USMS Open Water Guide to Operations

Part 2: Open Water Safety Guidelines

Revision Date: January 2016

**Addendum A: 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). 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 or by attaching them at the end of this safety plan, 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: Scott Tripps

Name of Event: Lake Harriet 1 and 2 mile Swims

Event Location: Lake Harriet North Beach(approx address: 4631 E. Lake Harriet Blvd

Event Dates: 6/25/2016 through 6/25/2016

City: Minneapolis State: MN LMSC:30-MN

Length of Race(s): 1 Mile & 2 Mile

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| **Key Event Personnel** |

Director(s):Scott Tripps

Phone: 612.385.3235 E-mail: minnetonkachallenge@gmail.com

Referee: tbd Phone: 000-000-0000 E-mail: Click to enter e-mail address

Safety Director: Dan Tripps Phone: (952) 210-6860  E-mail: yahadan@gmail.com

Ind. Safety Monitor: Landon Ascheman Phone:  (651) 280-9533  E-mail: landon@aschemanlaw.com

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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. |

Water quality at (Harriet North Beach) is regularly tested by local DNR. If bacteria level is deemed unsuitable for swimming, course start, turn and finish will be altered to allow for swimming outside of the beaches.

| **Pre-Race Officials Meeting (required)** all **officials and safety personnel must attend** |
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Tentative date: 6/25/2016 Time: 7:00am

Tentative agenda: Course description, safety/lifeguard assignments, dicuss swimmer safety meeting

| **Pre-Race Swimmer Meeting (required)** **all swimmers must attend to participate in race** |
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Tentative date: 6/25/2016 Time: 7:15am

Tentative agenda: Course Description. Start/Finsh. Emergency Situations, Rules, How to Get help if needed. New Swimmer identification. Weather.

## Event Conditions

**If water temperature is potentially less than 64° F, complete the Thermal Plan for Cold Water Swims section of this form.**

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| **Race Day conditions** |

Expected air temp: 68 F Expected water temp: 78F Wetsuits: Not allowed

Body of water: Lake Water type: Fresh Water Water depth from: 0’ to: 75’

Course: Closed-only event watercraft allowed

If open course, please indicate the agency used to control the traffic while swimmers are on the course.

Agency name: Hennepin County Water Patrol How to contact during event: 911

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards) windy, possibly wavy, occasional patches of weeds

How is the course marked?

Turn buoy - Height(s) 8’ Color(s) Orane Shape(s) Tetrahedral

Guide buoy - Height(s) n/a Color(s) Enter text Shape(s) Enter text

Approximate distance between Guide buoys: ≥ 1/4mile

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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. |

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): n/a

Number of people the structure(s) can safely hold: n/a

## Event Safety

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

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

Will medical personnel be located on the course? No

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? 1

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| **First Responders/Lifeguards** |

Indicate the qualifications of the first responders: Equivalent water certified first responder

Number on course: 4-6 Number on land: 1-2

Indicate their location on the Race Plan Map.

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| **Ambulance/Emergency Transportation** |

Ambulance(s) onsite: 911 or non emergency= 763-525-6216 On Call: 000-000-0000

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

| **On Site Medical Care** |
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Describe the onsite set up for medical care, such as medical treatment tent, heating or cooling tent or facility. And indicate the location on the Race Plan Map. On site EMT will have a Medical Station on the West side of the beach. Will have a Tent and/or Blanket.

| **Medical Facilities** |
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Closest medical facility: Hennepin County Medical Center Phone: 911 or [(612) 873-3000](javascript:void(0))

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

Distance to closest medical facility: 5-10 miles Approximate transport time: 15min

| **Water Craft** |
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Motorized craft to cover the course:

* Owned/operated by Coast Guard, police, fire and rescue, or other government agencies: 1
* With propeller guards: n/a With propellers fore of the rudder: n/a
* With impeller motor (jet ski, jet boat): 1
* With swimmer monitor on board: n/a Anchored from start to finish: n/a

Safety watercraft:

* Motorized 1st Responders 1 Non-motorized 1st Responders 4-6
* Motorized 2nd Responders 0 Non-motorized 2nd Responders 1-2

Water craft for race officials: Motorized 1 Non-motorized 1

Water craft for race supervision: Motorized Number Non-motorized 1-2

Water craft for race supervision: (Boats, Jet Skis, Kayaks, paddle boards, etc) kayaks/canoes

Water craft for feeding stations n/a

Additional water craft for escorted events: Motorized n/a Non-motorized n/a

Emergency Signal Flag Color for all water craft: Red

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| **Swimmer Accountability** |

Describe method of swimmer body numbering: ClickBlack Permanent Marker on Both Shoulder/Top of Arm between bicep/tricep. Caps are also numbered

Describe method of electronic identification of swimmer (Recommended):n/a

Describe different cap colors for the various divisions (Recommended):Men/Women

Describe method of accounting for all swimmers before, during and at conclusion of race(s):Initial Checkin, Body Marking checkin, Pre-Race checkin. Race Count before and after events

