



## **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](mailto:wfroach@att.net) or 317-989-3164.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: Milwaukee Water Commons  
Name of Event: Cream City Classic  
Event Location: Milwaukee River  
City: Milwaukee State: WI LMSC: LMSC Abrv.  
Event Dates: 8/11/2018 through 8/11/2018  
Length of Swim(s): 1.5 miles  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: Kirsten Shead Phone: 414-303-0375 E-mail: kshead@milwaukeewatercommons.org  
Referee: Joe Fitzgerald Phone: 414-526-1575 E-mail: jfitzgerald@milwaukeewatercommons.org  
Certified Safety Director: Beth Clark Phone: 262-442-3771 E-mail: bethclark1122@yahoo.com

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

Tentative date: 8/11/2018 Time: 7:00 am.

Tentative agenda: The pre-race safety meeting will take place on August 11, 2018 at 7am. In the case of the need to use the event's rain date, it will take place on August 18, 2017 at 7a. The race director, safety director, safety personnel (EMS, lifeguards) as well as all volunteers stationed on the dock and on the water (kayakers, safety launch crew) will attend the meeting.

*Tentative agenda.*

The following information will be reviewed during the pre-race safety meeting:

#### 1. Roles of Support Staff and Craft

- The role of the US Coast Guard Sector Lake Michigan and/or the Milwaukee Police Boat to restrict boat traffic during the event. At least one motorized craft will be assigned to this role per availability. The Milwaukee Riverkeeper Patrol Boat will also be mobilized to assist as needed.
- An EMT, provided by Paratech Ambulance Service will be at the race site. They will be stationed on a dock immediately adjacent to the race start and finish site.
- A minimum of 6 safety kayakers to accompany the swimmers. These volunteers will be in kayaks, and will be assigned to zones of responsibility (see below).

- The US Coast Guard vessel(s) will serve as the Safety Launch/Evacuation Craft. The Milwaukee Riverkeeper Patrol Boat can hold additional volunteers and safety personnel as needed.
- A minimum of 8 total lifeguards onsite (on land and in boats). This includes US Coast Guard personnel and the Race Safety Director.
- The Race Director will be positioned at the Race Start and Finish Location, which are the same.

## **2. Review of Briefing Information: Emergency procedures, water conditions, any known hazards**

- Swimmers are required to wear the fluorescent caps as provided by the race organizer. In the case of a latex allergy, this requirement will be waived safely due to the additional provision of timing chips and body marking.
- Swimmers are briefed on the course, conditions, temperature, water quality, start and finish, and emergency procedures.
- Swimmers are told to raise their hand, wave and yell if they need assistance.
- A safety kayaker and lifeguard will respond and provide assistance rescuing the swimmer or will guide the swimmer to a shoreline evacuation point.
- The kayaker will signal for assistance to a Safety Boat, if needed. All Safety Boats and the Race Director and Safety Director will have marine radios so they will be able to communicate.
- If necessary, any of the Safety Boats will take the person onboard and return to dock for medical assistance, if necessary.
- Should it be necessary to cancel the race after it has begun due to weather or other conditions, the Race Director will notify the Safety Director, and all Safety Boats via marine radio and/or cell phone.
- The Safety Boats will assist with notifying the safety kayakers to clear the water.
- The safety kayakers will blow their whistles for a prolonged period and will sound their air horns.
- They will guide the swimmers to the dock or the closest shore.
- A headcount will be conducted as the swimmers arrive.
- Neither warm up nor warm down is allowed.
- In case swimmers need non-emergency medical assistance, they will be directed to Columbia St. Mary's on 2301 North Lake Drive, a 2.5 miles away from the race site.
- Swimmers are checked in and checked out to make sure everybody is accounted for after the race. This will be facilitated in part by electronic chip timing.
- Swimmers will pass under a checkpoint upon entry to be checked in.

