



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

Event Information

General Information

Name of Host: Westbrook Seals Swimming
Name of Event: 7th Annual Sebago Challenge
Event Location: St. Joseph's College
City: Standish State: ME LMSC: MSI
Event Dates: 8/5/2018 through 8/5/2018
Length of Swim(s): 1K, 2.5K, 5K, and 10K
Dual Sanctioned with USA-Swimming: Yes

Key Event Personnel

Event Director: [Marcy Barrows Scharf](#) Phone: 207-310-3997 E-mail: marcy.barrows@gmail.com
Referee: [John Bliss](#) Phone: 207-252-8346 E-mail: jmbliss8@msn.com
Certified Safety Director: Jared Felker. Phone: 207-632-6914 E-mail: jfelker@sjcme.edu

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

Tentative date: 8/4/2018 Time: 5:00 p.m.

Tentative agenda: **Safety personnel:** *The technical meetings for all staff (race officials, safety officials, kayakers, lifeguards, meet support staff/volunteers, will be conducted at several meetings throughout June and July leading up to the event. Staff technical meetings must be attended in order to volunteer on race day. Course description and maps distributed, lifeguard, first responders, and safety monitor positions designated, communication devices distributed, start and finish procedures, turn buoys, intermediate buoys, all safety craft accounted for, athlete accountability procedure, EMT locations, first aid location, distressed swimmer/emergency situation evacuation, on site medical care and feeding stations designated.*

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

Tentative date: 8/5/2018 Time: 7:00 a.m.

Tentative agenda: **Swimmers:** *Course description (posters displayed), details of safety policy, location of safety personnel, and start/finish procedures. Swimmers should be ready to swim before the briefing begins.*

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 3ft to: 22ft

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: *Cumberland County Sheriff's Office Marine Patrol plus Inland Fisheries and Wildlife and meet staff in BMW.* How to contact during event: Cell phones and radios

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): *There are no known dangerous marine life in the Sebago Lake area. This is a freshwater recreational lake that also serves as the fresh water supply to Southern Maine. The swim area is along the shore line; however, waves can rise to 2-3 feet with chop depending on wind speed and direction.*

How is the course marked?

- Turn buoy(s): Height(s) **48" x 32"** Color(s) orange Shape(s) round
- Guide buoy(s): Height(s) **Barrier buoys 48" x 32; 1K course 18"**. Color(s) yellow Shape(s) round

Approximate Distance between Guide buoys: See below

Start - Green Buoy	43.830145,-70.494918
Orange Buoy 1 K Turn Around	43.830438,-70.494719
Orange Buoy 2.5K 2nd Turn	43.837639,-70.488632
Orange Buoy 2.5K 3rd Turn	43.837482,-70.487455
Orange Buoy 1st Marker 1K	43.829113,-70.490513
Orange Buoy 2nd Marker 1K	43.829787,-70.492749
Yellow Buoy 1st Marker 2.5K	43.831532,-70.493757
Yellow Buoy 2nd Marker 2.5K	43.834018,-70.491686
Yellow Buoy 3rd Marker 2.5K	43.836517,-70.489634
Yellow Buoy 4th Marker 2.5K	43.833939,-70.488057
Yellow Buoy 5th Marker 2.5K	43.831083,-70.488533

Number of Feeding Stations: 1

Type of structure(s) used as feeding station(s): *Our feeding station will be on a boat along the straight-away coming into the finish.*

Number of people the structure(s) can safely hold: 15

Water & Air Temperatures

Expected air temp range: **60F degrees F to 80F** Expected water temp range: **Between 70F and 80F**
 Wetsuits: Not allowed

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.

State Park officials monitor water quality on a regular basis, as Sebago Lake is the primary source of water for a large portion of Southern Maine cities and towns.

