**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 David Miner will send you a copy of the approved safety plan. Contact David at [openwateradvisor@usmastersswimming.org](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

**Open Water Safety Plan Application**

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## Event Information

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| **General Information** |

Name of Host: Palm Coast and the Flagler Beaches

Name of Event: Coquina Cup

Event Location: Flagler Beach Pier

City: Flagler Beach State: FL LMSC: FL

Event Dates: 5/19/2018

Length of Swim(s): 1 Mile, 5K

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Casey Taker Phone: 615-948-5522 E-mail: coquinacup@gmail.com

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

Certified Safety Director: Gregg Cross Phone: 239-462-3322 E-mail: coachgregg55@aol.com

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 5/18/2018 Time: 4:00pm

Tentative agenda: Overview of course, safety plan (each member of personnel will receive a laminated copy, assignment of exact positions, run down of all safety scenarios, walk through of course from the beach, weather overview and subsequent conditions

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 5/18/2018 Time: 5:00pm

Tentative agenda: Welcome and intro and local area conditions update, weather update, overview of course, overview of rules and safety requirements, introduction to safety personnel, waiver overview, final q&a

**Course & Event Conditions**

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| **The Course** |

Body of water: Ocean Water type: Salt Water Water depth from: 4ft to: 15ft

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: Coast Guard How to contact during event: Radio Channel 16 (subject to change based on weather)

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Low tide is at 5:48am and high tide is at 12:04pm, incoming tide will push swimmers towards the shore. Unless there is a storm winds are usually calm in the morning at start time. There is typically not an issue with marine life in this area, however there will be instructions given in the pre race meeting for how to handle encounters. Underwater hazards are minimal as there is little rock in this stretch of beach.

How is the course marked?

* Turn buoy(s): Height(s) 6ft Color(s) Orange Shape(s) Triangle
* Guide buoy(s): Height(s) 2ft – 3ft Color(s) yellow Shape(s) Circluar
* Approximate Distance between Guide buoys: 1/8 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.

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| **Water & Air Temperatures** |

Expected air temp range: 65 - 85 Expected water temp range: 76.8 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. |

We will be working with local area county health department on testing water quality in 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: Tom Gillian, 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: USLA

Number on course: 8 Number on land: 2

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. There will be 1 medical tent located on the beach directly behind the start/finish line. This tent will house basic medical equipment and EMTs.

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

Ambulance(s) onsite: No On Call: 386-313-4200

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

Closest medical facility: Florida Hospital Flagler Phone: 386-586-2000

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 5 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: 1

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): 2
* Anchored from start to finish: Number

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 4 Non-motorized: 8

# 2nd Responders: Motorized: 1 Non-motorized: 4

* Watercraft for race officials: Motorized: 1 Non-motorized: as needed
* Watercraft for race supervision: Motorized: 3 Non-motorized: as needed
* Watercraft for feeding stations: Motorized: Number Non-motorized: Number
* Watercraft for escorted events: Motorized: Number Non-motorized: Number
* Other event watercraft: Click here to enter text.

Emergency Signal Flag Color for all watercraft: Yellow

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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: Numbers will be placed on the right shoulder and the right arm Depending on numbers and water conditions, numbers may also be placed on swimmers swim caps..

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

Describe different bright cap colors for various divisions (Recommended): Green 5K, Pink Mile

Describe method of accounting for all swimmers before, during and after swim(s): All swimmers will be counted as they are being lined up into heats. Officials will be designated to keep track of numbers as heats are released. Turn boats will record numbers with 10 lead swimmers being established over the radio by their numbers. Numbers will be reported back to main counting official as laps are completed (5K) or all swimmers have passed the turn (1 mile). As swimmers exit the water numbers will be recorded and reported. Estimated times for both races will be established and numbers assigned based on heats. If it seems a swimmer as been out for longer than the recommended time, and alert will be called over the radios for the turn boats to report swimmer in addition to the first responders on jetskis.

Describe method of accounting for swimmers who do not finish: See above, if the swimmer is not located after all the above precautions have been established the Coast Guard will be alerted and a missing swimmer report will be issued.

: If a swimmer is pulled from the race due to injury, the vessel that carried the swimmer to the docks is asked to radio swimmer race number to the race director so that emergency contact can be alerted. If rescue vessel is unable to do so, the safety “runner” will be sent to the designated pull out area to identify the swimmer.