- They will exit from the race course via tagging to finish line timing pad to be checked out.
- They will return their timing chips to be racked in order by race number to augment ability to account for each swimmer.
- A cut-off time of forty-five minutes to round the half way point buoy (near St. Paul Avenue) will be established. Swimmers who do not meet the cut-off time will be escorted to a shoreline evacuation point.
- Additionally, the race director or safety boat personnel have full discretion to pull swimmers from the water who pose a safety risk or who do not appear able to complete the race course in a reasonable amount of time.
- Kayakers and lifeguards will be equipped with whistles and cell phones in order to communicate with the Safety Boats and shore (Race Director, Safety Director).
- A P/A system is available for announcements.
- Paratech Ambulance, US Coast Guard Boats, the Riverkeeper Boat, and Milwaukee Police Boat will communicate via radio.
- Only authorized personnel and volunteers are allowed on the River Dock during the duration of the race.

**3. The following information will be specifically reviewed with kayakers and lifeguards (who will be placed on safety boats). It will be provided to them prior to race day such that they can review the included links. It will also be covered during the Pre-Race Safety Meeting.**

- Familiarize yourself with the race course - a map is available at the end of this document. The race is a Roundtrip-upstream and downstream “L” that starts and ends at the River Dock between Hansen’s Landing and Harbor Front Condominiums.
- Swimmers have been instructed to wave and shout if they need help. **However, it is not always the case that a distressed swimmer can do so!** Someone in trouble may be spending all their energy simply trying to keep their head above water.
- If you find a swimmer in need of removal from the water, blow your whistle continuously until a lifeguard (in the case that you do not have one with you) and/or Safety Boat arrives.
- Lifeguards (a minimum of 8) are to be positioned as follows:
  - One on dock at race start/finish
  - One at the mid-way point dock (Near St. Paul Avenue)
  - One at the intersection of Erie St. & Water St., which is roughly the halfway point of the first leg of the race in between the start and turn around point.
  - Two on each safety boat (the Riverkeeper, Marine Police and Coast Guard)
- Kayakers will be assigned to zones of responsibility. Roles will be assigned prior to race day by the Certified Safety Director and Race Director.

- One kayaker assigned to assist stragglers. Specific job will be to ensure the back pack of swimmers have cleared each buoy.
- Any additional kayakers (1-2) in addition to those assigned to these roles will be located centrally on the race course and will move through the course along with the swimmers.
- Swimmers may occasionally veer off course. As necessary get into their field of view (notice which side they breathe from) and direct them back to the course. Kayakers should do their best not to leave their zones of responsibility when assisting with swimmer navigation. They should only assist with swimmer navigation when a swimmer is clearly veering out of the race course.
- In the unlikely event that the race is cancelled due to lightning or other weather issues, you will be informed by the safety boats. Continuously blow your whistles.
- Direct swimmers to immediately return to the dock. Immediately thereafter, return to dock yourself and seek shelter.
- Kayakers should remain in their zones of responsibility for the duration of the event, with the exception of the kayaker assigned to assist stragglers. As previously stated, these volunteers will monitor the back of each group to ensure that no swimmers are left unmonitored at the back of the field of competitors.
- Kayakers may also leave their initially assigned zone once it is fully clear that all swimmers have passed through the zone. They may then proceed to assist in monitoring the subsequent zones/ the end of the race course.

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

Tentative date: 8/11/2018

Time: 7:40 AM

Tentative agenda: see below

**All swimmers will be briefed on the following safety considerations and requirements:**

- Swimmers are required to wear the fluorescent caps provided by the race organizer.
- Swimmers should have their timing chips firmly attached to their ankles. A fee will be assessed for lost chips.
- All swimmers pass through a checkpoint to enter the race course (positive check in) and must tag the finish line upon completing the swim course (in-water finish) and exit through another checkpoint.
- Body marking should be completed for each swimmer (hand and upper arm if no wetsuit, hand only if wetsuit) prior to the race start and is mandatory. Caps will be numbered.
- A feet-first entry in to the water (or use of the dock ladder) is required.
- No diving.

