**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 Bill Roach will send you a copy of the approved safety plan. Contact Bill at [wfroach@att.net](mailto:wfroach@att.net) or 317-989-3164.

**Open Water Safety Plan Application**

## 

## Event Information

|  |
| --- |
| **General Information** |

Name of Host: Reston Masters Swim Team (RMST)

Name of Event: Jim McDonnell Lake Swims

Event Location: Lake Audubon

City: Reston State: VA LMSC:PV

Event Dates: 5/27/2017 through 5/28/2017

Length of Swim(s): 1 Mile, 2 Mile and Open Water Practice Swim

Dual Sanctioned with USA-Swimming: No

|  |
| --- |
| **Key Event Personnel** |

Director(s): Brian R Evans

Event Director: Brian R. Evans Phone: 571-926-2596 E-mail: bnevansva@gmail.com

Referee: Lisa Groves Phone: 000-000-0000 E-mail: lisajgroves@yahoo.com

Certified Safety Director: Nick Nobbe Phone: 000-000-0000 E-mail: n.nobbe@gmail.com

| **Pre-Race Officials Meeting (required)** all **officials and safety personnel must attend** |
| --- |

Tentative date: 4/1/2017 Time:9:30 am

Tentative agenda: Discuss all aspects of lake swim safety once a month, but we’ll specifically focus in on safety plan in April as things have been finalized. Race day briefings with life guards and other on-water personnel occur before each race and practice swim as well.

| **Pre-Race Swimmer Meeting (required)** **all swimmers must attend to participate in race** |
| --- |

Tentative date: 5/27/2017 Time: 9:30am (Practice Swim) 7:30am (1 mile), 9:15am (2 mile)

Tentative agenda: Swimmers will be given a safety briefing before the clinic on the 27th and the swims on the 28th, generally these briefings contain race conditions, position of life guards, kayak & SUPs, course layout, description of hazards and emergency procedure and will last for 15-30 minutes depending on the number of questions from participants.

**Course & Event Conditions**

|  |
| --- |
| **The Course** |

Body of water: Lake Water type: Fresh Water Water depth from: 3 to: 12ft

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) Inland human made lake, it will be calm, with minimal outside impact.

How is the course marked?

* Turn buoy(s): Height(s) 7ft Color(s) Yellow Shape(s) tetrahedron
* Guide buoy(s): Height(s) 6ft Color(s) Yellow Shape(s) cylindrical
* Approximate Distance between Guide buoys: .2 mile

Number of Feeding Stations: 0

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

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

|  |
| --- |
| **Water & Air Temperatures** |

Expected air temp range: 80 F Expected water temp range: 70-75F Wetsuits: Optional based on race day conditions

**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**

|  |
| --- |
| **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. |

|  |
| --- |
| **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. |

The Reston Association (RA) will have the water tested the week prior as per agreement with RA. Fredricktowne Labs Inc ([www.fredericktownelabs.com)](http://www.fredericktownelabs.com)) provides a written report regarding water conditions and is available during race days.

## 

## Event Safety

| **Medical Personnel** |
| --- |

Lead medical personnel (emergency trained) on site: Dr. Chun Hong, M.D.

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

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

Indicate the qualifications of the first responders: Choose an item.

Number on course: 12 Number on land: 3

Indicate their location on the Race Plan Map.

| **On-site Medical Care & Facilities** |
| --- |

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.

|  |
| --- |
| **Ambulance/Emergency Transportation** |

Ambulance(s) onsite: Fairfax County Fire & Rescue On Call: 000-000-0000

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

| **Nearby Medical Facilities** |
| --- |

Closest medical facility: Reston Hospital Phone: [(703) 689-9000](javascript:void(0))

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 9 minutes

| **Watercraft** |
| --- |

Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1
* Owned/operated by volunteers or hired individuals: Number

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? Yes

Other motorized watercraft:

* With propellers fore of the rudder: 0
* With impeller motor (jet ski, jet boat): 0
* Anchored from start to finish: 1

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 1 Non-motorized: 6

# 2nd Responders: Motorized: 6 Non-motorized: 11

* Watercraft for race officials: Motorized: 1 Non-motorized: 0
* Watercraft for race supervision: Motorized: 0 Non-motorized: 0
* Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
* Watercraft for escorted events: Motorized: Number Non-motorized: Number
* Other event watercraft: Click here to enter text.

Emergency Signal Flag Color for all watercraft: Orange

|  |
| --- |
| **Communications** |

Primary method between event officials: Radio Secondary method: Cell Phone

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

Secondary method: Other

|  |
| --- |
| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Click Shoulders, Legs and hands (if a full-arm wetsuit).

Describe method of electronic identification of swimmer (Recommended): Chips

Describe different bright cap colors for various divisions (Recommended): Single Cap for Practice swim & Race Day. Non-matching White Cap provided to swimmers requesting more noticeability in water

Describe method of accounting for all swimmers before, during and after swim(s): Checklist, bib collection, redundant chip reading, data entry upon entry/exit.

Describe method of accounting for swimmers who do not finish: Electronic and back up electronic, plus bibs.

| **Warm-up/Warm-down Safety Plan** |
| --- |

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated

watercraft. Pool with lifeguards

| **Swimmer Management** |
| --- |

Maximum number of swimmers on course at a time: 400

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? We have a cutoff of 400 per swim, we would deny entry for swimmers beyond 400

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Discussion during pre-event safety briefings

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Distance between buoys equal.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Solicit volunteers for canoe/kayak, and leverage Reston Association, Reston Community Center, neighborhood pools for lifeguards prior to start. Reduce size of course if all other options have been exhausted.

Describe your missing swimmer plan: Check electronic records, bibs collected, entry/exit checklists, contact lists, employee Ffx County Fire & Rescue already onsite.

|  |
| --- |
| **Severe Weather Plan** |

Is a lightning detector or weather radio available on site? Yes

Describe your severe weather plan: everyone has been warned to get out of the water to the nearest shore, and await pick up or make way back to start line.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Flag goes up, and swimmers will rendezvous on shore/walkway, we’ll gather at start. All swimmers and participants must check in and be accounted for.

## Thermal Plan for Cold Water Swims

| **General Information** |
| --- |
| 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**. |

|  |
| --- |
| **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: In the swim details we ask for experienced swimmers as well as describe the potential of cold swims, we list equipment to be brought as well.

|  |
| --- |
| **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: The swim has been getting warmer in the past decade, but we are prepared with safety equipment including onsite wetsuit rentals, we send out monthly communications recommending and requesting various equipment

|  |
| --- |
| **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: Click here to enter text.

Comment on how you will be prepared to care for multiple medical issues: We have access to warm showers on-site, provide hot drinks before/after the events, provide thermal gear “space blankets”, reassign volunteers to make contact with swimmers as the arrive on land to check their conditions. We have the help of Ffx County Fire & Rescue and the EMTs assigned to our event.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Yes, we have utilized several of the solutions to address thermal issues on the rare occasions that temperature has resulted in thermal issues.

## Thermal Plan for Warm Water Swims

| **General Information** |
| --- |
| 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**. |

|  |
| --- |
| **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: Click here to enter text.

|  |
| --- |
| **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: Click here to enter text.

|  |
| --- |
| **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:** Click here to enter text.