



## **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

## Event Information

### General Information

Name of Host: [Saluki Masters Swim Club](#)

Name of Event: Eclipse Crossroads Open Water, 2018 USMS Sprint Distance OW National Championship and non-championship 1 mile and 5 K

Event Location: Little Grassy Lake, SIU Touch of Nature Environmental Center, Camp One Beach

City: Makanda State: IL LMSC: OZ

Event Dates: 6/9/2018 through 6/10/2018

Length of Swim(s): I mile and 5 K

Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: Clay Kolar. Phone: 618-201-8077 E-mail: [claysplash49@gmail.com](mailto:claysplash49@gmail.com)

Referee: [Tom Lombardo](#). Phone: 314-952-3667 E-mail: [tlombardojr@hotmail.com](mailto:tlombardojr@hotmail.com)

Certified Safety Director: [Mary Pohlmann, MD](#) Phone: 618-534-8472 E-mail: [maryp@siu.edu](mailto:maryp@siu.edu)

### Pre-Race Safety Meeting (required): all officials & safety personnel must attend

Tentative date: 6/9/2018 Time: [7:30 am](#)

Tentative agenda: Officials and event staff responsibilities, including boat operators Communication plan Water safety staff positioning – calling for assistance, recognizing swimmer need for assistance Positioning of course officials Courtesy to recreational boaters/fishers Swim safety, including the venue, course, and swimmer & staff safety procedures. Day of race conditions – water and air temperature, wind speed The course, including start, turn buoys, directional buoys, and finish. Potential hazards. Protocol for swimmers who do not finish the race. Cancellation & evacuation signals Exit locations

### Pre-Race Swimmer Meeting (required): all officials & swimmers must attend to participate in race

Tentative date: 6/9/2018 Time: [8:15 am](#)

Tentative agenda: Day of race conditions – water and air temperature, wind speed Water safety staff positioning – how to call for assistance. The course, including start, turn buoys, directional buoys, and finish. Potential hazards. Protocol for swimmers who do not finish the race. Cancellation & evacuation signals Exit locations.

## Course & Event Conditions

### The Course

Body of water: Lake Water type: Fresh Water Water depth from: 5 ft to: 45 ft

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: USFWS How to contact during event: (618) 997-3344

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): fresh water fish and snakes, still water unless windy conditions.

How is the course marked?

- Turn buoy(s): Height(s) 7 ft Color(s) yellow Shape(s) tetrahedrons
- Guide buoy(s): Height(s) 7 ft, 4 ft Color(s) yellow, orange Shape(s) tetrahedrons, except finish round
- Approximate Distance between Guide buoys: 400 yards

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): NA

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

#### Water & Air Temperatures

Expected air temp range: 55F-78F Expected water temp range: 72.5 - 78 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.

Water quality is sampled weekly by SIU Touch of Nature Environmental Center staff and tested by Illinois Department of Public Health laboratory.

# Event Safety

## Medical Personnel

Lead medical personnel (emergency trained) on site: : Jackson County Ambulance Service, 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? 3

## First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 6-8

Number on land: 2

Indicate their location on the Race Plan Map.

## Onsite 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. Ambulance will be present on asphalt road adjacent to beach. Medical personnel, including M.D., will be present in or near tent on beach.

## Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: 618-529-5158 On Call: 911

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

Closest medical facility: Memorial Hospital of Carbondale Phone: 618 549-0721

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

Distance to closest medical facility: 5-10 miles Approximate transport time: 17 minutes

## Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 0
- Owned/operated by volunteers or hired individuals: 6 (2 pontoons, 4 small motorized craft)

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: 2

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized: 6
  - 2nd Responders: Motorized: **Number** Non-motorized: **Number**
- Watercraft for race officials: Motorized: 2 Non-motorized: 4
- Watercraft for race supervision: Motorized: as above Non-motorized: as above
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: NA Non-motorized: NA
- Other event watercraft: Pontoon boat for start and supervision

Emergency Signal Flag Color for all watercraft: RED

### **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

### **Swimmer Counting & Accountability**

Describe method of swimmer body numbering: Ultra marker written numbers on shoulder, leg and cap during registration process. Swimmer numbers will be called and checked off as they enter the water for the in-water start.

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

Describe different bright cap colors for various divisions (Recommended): highly visible different colored caps for Category I and II swimmers.

Describe method of accounting for all swimmers before, during and after swim(s): All swimmers must check in and out of the water. Photo will be taken at the finish of each swimmer.

Describe method of accounting for swimmers who do not finish: : Swimmer who does not finish must check in to clerk of course on exit from water.

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Warm-up, warm-down in designated area near beach only. Will be lifeguard supervised.

### **Swimmer Management**

Maximum number of swimmers per wave or heat: 50. Waves will be separated by 10 minutes. Total max:300

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? No race day entries

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Safety staff and craft will be strategically located around the course in order to have visual contact with all swimmers throughout the race.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Safety staff on non-motorized craft will allow the troubled swimmer to hold on to the craft, but not attempt to pull swimmer onto the craft. The safety staff on the non-motorized craft will signal the nearest motorized craft to come to the swimmer's assistance.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Fewer swimmers will be permitted on the course at a time.

Describe your missing swimmer plan: The course will be swept by motorized vessels for any stragglers. Any "Missing" swimmer will be called by megaphone and the emergency cell phone number that they provided at check-in

### Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: We have backup date of June 10 if conditions are unsafe on June 9<sup>th</sup>.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The course is close to shore line throughout. The farthest point is approximately 500 yards from shore. Upon notice of need to abandon the race, all personnel and watercraft will be signaled to escort swimmers from the water by the quickest means possible to the beach start/finish area. Each swimmer will be checked in by number and photograph. The course will be swept by motorized vessels for any stragglers. Any "Missing" swimmer will be called megaphone and the emergency cell phone number that they provided at check-in.

## 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: [Click here to enter text.](#)

### 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.](#)

**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**

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.](#)