

Open Water Safety Plan Application

Event Information

General Information

Name of Host: Michael S. Carlson
Name of Event: 2018 ENDLESS SUMMER BEACH SWIM
Event Location: Marquette Beach
City: Gary State: In. LMSC:Indiana
Event Dates: 8/18/2018 through 8/18/2018
Length of Swim(s): 1.2 mile or 2.4 mile (IRON MAN LENGTHS)
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Director(s): Rachel Rivera, Matt Lee
Event Director: Rachel Rivera Phone: 219-263-8655 E-mail: rachelrivera1@gmail.com
Referee: Matt Lee Phone: 219-902-6734 E-mail: matthewalee@comcast.net
Certified Safety Director: Mike Carlson Phone: 219-793-6123 E-mail: 1mcarlson@comcast.net

Pre-Race Officials Meeting (required) all officials and safety personnel must attend

Tentative date: 8/17/2017 Time: 5:00 PM
Tentative agenda: **Discuss course, the expected weather, ensure all equipment is ready, specific jobs, and communications.**

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

Tentative date: 8/18/2017 Time: 8:00 AM
Tentative agenda: **Start/finish lines, referees, safety and water conditions.**

Course & Event Conditions

The Course

Body of water: **Lake** Water type: **Fresh Water** Water depth from: **0 to: 10'**

Course: Closed-only event watercraft allowed

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

Gary Fire Department patrols the swim only marked areas. DNR has permanent swim buoys set to mark swim course.

Agency name: **Gary Fire Department** How to contact during event: **219-660-0030 or 911**

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards) **Swim will not proceed if waves are above 4', if any hazardous swim conditions posted or present, chance of electrical storm, rip tides present or suspected, if water temps are below 60 degrees or above 85 degrees, or upon advice of Gary Rescue Divers, Event Director or Safety Director. In the past three years the water temperature has been between 77 and 79 degrees, wave heights 3' or below, wind speed average 12 knots, air temperature average 85 degrees. Water is usually clear (see bottom for most of swim). There is no known dangerous marine life present.**

How is the course marked?

- Turn buoy(s): **2-start and 1 finish-STRAIGHT LINE COURSE** Height(s) 48" Color(s) red Shape(s) balloon
- Guide buoy(s): Height(s) 39 Inches Color(s) White with Red Shape(s) Round
- Approximate Distance between Guide buoys: appx. 200 yards

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.](#)

Water & Air Temperatures

Expected air temp range: 80-90
Expected water temp range: 75-80

Expected water temp range: 75-80

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.

The safety director of the event will contact City of Gary Parks department and obtain the current water quality report. The Gary Aquatics director keeps these files and may be contacted at 219-886-7099 ext. 6913. If water quality would normally keep the beaches closed, swim will be cancelled.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: **Gary EMS Assistant Chief James Morris , 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: 4-8 Number on land: 2-8

Indicate their location on the Race Plan Map.

On-site 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. See maps below. Ambulance will be stationed near swimmers, Fire Rescue ATV to be on patrol at all times.

Ambulance/Emergency Transportation

Ambulance(s) onsite: 911/via F.D. Water Rescue radio on site On Call: 219-881-5285

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

Nearby Medical Facilities

Closest medical facility: Gary Methodist Hospital Phone: (219) 886-4000

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

Distance to closest medical facility: 5-10 miles Approximate transport time: 15 min by ambulance

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2+
- Owned/operated by volunteers or hired individuals: 0

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): Number
- Anchored from start to finish: Number

Allocation of Watercraft:

- Safety Watercraft: 2+
 - 1st Responders: Motorized: 2 Non-motorized: ?