Describe method of accounting for swimmers who do not finish: ClickCheck-in and Out regardless of finish or non finish

| **Warm-up/Warm-down Plan** |
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Describe safety plan for warm-up/warm-down.Allowed if lifeguard present and only in Designated Shallow City Swim area. Surrounded by small white bouys connected via rope and anchors

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| **Communications** |

Primary method between Meet Officials: Radio Secondary method: Cell Phone

Primary method for communicating between medical personnel, first responders & safety craft:Cell Phone Secondary method: Megaphone/Bullhorn

| **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? Permit does not allow for more than 100 bodies in the water at one time

How are the lifeguard staff and safety crafts distributed to supervise this event to maximize the recognition, rescue and treatment of any swimmer? Evenly distributed along course during initial lap, after to try to keep evenly spaced dependent on swimmer location on course.

How is the safety staff deployed to maximize the rapid response to a troubled swimmer? If a safety craft is pulled away from “regular” swimmer watching to help with a medical/safety situation. A “backup” or Meet official craft will take the place of the original safety crafy that is assisting a swimmer.

How will the event be altered if insufficient safety personnel/craft are available race day? Course will be shortened. Distances between buoys will be reduced and the number of “laps” will be increased to reach proper distances. Or Event may be cancelled if sufficient safety personel are not present at the Start.

Describe your missing swimmer plan:   
Accounting before race: Manual count on beach.   
Accounting during: Manual count after each “lap”   
Accounting conclusion: Manual count on beach with reference list, including swimmer’s name, assigned number, and emergency contact information.   
Accounting for DNF: Manual count at start/finish (swimmers returned to start on safety boat or in escort vessel)   
if swimmer is missing 911 water rescue is called and event is cancelled.

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| **Severe Weather** |

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

Describe your severe weather plan: Severe weather plan before start: If severe weather threatens, delay Start up to 2Hrs, go to cars or building for shelter. Severe weather during race: air horns, event cancelled; swimmer enters escort or safety boat and go to nearest shore; must check in at finish table within 2-hours of cancellation or rescue teams sent The Event Director, Event Referee, Safety Director & Fire Chief have authority to delay, evacuate, and/or cancel the event if it is determined that unsafe conditions exist or are imminent including but not restricted to: water conditions (water temperature, quality, etc.) weather conditions availability of adequate in-water and on-land safety resources (personnel, etc.) accounting of swimmers (e.g., in-water entry and exit) communications between in-water and on-land safety monitors and responders

Describe your course and site evacuation plan: Swimmers should signal that they need assistance by waving one arm/hand over their head; escort will typically make initial contact and raise red flag to signal safety boat/lifeguard support needed. If the swimmer or the safety personnel determine that they should not complete the swim, they will be evacuated from the water to the start/finish area. The watercraft lifeguards and emergency responders continue care and notify the Safety Director of the swimmer status (in-water, out-of-water, condition). Safety boat and lifeguard will be released as soon as swimmer is in proper care on land.

## 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 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 (1 Cold Shock Response, 2 Cold Incapacitation, 3 Hypothermia and 4 Circum-rescue Collapse) and hypothermia. Be Prepared! |
| If your swim has a remote chance of having 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 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...** |

1. Emphasize & stress cold water swim conditions. Yes or No

2. Require prior cold water swim experience. Yes or No

3. Require swimmer cold water preparation plan. Yes or No

Specify details for the above responses: Click here to enter text.

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| **To reduce swimmer exposure to thermal issues, we will...** |

1. Cancel the swim(s). Yes or No

2. Shorten swim(s). Yes or No

3. Encourage wetsuits for all swimmers. Yes or No

4. Require wetsuits for all swimmers. Yes or No

Specify details for the above responses: Click here to enter text.

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| **To mitigate & treat symptoms of thermal issues, we will...** |

1. Bring in more emergency trained medical personnel and/or ambulances. Yes or No

2. Bring in more volunteers to assist medical personnel. Yes or No

3. Bring in more emergency craft & first responders on the course. Yes or No

4. Increase warm beverages before the swim and at feeding stations. Yes or No

5. Have special procedures for removing swimmers from the water and venue Yes or No  
 (different than normal trauma rescues).

6. Increase warm beverages after the swim. Yes or No

7. Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.) Yes or No

8. Make hot showers available on-site. Yes or No

9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site. Yes or No

10. Other #1: Specify

11. Other #2: Specify

Specify details for the above responses: N/A- Temperature not expected to be Below 75F

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| **To understand event thermal issues we will...** |

Complete recommended thermometer readings as follows: No

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.

If you answered No above, describe how and where water temperature will be measured: Water is Checked weekly by DNR. An accurate thermometer will be used near the beach to confirm water Temp is not near Thermal plan threshold.

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| **Attach course map below** |

