any swimming is ill-advised**

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| **USMS Water Temperature Measurement Procedure:** 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. |

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| **Water Quality** |
| It is recommended that one week before 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 Event Director, Referee, or Safety 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. |

As the park is maintained by Charlottesville Parks and Recreation, I will confirm water quality/temperature with the lifeguards and park department one week prior and on the morning of the swim.

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Pete Davidson, EMT

Experience in sporting events (Marathon, Triathlon, Open water swim, etc.): Yes

Will medical personnel be located on the course? Yes

The 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? More than 7

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| **First Responders/Lifeguards & Monitors** |

Indicate the qualifications of the first responders: other

Number on course: 4 Number Number on land: 4

Indicate their location on the Race Plan Map.

| **Onsite Medical Care & Facilities** |
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Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. Click here to enter text.

The Charlottesville- Albemarle rescue squad will be present with advanced life support equipment and a team of 15-20 rescue personnel, divers, and water rescue boats. They will serve as the primary emergency responders on site from 7am until the end of the final swim. In addition, they will have a rescue station with a medic ambulance across from the airport (4 minute response time). Lake Monticello and Western Albemarle will assist as well.

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| **Ambulance/Emergency Transportation & Nearby Medical Facilities** |

No ambulance on site.

Have you spoken with local emergency response agency regarding potential emergencies? Yes

Closest medical facility: University of Virginia Hospital Phone: 000-000-0000

Type of medical facility (urgent care, hospital, etc.): hospital

Distance to closest medical facility: 10 – 20 miles Approximate transport time: 12minutes

| **Watercraft** |
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Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): One
* Owned/operated by volunteers or hired individuals: N/A

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor?

No, they will have an individual positioned to ensure swimmers are not near the boat. Unless otherwise unable, kayakers will be the direct responders to assist swimmers.

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 1 Non-motorized: 4
* Watercraft for race supervision: Motorized: 0 Non-motorized: 1
* Other event watercraft: Kayaks, three

Emergency Signal Flag Color for all watercraft: Orange

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| **Communications** |

Primary method between event officials: Radio Secondary method: bullhorn

Primary method between medical personnel, first responders & safety craft: radio

Secondary method: bull horn

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: marker

Describe method of electronic identification of swimmer (Recommended): none

Describe different bright cap colors for various divisions (Recommended): N/A

Describe method of accounting for all swimmers before, during and after swim(s): Click here to enter text.

before: check in, during: visual, after: check in with race finish stick and cross reference with check in sheet

Describe method of accounting for swimmers who do not finish: Click here to enter text.

Radio from individual escorting swimmer out of the water to race director who will cross them off the check in sheet with the time they were pulled from the water.

| **Warm-up/Warm-down Safety Plan** |
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Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated

watercraft. Click here to enter text.

Warm up and warm down will be monitored by the rescue crew and kayakers. Set times will be allocated for warm up (7:15 to 8:15am) on the course. Warm down will be allowed from when the first finisher stops to 15minutes after the last swimmer completes the second (last) race. Warm down will occur in a separate area form the race course that is also able to be monitored by the rescue crew/kayakers.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 150

If more swimmers show up on the day of the swim(s), how will you adjust the safety plan to accommodate the increased number of entries? “Deck entries” will not be allowed as the races will be seeded the day before the swim. Thus, the number will be either the same or lower than the number of entries.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Safety crews will be at start, turn buoys, and finish points to monitor and assist swimmers.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Radio communication between land and water rescue crews will enable communication between all safety swimmers.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Proactive: over-recruit volunteers, Reactive: relocate lower priority volunteers to water.

Describe your missing swimmer plan: Deploy rescue crew members – including divers – to search for the swimmer. Given the small race course and proximity between swimmers and rescue crew members, I anticipate that we will be able to promptly assist swimmers in distress and keep people from swimming off course.

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| **Severe Weather Plan** |

Is a lightning detector or weather radio available on site? No Yes or No

Describe your plan for severe weather or natural disaster: Click here to enter text.

In the event of inclement weather or other unsafe conditions that could arise suddenly while swimmers are competing, the referee will consult with the Safety Coordinator and the Albemarle Rescue Crew Captain to make a decision about evacuating swimmers. If evacuation is deemed necessary and safe, the Rescue Captain will communicate the message to all rescue personnel on the water via walkie-talkie and swimmers will be notified to stop swimming by three sharp blasts from a whistle. Competitors will be instructed to exit the water by swimming to the closest beach (start/ finish beach area or the water rescue beach area to the northwest). If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Click here to enter text.

If evacuation is deemed necessary and safe, the Rescue Captain will communicate the message to all rescue personnel on the water via walkie-talkie and swimmers will be notified to stop swimming by three sharp blasts from a whistle. Competitors will be instructed to exit the water by swimming to the closest beach (start/ finish beach area or the water rescue beach area to the northwest). If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.