- 2nd Responders: Motorized: **0** Non-motorized: **2+**
- Watercraft for race officials: Motorized: **0** Non-motorized: **0**
- Watercraft for race supervision: Motorized: **0** Non-motorized: **2+**
- Watercraft for feeding stations: Motorized: **0** Non-motorized: **0**
- Watercraft for escorted events: Motorized: **0** Non-motorized: **2**
- Other event watercraft: **kayaks/paddleboards.**

Note-the course allows “Beach Observers” to observe the entire course. Beach observers will be in pairs with understanding that only one may enter water at any time. Gary Water Rescue and Dive teams have been on-site the past 3 years we hosted. They have provided 2 jet-skis and RIB for water deployment depending upon number of swimmers. Gary F.D. has also provided and manned an All-Terrain vehicle that they used to patrol up and down beach and communicate with officers in the water-craft. Event supervisors and referees are able to view the entire course by walking with groups of swimmers. Last year Indiana DNR did show, unannounced prior to start and patrolled waters outside the swim area to ensure a safe course. Gary Aquatics director can supply additional Kayakers from her Kayak club as needed.

Emergency Signal Flag Color for all watercraft: **Red/whistles also to be used**

Communications

Primary method between event officials: Cell Phone Secondary method: Megaphone/Bullhorn

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: **Perm. Marker- On arm and on cap**

Describe method of electronic identification of swimmer (Recommended):**Swimmers will use chips.**

Describe different bright cap colors for various divisions (Recommended):**Will use bright Red/White/Orange/Yellow caps to designate Heat and Event. Swimmer number will be written on cap at entrance/check-in**

Describe method of accounting for all swimmers before, during and after swim(s): **At check-in swimmers will be given cap, chip, and marked with number. At the start-line (after safety meeting) the current heat and event swimmers will be individually checked in at the start line. Chip numbers should be registered electronically, those will be confirmed with written check in sheet. The lead beach safety walker/pair will hand carry the written registration to the finish line and handed off to the Finish recorder. Numbers will be monitored during swim (see DNF below). As swimmers exit the water thru the Exit corridor flags they will cross over the finish timing mat where they are electronically recorded. The finish timer/recorder will also record the final stop watch time and the arm number of swimmer. At end of heat the recorder will compare recorded swimmer with the electronic recording. Swimmers will be informed that they are to remove their swim cap at the finish line and drop into a box placed at the finish line. Those caps will be inventoried. If a swimmer is not recorded as finished or has not been recorded as a “DNF” in course by any official any heats not started will be held in place. A complete search will be conducted by all persons on course and on beach! The event will not be cleared and declared finished until ALL swimmers that entered water are accounted for.**

Describe method of accounting for swimmers who do not finish: **Swimmers will be informed at the safety meeting that if for any reason they need to exit the water they are required to remove cap and give it to a meet official or safety official walking the course. That person will immediately contact the finish line recorder and give the name and number of the swimmer that “DNF”. The cap will be brought down to the finish line recorder, marked with DNF along with the timing chip and placed into the box.**

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 will be done at the start area 15 minutes before the heat east of the start flags. This area is City Lifeguarded. Warm-down will only be allowed west of finish line in City Lifeguarded area.**

Swimmer Management

Maximum number of swimmers on course at a time: **60**

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? **We will only accept online entries. Entry date will close 10 days prior to event. I plan on having at least 1 safety observer and 1 course referee per 20 swimmers. This does not include the starting referee, swimmer monitors, finish line recorder.**

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? **At the start of each heat, one pair of “safety observers will start with the fastest swimmers and will walk along with that heat up front monitoring the swimmers. After the last of the heat enters a second pair of “safety observers” will follow the slowest swimmers to the finish line. The course, because of the beach, allows all 4 to monitor the entire heat. On the outside of the course will be patrolled by both non-motorized kayaker/paddle board and Gary F.D. Rescue Dive boats. Along with the water patrol and “beach walkers” Gary F.D. All-Terrain Vehicle will patrol the entire course. There may also be stationary life guards seated in current Life-Guard stations along the course. We will have start intervals of heats of 15 minutes which will allow first finisher “safety observers” to pick up anywhere in course that may be needed to provide continuous monitoring of all heats/swimmers.**