- In water start with up to four self-seeded waves. Swimmers will submit approximate 1500 meter time at registration and faster swimmers will be strongly encouraged to swim in wave one. This will address safety concerns related to stronger swimmers overtaking/ colliding with slower swimmers as they pass. The waves will start 10 minutes apart.

- o Wave one swimmers must round the mid-way buoy by 8:45am

- o Wave two swimmers must round the mid-way buoy by 8:55am.

- o Wave three swimmers must round the mid-way buoy by 9:05am

- o Wave four swimmers must round the mid-way buoy by 9:15am.

- o Cut-off times will be strictly enforced and swimmers can also be pulled from the water per the discretion of the Race Director and/or Safety Director.

- Slower swimmers should take caution to start near the back of the group to avoid collisions/ unnecessary difficulty.

- Swimmers are briefed on the course, conditions, temperature, water quality, start and finish procedures (e.g. in water start, immediate exit from the water upon race completion) and emergency procedures.

- Raise your hand and wave and yell if you need assistance. A safety kayaker will respond and, if necessary, guide you to shore or away from other swimmers, where a Safety Boat can take you onboard and return you to the dock for medical assistance, if necessary.

- Should it be necessary to cancel the race after it has begun, the safety boaters will blow their whistles for a prolonged period and guide the swimmers to the dock or the closest shore. A headcount will be conducted as the swimmers arrive.

- Warm up and warm down are not allowed.

- In case swimmers need non-emergency medical assistance, they will be directed to Columbia St. Mary's Hospital on North Lake Drive, 2.5 miles from the race site.

- Swimmers will be checked in and checked out to make sure everybody is accounted for after the race via use of electronic chip time.

## **Course & Event Conditions**

### **The Course**

Body of water: River Water type: Fresh Water Water depth from: 15 to: 25 feet

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: US Coast Guard How to contact during event: Marine Radio Channel 16/9 or 414-747-7100

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): The Milwaukee River Cream City Classic 1.5 Mile Swim uses an in-water start and finish adjacent to the River Dock, where the water is relatively deep, to avoid any potential hazards at the bottom of the river. Swimmers are required to avoid diving off the dock to get to the starting line. There is no expectation of any interference or danger from marine life or of any significant impact of tides or currents on swimmer performance or safety. There is little to no current in the river. If river currents are at flood stage due to recent rains, the race will be cancelled or postponed, mainly due to possibility of woody debris or other hazards coming downstream.

How is the course marked?

- 1 Turn buoy(s): Height(s) Height 3 feet Color(s) Yellow Shape(s) Tetrahedron
- 5 Guide buoy(s): Height(s) Height 3 feet Color(s) Yellow Shape(s) Tetrahedron
- Approximate Distance between Guide buoys: We will have two guide buoys in each dog leg, evenly spaced, one buoy at the dog leg elbow and a turn buoy at the midway point (near St. Paul Avenue) for a total of 6 buoys.

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: 65-77 degrees F Expected water temp range: 68-73 Wetsuits: Optional

#### **USMS Water Temperature Index for sanctioned open water events:**

- Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is **REQUIRED**
- 57°F-60°F (Cold) - heat-retaining swimwear is required **or** a Thermal Plan for Cold Water Swims is **REQUIRED**
- 60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is **RECOMMENDED**
- 66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is **ENCOURAGED**
- 72°F-78°F (Cool) - No Thermal Plan required
- 78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.
- 82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is **RECOMMENDED**
- 85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is **REQUIRED**
- 87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held
- Over 95°F (Extremely hot) - Any swimming is ill-advised

**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.

Although the water quality of the Milwaukee River has improved significantly over the past decade, many sections of the river still experience bacterial concentration variability that often exceeds the swimming

standard. The variations in bacteria levels are typically tied to prior levels of rainfall. Our event is contingent upon water quality meeting high standards for safe swimming. We will test water quality two days before the race, in consultation with the McLellan Lab at the University of Wisconsin-Milwaukee and compare to state recreational use standards for bacteria. The race will only take place if the applicable state standards are met. In the case of heavy rainfall within 2 days, the event will be cancelled or postponed.