If swimmers are pulled out of the water due to failure to finish in the time allotted, the escort or vessel that pulls them from the water must have them report to the finish line and check in with the finish line checker.

| **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. Warm up/Warm down will take place just south of the course making sure that swimmers remain at least 15 m from the course and the appropriate distance from the pier. For warm up prior to the event, 1 lifeguard per 25 swimmers will be present in the water, with 1 jet ski circling the warm up/down course.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 500

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? Heats will be added based on entry numbers if needed. If 5K numbers hit above 500 then the time of the 1 mile may be pushed back in 15 min increments to accommodate added swimmers and more heats. In addition, all land lifeguards will have a board or a kayak ready in case extra numbers require more guards in the water or more rotations to ensure guards getting the proper breaks in between sessions.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? If escort or safety boat signals for a waverunner, the primary waverunner will be the city waverunner with 2 personnel and the body board. If city waverunner is a significant distance away secondary waverunner will be sent. Waverunner will then take swimmer to the boat docks where the EMS will be parked. If for some reason the boat docks are unreachable or unusable waverunner will proceed around the course and will move towards the dock located at the end of the pier. As a precautionary measure, the gates at the far boat dock will remain unlocked throughout the event and spectators will not be allowed on the lower dock. If possible the waverunner will radio in to the race director and alert him to primary or secondary drop. If drop is to secondary location EMS needs to be alerted and prepared to bring proper equipment to the end of the dock and the assistant to the Race Director needs to work on making a path through the restaurant and across the pier. Click here to enter text.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? ? If insufficient safety personnel are available on race day the course will be altered half the size and more laps. With the mile becoming a 2 lap race with distances being adjusted accordingly and the 5K becoming a 6 lap race. Smaller distances and more laps will allow less escort vessels to be needed along the course and will allow for corner boats to have a greater sight line over the course of the race. Positioning more lifeguards on boards and kayaks in the center of the course allow for visibility on both sides simultaneously. In addition heats may be spaced out in greater distances, meaning less swimmers on the course at one time.

Describe your missing swimmer plan: : Turn judges will keep an accurate count of swimmers as they pass by individual turns. If a swimmer seems to be missing, turn judge will radio in asking previous turn judge about numbers. If swimmer seems to be missing, turn judge will radio in to wave runner to do a sweep of the course in between the 2 turns where swimmer was last seen.

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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: Three air horn blasts will signal to swimmers to abandon course and head immediately towards the beach. Safety boats may signal to swimmers within 50 ft that they can swim to the boat, however care must the taken to avoid overcrowding of a vessel. Escorts can allow swimmers to “tag” behind with one hand on the escort vessel, but again overcrowding and escort safety must be guided. Volunteers will be instructed to abandon non-essential tasks and assist swimmers as they reach the shore.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: As part of the safety meeting swimmers will be reminded if they are instructed to abandon the course, they must check in with the safety table after they reach the shore. If lightning or severe weather is present, the safety table may be located within the Hilton, in the designated medical room area. Select volunteers will be appointed in the volunteer briefing to act as counters and check swimmers off as they come off of the course and check in at the safety table. At the time of the evacuation, turn counters will communicate with head of safety last reported number of swimmers that have been by their turn.

## 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: Click here to enter text.

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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: Click here to enter text.

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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: 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:** Click here to enter text.

## 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: Starting a month prior to the event, swimmers will receive a weekly update on estimated water and air temperatures associated with the event. Swimmers will be encouraged to start hydrating a week or more out and avoid foods and beverages the cause dehydration. The event will be working with sponsors and partner organizations to provide articles and tips through social media that help with training and competing in warmer weather conditions.

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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: If temperatures reach above the recommended combined air and water temperature combination, the swim may be cancelled or the times adjusted. In addition the course may be shortened in both divisions (1 mile to an 850m and 5k to a 3K) or the 5K may be cancelled all together and all of those swimmers transferred into the 1 mile event. Water will be available throughout the race day for officials, volunteers and competitors. Leading up to the race swimmers will be repeatedly updated on temps and provided with information on racing. Swimmers may be given the option to swim without a swim cap if they instead have a swim buoy attached to them that allows for them to be identified easily in the water.

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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: Swimmers will be encouraged to bring beach tents, umbrellas etc and have them set up for after the swim.

Specify what extra listed items you will need to provide: Water coolers, extra medical tent,

**Comment on how you will be prepared to care for multiple medical issues:** Multiple medical stations (on the beach) will be set up during the event

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

Course Maps Below

Legend

Safety Boat (also used to house turn judges)

Safety Kayakers

Safety Paddleboarders

Safety Jet Skis

The Mile course will actually be 1666 meters, the 5K course will be 3 laps of the “Mile” course. There will be maker buoys in the middle of the course to help swimmers stay on course and to avoid head to head collisions with swimmers on the other side of the course. Kayakers in the middle will have a view of both sides of the course.

Full course map is included on the next page.