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? **Swimmers will be informed to use the universal hand in air during the pre-swim safety briefing. All safety monitors including Gary Rescue will be given the authority to pull any swimmer from the water if they feel that swimmer is struggling and may pose a hazard to him/her self or others. Weak swimmers will be encouraged to stay closer to the shore where they may stand if in trouble. If a troubled swimmer is spotted or assistance is required, either the beach observers or in-water safety monitors will FIRST using audible whistle alert entire course of a problem. If the water monitors are the closest they will assist the swimmer via boat, if the beach observer pair is closer ONLY one of the pair may enter the water with the Life Guard Red sling and provide assistance to the swimmer. Depending on the severity or nature of the incident either the Safety observer or the Gary Fire and Water rescue may ask the Gary EMS medics deploy to the scene. The swimmer, unfortunately, will be helped from the water up onto the beach, his name and number recorded and they will no longer participate. That persons Cap and Timing Chip will be removed and recorded as a “DNF”.**

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? **We will alter the heats to ensure we have ample personnel and craft for all the swimmers. If for some reason that cannot be accomplished the event will be cancelled. If the event happens to grow to over 100 swimmers, event director will ask for assistance from the City of Gary, His swim team for additional trained life guards, the DNR as well as Lake County Rescue dive team.**

Describe your missing swimmer plan: **If a swimmer is not recorded as finished or has not been recorded as a “DNF” in course by any official any heats not started will be held in place. A complete search will be conducted by all persons on course and on beach! The event will not be cleared and declared finished until ALL swimmers that entered water are accounted for. The safety director will immediately contact the on-site Gary Fire Department that a swimmer is missing and to be presumed lost in the water and a search conducted. Lake County Rescue Dive Team will also be contacted (2 rescue craft located one city over at East Chicago marina as well as the Coast Guard. During this time meet officials will ask that all spectators assist in the search by beach for the missing swimmer. Announcements will be continuously made via radio and bullhorn.**

Severe Weather Plan

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

Describe your severe weather plan: **Safety Director will be carrying and monitoring a waterproof marine NOAA radio provided by Michael Carlson. Upon any indication of severe weather, the chance of rip-tides, high waves or any other natural disaster the Safety Director will immediately contact all safety observers and Gary F.D. and all will begin clearing the course using watercraft, whistles, bull horns, portable air horns. Swimmers and spectators, depending where they are located, will be directed to the nearest safety shelter as described on the site evacuation plan. Once everyone has been evacuated, the Start and Finish recorders will then locate all swimmers that were in the water and provide a positive check-off on sheet and by cap.**

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: **The course will be a straight line, either 1.2 mile or 2.4 mile swim along the beach, within the DNR marked swim area. All swimmers will check in, 45 minutes prior to the start of the 1st heat at the Lake Street beach parking lot /start area. Swimmers will be given a colored cap with a permanent marker number, their arm will be marked, and a timing chip. Heats will be divided by entry time and distance with no more than 40 swimmers per heat depending on Safety to swimmer numbers. The fastest heat of the 1.2 mile distance will be started first followed by descending heats of slower swimmers for the 1.2 mile race. This will allow Safety observers/First Responders to double back and continuously monitor the entire course. Upon starting horn, swimmers will leave from the beach and into the water. Manual watches will be started at the 1.2-mile and 2.4-mile finish lines. Swimmers will wade out past the first inflatable buoy and or flagged poles, turn left and begin the swim west towards the finish line staying within the DNR swim buoys marking the outside of the course. The first pair of Safety Observers (walking) will take off with the fastest swimmers and will hand carry the Positive Check in List for that heat to the finish line. The second set of Safety Observers (walking) will follow the slowest of that heat. Both the Gary F.D. Rescue boats, Lake County Water Rescue and our provided kayakers and Paddle boarders will begin patrolling just outside the DNR swim buoys watching for any swimmers in distress and ensuring all swimmers stay on course. See map:**