## 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:  302.2.2A (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.  302.2.2A (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 even a small drop in water temperature—especially in the colder ranges—dramatically increases the odds of thermal issues: Cold Shock Response, Cold Incapacitation, Hypothermia, and Circum-rescue Collapse). Be Prepared! |
| - If your swim course has a remote chance of water temperature 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 course has a chance of water temperature between 60° F & 66° F., a thermal plan is **RECOMMENDED**.  - If your swim course has a chance of water temperature between 66° F & 72° F., a thermal plan is **ENCOURAGED**. |

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| **How will you assist swimmer preparation before the event:** |

**The following methods are among the ways you can do this:**

1. Emphasize & stress on entry information of possible cold water swim conditions.

2. Require prior cold water swim experience.

3. Require swimmer cold water preparation plan.

4. Refuse entry if swimmer is not acclimated to cold water swimming.

What method(s) of swimmer preparation will you take: Click here to enter text.

As the water tends to be 81 to 83 degrees, I do not anticipate cold problems.

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| **What action will you take to reduce swimmer exposure to thermal issues:** |

**The following methods are among the ways you can do this:**

1. Cancel the swim(s).

2. Shorten swim(s) or institute/shorten time limits.

3. Encourage wetsuits for all swimmers.

4. Require wetsuits for all swimmers.

Explain your plan of action: Click here to enter text.

Preventative: no wet-suits are allowed. Reactive: Provide hydration, shelter from the sun, and medical attention.

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| **What extra medical care will you provide to mitigate & treat symptoms of thermal issues:** |

**The following methods are among the ways you can do this:**

1. Bring in more emergency trained medical personnel and/or ambulances.

2. Bring in more volunteers to assist medical personnel.

3. Bring in more emergency craft and first responders on the course.

4. Increase warm beverages before the swim and at feeding stations.

5. Have special procedures (different than normal) for removing swimmers from the water & venue.   
6. Increase warm beverages after the swim.

7. Increase thermal treatment gear (blankets, hot water bottles, etc.)

8. Make warm showers available on-site.

9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site.

10. Other: Specify

Specify what extra listed items you will provide: Cool beverages and shelter away from the sun as hypo rather than hyper thermic conditions are of greater concern at this swim.

Comment on how you will be prepared to care for multiple medical issues: Defer to first responders’ consideration on priority of treatment, additionally we have several first responders who will be in attendance to assist swimmers.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Click here to enter text.

## Thermal Plan for Warm Water Swims

| **General Information** |
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| Thermal Plan for Warm Water Swims: USMS Rule 302.2.2A(3) for Open Water Swims states:  “A swim of 5K or greater shall not begin if the water temperature exceeds 29.45° C. (85°F.). A swim of less than 5K shall not begin if the water temperature exceeds 31° C. (87.8°F.).” |
| Remember that the average masters swimmer does little or no acclimatization to warm water, so even a small increase in water temperature—especially in the warmer ranges—dramatically increases the odds of thermal issues: Dehydration, Heat Stroke, and Hyperthermia. Be Prepared! |
| - If your swim course has a chance of water temperature from 85° F to 87.8° 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 course has a chance of water temperature between 82° F & 85° F., a thermal plan is **RECOMMENDED**. |

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| **How will you assist swimmer preparation before the event:** |

**The following methods are among the ways you can do this:**

1. Emphasize & stress on entry information of possible warm water swim conditions.

2. Require prior warm water swim experience.

3. Require swimmer warm water preparation plan.

What method(s) of swimmer preparation will you take: Preventative: no wet-suits allowed. Reactive: provide hydration, shelter from the sun, and medical attention.

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| **What action will you take to reduce swimmer, official, and staff exposure to heat-related issues:** |

**The following methods are among the ways you can do this:**

1. Cancel the swim(s).

2. Shorten swim(s) or institute/shorten time limits.

3. Remind all participants to stay well hydrated.

4. Remind swimmers to select appropriate pace.

5. Make swim caps optional or use Lycra swim caps.

Explain your plan of action: Preventative: no wet-suits allowed, Reactive: provide hydration, shelter form the sun, and medical attention.

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| **What extra medical care will you provide to mitigate & treat symptoms of heat-related issues:** |

**The following methods are among the ways you can do this:**

1. Bring in more emergency trained medical personnel and/or ambulances.

2. Bring in more volunteers to assist medical personnel.

3. Bring in more emergency craft and first responders on the course.

4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations)

5. Increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.)

6. Make cool showers available on-site.

7. Make shade and cooling facilities (buildings, tents, etc.) available on-site.

8. Other: Specify

Specify what extra listed items you will need to provide: Click here to enter text.

**Comment on how you will be prepared to care for multiple medical issues:** Click here to enter text.

**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:** Proactive: shorten the swim distances if temperature is a concern, consider canceling if it is too hot. Reactive: Rescue team on site to assist with medical concerns.

