**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: AZ OPEN WATER

Name of Event: AZ MASTERS OPEN WATER STATE CHAMPIONSHIP

Event Location: Tempe Town Lake

City: Tempe State: AZ LMSC: AZLMSC

Event Dates: 5/5/2018 through 5/5/2018

Length of Swim(s): 1 mile, 2500m, and 5000m

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Courtney & Ashley Warren Phone: 702-443-1133 E-mail: azopenwater@gmail.com

Referee: TBD Phone: TBD E-mail: TBD

Certified Safety Director: Thomas Villarreal Phone: 928-503-4249 E-mail: tavillar01@gmail.com

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 5/5/2018 Time: 11:00am.

Tentative agenda: Review course map, turn buoy colors, start times of distances, and safety protocol for personnel.

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 5/5/2018 Time: 11:30am.

Tentative agenda: Review course map, turn buoy colors, start times of distances, and safety protocol for personnel.

**Course & Event Conditions**

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| **The Course** |

Body of water: Lake Water type: Fresh Water Water depth from: 6 to: 25

Course: Open - non-event watercraft allowed near swim course

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

 Agency name: Tempe Police Department How to contact during event: Radio channel TBD

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Common Fresh water lake conditions.  Several types of fish, no strong currents, possible debris from dam release.

How is the course marked?

* Turn buoy(s): Height(s) 9 feet Color(s) yellow Shape(s) tetrahedral
* Guide buoy(s): Height(s) 3 feet Color(s) orange Shape(s) round
* Approximate Distance between Guide buoys: 250 feet

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: 85 degrees Expected water temp range: 70-75 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**

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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. |

Tempe Town Lake is responsible for water quality and will be testing water for the weeks leading up to the event.

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Tempe Fire Department, EMT-P

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? 4

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

Indicate the qualifications of the first responders: Other

Number on course: 10-15 Number on land: 2-4

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. Medical tent on land, and Tempe Fire Department will be on the water.

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

Ambulance(s) onsite: TBD on race day by paramedics On Call: TBD

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

Closest medical facility: Tempe St. Luke’s Phone: [(480) 784-5500](https://www.google.com/search?q=tempe+st+lukes&oq=tempe+st+lukes&aqs=chrome..69i57j0l5.3762j0j7&sourceid=chrome&ie=UTF-8" \o "Call via Hangouts)

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.): 2
* Owned/operated by volunteers or hired individuals: 4

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): 2
* Anchored from start to finish: 0

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 2 Non-motorized: 0

# 2nd Responders: Motorized: 2 Non-motorized: 15-20

* Watercraft for race officials: Motorized: 4 Non-motorized: 4
* Watercraft for race supervision: Motorized: 0 Non-motorized: 0
* Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
* Watercraft for escorted events: Motorized: 1 Non-motorized: 0
* Other event watercraft: none

 Emergency Signal Flag Color for all watercraft: white

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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: Race number tattoos- bilateral shoulders

Describe method of electronic identification of swimmer (Recommended): Chip timing

Describe different bright cap colors for various divisions (Recommended): no caps due to water temperature

Describe method of accounting for all swimmers before, during and after swim(s): web based scoring system for initial check in before start, persons not showing at start of race are then cleared.  Each swimmer checked in at finish line.  If any person is not checked in at end of the race with finish line staff, course is then scanned by lifeguards until the course is cleared, or the person has been found with use of cell phone or asking for the person to check in at start/finish

Describe method of accounting for swimmers who do not finish: see above

| **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. Our plan is to have the course open 30 minutes before and after the race to allow swimmers to warm-up/cool-down. We will have 10 lifeguards in the water, as well as fire department boat and police department boat.

| **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? Projections are made to be greater than the number given at any past race. additional lifeguards are added as the projection of swimmers increase and evaluated the day prior to the race, to be prepared for unforeseen increase on day of the race

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Each lifeguard has a jet ski, prone rescue board or SUP, along with lifeguard rescue tube.  Safety coordinator in placed on motorized boat to be able to respond as needed - includes additional rescue board and tube.  One lifeguard per race spot buoy.  Additional prone paddle/ rescue boards and rescue tube at start/finish line

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? one lifeguard per turn buoy, one at start finish line. Safety coordinator on water craft roaming, lifeguards on jet ski at furthest point from start/Finish roaming. Guard closest to troubled swimmer will secure swimmer on kayak and jet ski will come to pick up swimmer on rescue sled. Jet ski will take to either fire rescue boat, or shoreline (whichever is closer)

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? The number of swimmers per start/swim ( on the course at one time) will be reduced.  Heats will start after people finish

Describe your missing swimmer plan: Web based scoring system for initial check in before start, persons not showing at start of race are then cleared.  Each swimmer checked in at finish line.  If any person is not checked in at end of the race with finish line staff, course is then scanned by lifeguards until the course is cleared, or the person has been found with use of cell phone or asking for the person to check in at start/finish

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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: IF Safety coordinator determines that the weather is of danger to the swimmers, swimmers will be stopped immediately and course cleared.  If weather is too severe meet will end and participants will be sent home.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: All swimmers will be stopped and directed to exit the water at the closest point. Swimmers at the furthest point of the course will be picked up by the safety boat, swimmers that are by the start finish area will be directed to exit immediately. Safety coordinator will work his way back toward the start/finish picking up swimmers as needed. People will be directed to their cars, and exit the parking area through marked streets to exit the harbor area.

## 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: Emphasize & stress on entry information of possible cold water swim conditions

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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: All of the above

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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: The Number of Paramedics, volunteers, and first responders will be increased as needed. Warm and or Cold Beverages will be provided. A warming facility can be added if needed, to include blankets to warm people

Comment on how you will be prepared to care for multiple medical issues: We have multiple first responders positioned both on land and in the water. EAP is set up to allow responders to be pulled as needed, and to still have areas covered. If there are too many emergencies, race will be stopped and swimmers will be directed to exit water.

**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: Emphasize & stress on entry information of possible warm water swim conditions, Require swimmer warm water preparation plan.

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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: Cancel the swim(s), Shorten swim(s) or institute/shorten time limits, Remind all participants to stay well hydrated.

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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: The Number of Paramedics, volunteers, and first responders will be increased as needed. Cold Beverages will be provided. A cooling facility can be added if needed, to cool people

**Comment on how you will be prepared to care for multiple medical issues:** We have multiple first responders positioned both on land and in the water. EAP is set up to allow responders to be pulled as needed, and to still have areas covered. If there are too many emergencies, race will be stopped and swimmers will be directed to exit water.

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