The 1.2-mile swimmers will swim down the course towards the finish line of the event. This is marked by a large inflatable buoy. Swimmers will round the mark, turn south and walk out of the water crossing the electronic timing pad as well as being timed manually by stop watch and recorded

with their number. The swimmer will be instructed to remove their cap and chip and place into a container. HEATS WILL START IN 15 MINUTE INTERVALS AS NEEDED. The first set of Safety observers will walk back down the course if necessary and relieve the last set of Safety observers who will return down to the start line to pick-up the next heat. This will continue thru the entire event of all heats. There will be a 15 minute from last heat of the 1.2 mile event to start of the fastest heat of the 2.4 mile event. This is to prevent faster 2.4 mile swimmers from swimming over the slowest heat of the 1.2 mile swimmers. At the conclusion of the 1.2-mile event all safety observers will then distribute to the heats of the two mile heats. See below:



Again swimmers will swim to the finish line inflatable buoy, round the buoy and walk out of water and across the electronic timing mat. They will also be manually timed as back-up and recorded as finished. They will remove their numbered caps and timing chips and place in a collection area. When all swimmers of all heats and events are assumed finished then the finish line recorders will compare the electronic times, to the swimmer numbers to the placed caps and chips and ensure all swimmers have truly either been marked as out of the water or a “DNF”. If during this time there is a discrepancy ALL safety personnel will be notified, if the swimmer cannot be located out of the water, a lost swimmer alert will be sent and a search will begin. The Safety Director will also contact and work with the Lead Gary F.D. Water Rescue in contacting Lake County Indiana Rescue and Dive team and the USCG. IF during the event any safety observer has any concerns they will contact the Safety Director. If the either the Gary F.D. or Safety director feels it unsafe to continue the event a signal will be given (via Air Horn, radios and Whistles to remove all swimmers from the course. The swimmers will be directed to the nearest shelter and informed NOT TO LEAVE the event until cleared to do so. A head count will be taken, caps removed and recorded to ensure that all swimmers have been evacuated from the course.

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: **Weather updates will be posted and updated leading up to the day of the event. Event Director may allow or may make necessary wet-suits for the swim. At check in swimmers will again be informed of water and air temperatures and will be asked if they have ever done cold water swims. Suggestions will be made such as not swimming, using wet suits, swimming shorter distance, using ear plugs and double caps etc.**

What action will you take to reduce swimmer exposure to thermal issues:

The following methods are among the ways you can do this:

1. Cancel the swim(s).
2. Shorten swim(s) or institute/shorten time limits.
3. Encourage wetsuits for all swimmers.
4. Require wetsuits for all swimmers.

Explain your plan of action: **All of the above**

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: **Hot tea and coco, hot meals, warming centers.**

Comment on how you will be prepared to care for multiple medical issues: **Having Gary F.D., Gary EMS, and Lake County Police Rescue Dive, on site will allow us to have medical on scene. They can call for additional resources from multiple Fire and EMS stations located within the city as well as a hospital only 6 miles from the event. Beach has multiple entrances for emergency vehicles.**

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

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: **Weather updates will be posted and updated leading up to the day of the event. Event Director may DENY wet-suits for the swim. At check in swimmers will again be informed of water and air temperatures and will be asked if they have ever done warm water swims. Suggestions will be made such as not swimming, not using wet suits, swimming shorter distance, etc., all safety observers will be carrying at minimum 2 bottles of water for use along course. A briefing will be held about the symptoms of heat stress and heat stroke.**

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: **All of the above.**

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: Having Gary F.D. and Gary EMS on site will allow us to have medical on scene. They can call for additional resources from multiple Fire and EMS stations located within the city as well as a hospital only 6 miles from the event. Beach has multiple entrances for emergency vehicles.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues: Yes, however if water temperatures exceed 85 degrees the event will be cancelled!

Additional Photos:

