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: Fairfield YMCA a branch of the Central Connecticut Coast YMCA

Name of Event: Fairfield YMCA Open Water Mile Swim

Event Location: Penfield Beach.

Event Dates: 9/18/2016 through End Date

City: Fairfield State: CT LMSC: Connrcticut

Length of Race(s): One mile

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| **Key Event Personnel** |

Director(s):Andy Davis Karen Backus

Phone: 203-543-1773 or 203-943-0603 E-mail: adavis@penfieldsearch.com or kbackus@cccymca.org

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

Safety Director: Jack Harder Phone: 000-000-0000 E-mail: Click to enter e-mail address

Ind. Safety Monitor: N/A Phone: 000-000-0000 E-mail: Click to enter e-mail address

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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. |

Town of Fairfield Health Department checks water quality which abides by State of CT standards.

| **Pre-Race Officials Meeting (required)** all **officials and safety personnel must attend** |
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Tentative date: 9/17/2016 Time: 7 am

Tentative agenda: course description, emergency personnel assignments, communication plan, Emergency Action Plan

| **Pre-Race Swimmer Meeting (required)** **all swimmers must attend to participate in race** |
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Tentative date: 9/17/2016 Time: 8 am.

Tentative agenda: course description, emergency personnel locations, heats and start times

## 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: 75 Expected water temp: 75 Wetsuits: Optional

Body of water: Ocean Water type: Salt Water Water depth from: 2 to: 20 feet

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: Click here to enter agency. How to contact during event: Phone # or radio channel

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards) tides, currents, marine life

How is the course marked?

Turn buoy - Height(s) 5 Color(s) orange Shape(s) triangle

Guide buoy - Height(s) 5 Color(s) orange Shape(s) triangle

Approximate distance between Guide buoys: 600 yards, out and back course

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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: 1

Type of structure(s) used as feeding station(s): food is provided on shore at end of race

Number of people the structure(s) can safely hold: 200

## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: AMR company from Fairfield, EMT

Experience in extreme 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? 4

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| **First Responders/Lifeguards** |

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 10 Number on land: 2

Indicate their location on the Race Plan Map.

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| **Ambulance/Emergency Transportation** |

Ambulance(s) onsite: 203-332-4080 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. Ambulance and EMT site area

| **Medical Facilities** |
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Closest medical facility: St Vincents Urgent Care Phone: 203-259-3440

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

Distance to closest medical facility: 0-2 miles Approximate transport time: 3 minutes

| **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: 1 With propellers fore of the rudder: 1
* With impeller motor (jet ski, jet boat): Number
* With swimmer monitor on board: 3 Anchored from start to finish: Number

Safety watercraft:

* Motorized 1st Responders 3 Non-motorized 1st Responders 10
* Motorized 2nd Responders Number Non-motorized 2nd Responders Number

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

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

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

Water craft for feeding stations 0

Additional water craft for escorted events: Motorized Number Non-motorized Number

 Emergency Signal Flag Color for all water craft: Enter color

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| **Swimmer Accountability** |

Describe method of swimmer body numbering: Click Marker on arms and legs and caps

Describe method of electronic identification of swimmer (Recommended):ankle chip

Describe different cap colors for the various divisions (Recommended):all yellow

Describe method of accounting for all swimmers before, during and at conclusion of race(s):visual counting, ankle chip, cross reference with registration

Describe method of accounting for swimmers who do not finish: Click Electronic timing system accounts for all swimmers.

| **Warm-up/Warm-down Plan** |
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Describe safety plan for warm-up/warm-down.There will be a warm-up/warmdown area with lifeguards present.

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| **Communications** |

Primary method between Meet Officials: Radio Secondary method: Megaphone/Bullhorn

Primary method for communicating between medical personnel, first responders & safety craft:Cell Phone Secondary method: Radio (separate channel from Meet Officials)

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 50

If more swimmers show up on race day, what is the procedure for adjusting the safety plan to accommodate the increased number of entries? Add swim heats

How are the lifeguard staff and safety crafts distributed to supervise this event to maximize the recognition, rescue and treatment of any swimmer? yes

How is the safety staff deployed to maximize the rapid response to a troubled swimmer? Kayaks with lifeguards

How will the event be altered if insufficient safety personnel/craft are available race day? cancelled

Describe your missing swimmer plan: open water search performed by certified lifeguards and emergency personnel, assistance from police.

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| **Severe Weather** |

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

Describe your severe weather plan: cancel event

Describe your course and site evacuation plan: Exit beach to Pavillion, parking lot and personnel vehicles

## 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: Click here to enter text.

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

Complete recommended thermometer readings as follows: Yes or 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: Click here to enter text.

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| **Attach course map below** |