**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 or 317-989-3164.

**Open Water Safety Plan Application**

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## Event Information

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| **General Information** |

Name of Host: DelMoSports, LLC

Name of Event: Escape to Lewes Open Water Swim Classic

Event Location: Cape-May Lewes Ferry Terminal, Breakwater Harbor

City: Lewes State: DE LMSC: DE Valley

Event Dates: 9/30/2017 through 9/30/2017

Length of Swim(s): 3-mile & 1-mile

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event DirectorStephen DelMonte Phone: 609-849-8908 E-mail: Stephen@delmosports.com

Referee: NONE. Phone: 000-000-0000 E-mail: Click to enter e-mail address

Certified Safety Director: Bruckner Chase Phone: 831-345-9550 E-mail: synthesis@brucknerchase.com

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 9/28/2017 Time: 9:00am

Tentative agenda: The purpose of this meeting is to review event logistics, schedule, safety plan, emergency plans and information that will be shared at the pilot briefing and swimmer briefing.

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 9/30/2017 Time: 11am

Tentative agenda: This meeting will ensure all swimmers are aware of the course markings and direction. Also will review safety plans for emergencies. Swimmers will also be given current water conditions. Will also allow swimmers to drop from the event should they be apprehensive.

**Course & Event Conditions**

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| **The Course** |

Body of water: Bay Water type: Salt Water Water depth from: 10ft to: 20ft

Course: Closed-only event watercraft allowed

If open course, 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): Water temps range from 65-70 degrees, water quality is clear. Swell or wind chop may vary between 5-15 knots. Early morning fog may be present and can hinder visibility. The Escape to Lewes Open Water Swim Classic Open Water Swims may be subject to marine life. Sea life may include, sting rays, jelly fish, and sharks. How is the course marked?

* Turn buoy(s): Height(s) 6ft Color(s) yellow Shape(s) triangle
* Guide buoy(s): Height(s) 4ft Color(s) red Shape(s) square
* Approximate Distance between Guide buoys: ½ mile between

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

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| **Water & Air Temperatures** |

Expected air temp range: 65 Expected water temp range: 68 Wetsuits: Optional

**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. |

Cancellation or revision: Wind speed 25 knots, swell or waves greater than 5’ , visibility less than ½ mile. Poor water quality based on report from Wednesday prior to race day. Water quality will be checked one week before the event and results available http://demac.udel.edu/waterquaility

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Glenn Marshall, 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: Equivalent water certified first responder

Number on course: 30-40 Number on land: 15

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. Athletes requiring medical attention land in the medical tent name and info verified, emergency contact will be notified via athlete registration. Belongings will be gathered by event staff and taken to athletes’ location in the medical tent. Athlete is transported to the hos[ital. Emergency contact will be notified

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

Ambulance(s) onsite: 302-381-1683  On Call: 302-381-1683

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

Closest medical facility: Beebe Medical Center Phone: 302-645-3300

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

Distance to closest medical facility: 0-2 miles Approximate transport time: 6 minutes

| **Watercraft** |
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Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 8
* Owned/operated by volunteers or hired individuals: 2

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: Number
* With impeller motor (jet ski, jet boat): 4
* Anchored from start to finish: 1

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 22 Non-motorized: 30

# 2nd Responders: Motorized: Number Non-motorized: Number

* Watercraft for race officials: Motorized: 11 Non-motorized: Number
* Watercraft for race supervision: Motorized: Number Non-motorized: 1
* Watercraft for feeding stations: Motorized: Number Non-motorized: Number
* Watercraft for escorted events: Motorized: Number Non-motorized: Number
* Other event watercraft: kayaks, paddle boards, etc.

 Emergency Signal Flag Color for all watercraft: red

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| **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: Cell Phone

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Click hBlack Sharpie marker with race number on both upper arms, back of both hands, right calf, and front of swim capre to enter text.

Describe method of electronic identification of swimmer (Recommended): Timing chips on all swimmers with links to on-site registration via ACTIVE.

Describe different bright cap colors for various divisions (Recommended): 2 colors

Describe method of accounting for all swimmers before, during and after swim(s): Swimmers will be given a timing chip.  Once the swimmers start they will be monitored around each marked and swimmers will be within 100 meters of safety personnel while on the water.  The final number of swimmers that leave the boat and start each event will be radioed to Safety Director and race starff on land at the finish line.  Course marking officials will radio in to the Safety Director or safety coordinators when all swimmers have rounded their mark.  If any swimmers are picked up during the swim their number will be called in to finish area and support boats.  The swimmers’ numbers will be recorded at the finish as they come out of the water and each swimmer may be photographed or video recorded as they cross the finish line.  The total number of swimmers will also be counted at the finish.  A list of swimmers by number will be provided to Command Center, medical tent, finish area officials and emergency boats.

Describe method of accounting for swimmers who do not finish: Swimmers who are removed from the water will have their number recorded and that number relayed via radio to Safety Director, other emergency boats and the finish line officials.

| **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. n/a

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 1000

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? The safety plan reflects the maximum number

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Set in zones

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Set in zones

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Course will be modified so that the required concentration of safety personnel can be maintained. Modifications may include making the course multiple loops.

Describe your missing swimmer plan: a.) All swimmers will be issued a timing chip that they wear on their wrist, this is activated when the swimmers enter the water and exit the water this will assist the race organizers in determining if a missing swimmer was last in the water or on land. B.) All swimmers will be required to provide a personal cell phone contact and an emergency cell phone contact at registration. C.) Swimmer start on the CMLF vessel will be video recorded during the final inspection/accounting and jump to start each race. Swimmers will also be recorded at the finish line. D.) If a swimmer is reported missing and last seen in the water. EMS, Marine Police, Coast Guard and Search & Rescue will activate their underwater search and recovery protocol. Concurrently, event operations will attempt to contact the emergency contact. Event operation will also review the start list, withdrawal list, site race tickets and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

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| **Severe Weather Plan** |

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

Describe your plan for severe weather or natural disaster: In the event of inclement weather, race cancellation or postponement will be announced on the DelmoSports website, and social media outlets. www.delmosports.com

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: If weather conditions during a race are such that the Race Director, Safety Director, Marine Police, Delaware Bay and River Authority or US Coast Guard determine the event should be abandoned, an air horn will be used to signal cancellation and each safety boat will be radioed the decision to cancel.  Life guards, volunteer kayakers and motor boats will then round up the swimmers and head them to shore or pick them up and bring them to shore.  No course buoys will be picked up until all swimmers have safely reached shore.  In pre-event meetings participants will be instructed to look for nearest safety personel for directions when they hear the abandonment signal.  Abandonment Signal – Five short blasts followed by one prolonged blast of air horns or whistles.  This signal will be repeated every minute until the course is cleared of all swimmers. Abandonment Signal = 5 short blasts followed by one prolonged

## 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: communicated via athlete guide and on website

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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: announced in the athlete briefing and athlete guide

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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: Ferry Terminal Building

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: Click here to enter text.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** yes

## 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: communicated via athlete guide and on website

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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: communicated via athlete guide and on website

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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: Terminal Building

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:** professional experience medical personnel will assist on site.

**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:** yes