Water quality information can be accessed here:

<https://www.lakesofmaine.org/lake-water-quality.html?m=5786>

Please refer to data from Testing Station #1.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: *Cathy Gosselin (207) 756-2374*, 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? 4

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 10

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. **The St. Joseph's College Gymnasium will serve as the first aid site. There will also be emergency staff available on the beach at the starting area.**

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: *Cumberland County Sheriff's Office Marine Patrol, Northeast Mobile Health Services, plus Inland Fisheries and Wildlife.*

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

Closest medical facility: Maine Medical Center (Portland, ME)

Phone: 207-662-0111

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 38 minutes

Watercraft

Motorized Watercraft: 3 total: *Cumberland County Sheriff's Office Marine Patrol Rescue Boat, and two motorized boats supplied by the host team. Each team motorized support boat will have a swimmer monitor on board.*

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): *1*
- 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: 0
- With impeller motor (jet ski, jet boat): 0
- Anchored from start to finish: 0

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: 3 Non-motorized: 0
 - 2nd Responders: Motorized: **0** Non-motorized: **10**
- Watercraft for race officials: Motorized: 0 Non-motorized: 2
- Watercraft for race supervision: Motorized: 0 Non-motorized: 5-10
- Watercraft for feeding stations: Motorized: 1 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: n/a

Emergency Signal Flag Color for all watercraft: Red and Yellow Flags

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: **Numbers are written on shoulders, hands and caps with a sharpie.**

Describe method of electronic identification of swimmer (Recommended): Electronic chip and start and finish line to activate/deactivate timer. Live results screen and internet results. Kiosk at finish for results. The electronic timing system will let the clerk of course know if an athlete did not start the race or reach the finish line.

Describe different bright cap colors for various divisions (Recommended): Each event cap is colored differently; **1K green, 2.5K yellow, 5K red, 10K blue.**

Describe method of accounting for all swimmers before, during and after swim(s): ***Check-in and event day registrations will be completed by 7:45am. A complete list (number) of athletes in each event (1K, 2.5K, 5K, and 10K) will be verified by the Clerk of Course, Timing and Event Services, Head Timer, and Head Lifeguard who will relay that information to the Head Referee, Start and Finish Judge, and officials on the water. Athletes are***

marked upon check-in and receive their race packet which includes a pre-marked cap as well as electronic Bib/chips. Following the safety briefing (8am) all athletes will proceed to the Start/Finish line. Each of the events will be started consecutively beginning with the 10K followed by the 5K, 2.5K then 1K., with two waves each, male then female. All waves will be spaced by 5 minutes. The athletes will be checked in as they enter the start area against the wave roster. No other swimmers will be allowed in this area until their designated wave is called. During the race, the Head Lifeguard will be updated on the number of swimmers making the turn at the 1K and 2.5K buoys. This will be done by the race officials at each turn. The Head Lifeguard will confirm that information with the Head Referee and the Start/Finish Judge. Upon completion of the race, the athletes will be sorted by the finish judge and order of finish determined. The athlete will proceed through the finish chute and give their name, race number, and order of finish to the Recorder. The Recorder will provide regular updates to the Meet Referee of number of swimmers still on the course until all swimmers are accounted for. The Meet Referee will relay the count of swimmers still on the course to the Head Lifeguard.

Describe method of accounting for swimmers who do not finish: *The support staff (lifeguard/official/spotter) will notify the Head Lifeguard of the athlete and the number of the athlete will be relayed to the Meet Referee who will contact the Recorder/Clerk of Course on the beach and/or medical personnel. The athlete will be taken to the beach by way of support craft or lifeguard boat and treated by medical staff if necessary. * If an electronic timing system is used the day of the race, individual athlete identification will be used to mark the start and finish of each athlete. Otherwise the identification system mentioned above will be used as the sole method of athlete accountability.*

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. *The warm up area is located to the left of the start area in the swim area marked by the State Park. Lifeguards will be on site during this warm up time period. Each wave will be allowed to warm up in front of the start line provided they stay within the 25 yard finish chute. The ready whistle will be blown to alert the swimmers to return to the start line one minute prior to the start of the wave. Swimmers will also be able to access the Saint Joseph's College indoor 25 yard pool before and after the race for warm-up/ warm-down.*

Swimmer Management

Maximum number of swimmers on course at a time: 350

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? *Online registration for this event ends at 11:59 p.m. EST on July 22, 2018. In the event that we haven't reached capacity (350 swimmers), we will allow for race-day registrations. Registrations will be closely monitored. Once 350 registrants have been confirmed, no additional registrations will be accepted. All event-day registrations will be completed by 7:45am. Anyone attempting to register after this time, will be turned away. Race day entries will require a one-day event registration with USA or USM Swimming.*

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? *The lifeguards are located at the Start/Finish line, spaced evenly along the course in kayaks, and in three motorized boats. The boats are located along the perimeter of the course and within the Cub Cove area of the course.*

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? *The ambulance crew is located in the picnic area/first aid station and the start/finish line. Once a safety issue is identified by an observation kayaker or lifeguard in kayak, the kayaker will raise his/her oar perpendicular to signal assistance is required. At this time the nearest lifeguard will approach to scene and assess the situation. If additional help is needed, the fire rescue boat will be contacted to render assistance. The distressed swimmer will be transported by either the lifeguard boat or fire rescue boat to the first aid station. The ambulance crew and EMTs will be notified by radio en route.*

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? *If insufficient safety personnel/craft are available on race day, each event will be swum separately, which will*

minimize the number of swimmers in the water at a time. Depending on the effect of delays on the overall timeline, some events may be cancelled.

Describe your missing swimmer plan: *Announcements will be made on PA in the picnic area. All staff and athletes will be asked to search all buildings, parking lot, and the beach area for the missing athlete. If the numbers entering the water and exiting the water are different and cannot be accounted for, the Raymond Fire Rescue will be notified, as well as the Casco Police. At this point the search efforts will be turned over to the search and rescue team.*

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: *Incoming Storm: Boaters and kayakers will immediately direct swimmers to exit the water at the nearest shore area. Swimmers will then be instructed to walk back to the tented area and check in with the Clerk of the Course. All participants and spectators will take shelter in these facilities, or proceed to their vehicle and depart.*

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: *All participants will be directed to first check in with the Clerk of Course before departure, then proceed to their vehicles and depart.*

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

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: Shorten swim(s) or institute/shorten time limits. Since this is a lake swim in August, water temps should not pose a problem.

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 what extra listed items you will provide: Bring in more volunteers to assist medical personnel. Increase warm beverages before the swim and at feeding stations. Make warm showers available on-site.

Comment on how you will be prepared to care for multiple medical issues: **The St. Joseph's College Gymnasium will serve as the first aid site. We will work with emergency medical staff as directed to assign medical issues to the appropriate area. There will also be emergency staff available on the beach at the starting area. The Cumberland County Sheriff's Office Marine Patrol, Northeast Mobile Health Services, plus Inland Fisheries and Wildlife, Lifeguards and volunteers will all be on hand to assist.**

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

Shorten swim(s) or institute/shorten time limits. Or Cancel Swims, if needed. Since this is a lake swim in August, water temps should not pose a problem.

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: Emphasize & stress on entry information of possible warm water swim conditions.

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: Shorten swim(s) or institute/shorten time limits. Remind all participants to stay well hydrated/provide water for athletes, medical professionals and volunteers.

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 what extra listed items you will need to provide: Increase cool beverages before, during and after the swim (for swimmers and staff, including iced beverages on watercraft and feeding stations). We will increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles. Make cool showers available on-site.

Comment on how you will be prepared to care for multiple medical issues: The St. Joseph's College Gymnasium will serve as the first aid site. We will work with emergency medical staff as directed to assign medical issues to the appropriate area. There will also be emergency staff available on the beach at the starting area. *The Cumberland County Sheriff's Office Marine Patrol, Northeast Mobile Health Services, plus Inland Fisheries and Wildlife, Lifeguards and volunteers will all be on hand to assist.*

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

Yes.

Sebago Challenge Course Map



Green Buoy - Start and Finish

1K - Start, orange buoys on right, turn at 3rd orange buoy, return to green buoy

2.5K - Start, orange buoys on right, at 3rd orange proceed to yellow, keep yellow on right, turn at orange, keep yellow on right while returning to green

5K - Same as 2.5K but swim course twice