Debris and bottom sediment: The Milwaukee River 1.5 Mile Swim uses an in-water start and finish adjacent to the River dock, where the water is relatively deep, to avoid any potential hazards at the bottom of the river. Swimmers are required to avoid diving off the dock to get to the starting line.

## Event Safety

### Medical Personnel

Lead medical personnel (emergency trained) on site: Paratech Ambulance, 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? 2

We will have 2 EMTs as well as a minimum of 8 lifeguards. The US Coast Guard and Police Boat will also be available to help respond to any safety concerns or medical issues.

### First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 5 Number on land: 3

Indicate their location on the Race Plan Map.

One lifeguard will be posted at the Race Start/Finish, one will be posted at the mid-way point, and one at the turn around, and the remaining 5 lifeguards will be stationed on Safety Boats, which will include US Coast Guard, City of Milwaukee Marine Police, and the Milwaukee Riverkeeper Vessel. Safety kayakers will be assigned zones—there will be a minimum of 6 safety kayakers stretched over the race course, with one kayaker dedicated to following stragglers.

### 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. EMS (2 EMTs) along with an ambulance will be on-site. In case swimmers need non-emergency medical assistance, they will be directed to Columbia St. Mary's Hospital, 2.5 miles from the race site. EMS will be located on the shore of the river, approximately 40 feet from the River Dock. The River Dock appears in the aerial view of the course as depicted in the map, and the EMS will be located in a parking lot across the street.

### Ambulance/Emergency Transportation & Nearby Medical Facilities



Ambulance(s) onsite: Paratech Ambulance On Call:

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

Closest medical facility: Columbia St. Mary's Hospital Phone: 414-291-1000

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 10 minutes

## Watercraft

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: 0
- With impeller motor (jet ski, jet boat): 0
- Anchored from start to finish: 0

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized: 0
  - 2nd Responders: Motorized: 1 Non-motorized: 6 kayakers
- Watercraft for race officials: Motorized: 1 (Riverkeeper) Non-motorized: 0
- Watercraft for race supervision: Motorized: 1 (Police) Non-motorized: 6 kayakers
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: NA

Emergency Signal Flag Color for all watercraft: Orange

## Communications

Primary method between event officials: Cell Phone Secondary method: Radio

Primary method between medical personnel, first responders & safety craft: Cell Phone

Secondary method: Radio (separate channel from Meet Officials)

## Swimmer Counting & Accountability

Describe method of swimmer body numbering: • Volunteers will be recruited to mark all swimmers at check-in with their respective race numbers. • Caps will be numbered to match body marking. • Upper arms as well as

hands will be marked with use of a permanent marker. • Hands only will be marked for those swimmers wearing full wetsuits.

Describe method of electronic identification of swimmer (Recommended): timing chip system

Describe different bright cap colors for various divisions (Recommended): • Fluorescent blue, orange and yellow caps will be provided to all swimmers and will be assigned based on waves. Caps will be marked with race numbers.

Describe method of accounting for all swimmers before, during and after swim(s): • A positive check-in/ out system will be strictly enforced at the beginning and at the conclusion of the race. • Swimmers will check in prior to entering the race course via the River Dock walking through the checkpoint• This will provide an accurate list of swimmers who enters the water. • Upon the conclusion of the race, all swimmers will be required to swim past a finish buoy and tag a timing pad with the hand • Volunteers will then guide them to exit the water at a single ladder and check out with a volunteer via returning racking their timing chips. • Swimmers will not be allowed to enter the water during the event for warm-up or warm-down. • As back up to the use of electronic timing chips to facilitate accounting for swimmers, volunteers will manually count swimmers as they enter the dock/ water and as they exit the race course

Describe method of accounting for swimmers who do not finish: • If a swimmer is unable to finish the race, they will be escorted/ assisted to the River Dock via either the motorized support craft or via assistance of a kayaker and lifeguard, depending on the nature of the difficulty. • Positive check-out will then be achieved via registering with the race volunteer staff that the swimmer has in fact been accounted for. • A time of “DNF” will be recorded for the swimmer by the timing crew. • The timing chip will be returned to the race staff and organized via racking it with its corresponding number.

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Due to the nature of the event, river and course, neither a warm-up period nor a warm-down period are permissible in order to maximize safety. Swimmers will enter the water using a feet first jump and will swim to the start buoy to await the beginning of the race, but only upon receiving official clearance from the announcer. This short, ~200 yard swim from the water entry point (River Dock) to the starting buoy can be used as a brief warm-up should swimmers feel the need to briefly adjust to the water temperature.

### **Swimmer Management**

Maximum number of swimmers on course at a time: 200

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 registration or bandits; therefore, not applicable.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Lifeguards will be positioned in kayaks and assigned to zones of responsibility (at regular intervals between race buoys). Please see above regarding additional information in terms of how lifeguards will be instructed to patrol the swim course and as to how kayakers will be trained to guide swimmers to remain within the boundaries of the course

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Swimmers are told to raise their hand and wave and yell if they need assistance. However, this will not always be possible for the swimmer to accomplish in the case of a true emergency. Regardless, a safety kayaker will respond immediately to any emergency/ sign of a struggling swimmer and, if necessary, guide the swimmer either to shore or away

from other swimmers, where the Riverkeeper boat can take the person onboard and return to dock for medical assistance, if necessary. Should it be necessary to cancel the race after it has begun (due to a swimmer management or weather related issue), the safety boaters will blow their whistles for a prolonged period (single long whistle blast) and guide the swimmers to the dock or the closest shore. A headcount will be conducted as the swimmers arrive.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? • The race will not be held should extenuating circumstances lead to insufficient availability of safety personnel/ craft on race day.

Describe your missing swimmer plan: • Should it be determined at any time during the event that a swimmer might be missing, the emergency action plan will be implemented which will include clearing the course with a single, long whistle blast as well as via the sounding of air horns (as described above). • Positive check-in will have been completed, and positive check out will be completed in full as swimmers exit the water. • Then, a search will be conducted per the specific standards of the American Red Cross lifeguarding curriculum/ guidelines. EMS and the Marine Police, as well as the Coast Guard, will be present and involved. • Emergency contacts for the missing swimmer will be called (this information is collected at registration).

### **Severe Weather Plan**

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

Describe your plan for severe weather or natural disaster: • In the case of severe weather, the race course will be cleared of swimmers as quickly as possible under the direction of kayakers (volunteer paddlers + lifeguards) and the motorized craft via a single, long whistle blast. • Lifeguards and kayakers will be instructed as follows: o “In the unlikely event that the race is cancelled due to lightning you will be informed by the safety launch and are to continuously blow your whistles and direct swimmers to immediately return to the dock. Thereafter immediately return to dock yourself and seek shelter.”

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: All swimmers, lifeguards and kayakers will access the course for entry and exit via designated river dock (such as to adhere to use of a positive check-in/ check-out system and to maximize safety). Should the greater site need to be evacuated, participants will be directed to local establishments and to Columbia St. Mary’s in the case of a true, severe emergency.

## **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: 1.Emphasize & stress on entry information of possible cold water swim conditions. 2.Require prior cold water swim experience

### **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: At 57-60 we shorten the race by ½ and require wetsuits. At 57 degrees or below the race is cancelled.

### **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 warm beverages after the swim.
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: Bring in more volunteers to assist medical personnel. Increase warm beverages after the swim.

Comment on how you will be prepared to care for multiple medical issues: EMTs, Coast Guard, and Milwaukee Marine Police will solicit more first responders as needed.

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: Not Applicable

### 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.](#)