**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**

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## Event Information

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| **General Information** |

Name of Host: Redwood Coast Masters

Name of Event: Spring Lake Swims

Event Location: Spring Lake Park 393 Violetti rd

City: Santa Rosa State: CA LMSC: Pacific

Event Dates: 5/18/2019 through 5/18/2019

Length of Swim(s): 1 mile, 500m

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Lesley Pfeiffer Phone: 707-565-3080 E-mail: rdwoodmasters@yahoo.com

Referee: Bert Whitaker. Phone: 707-484-0230E-mail: rdwoodcoastopenwater@yahoo.com

Certified Safety Director: Lesley Pfeiffer Phone: 707-565-3080 E-mail: lesley.pfeiffer@sonoma-county.org

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 5/17/2019 Time: 4:00pm

Tentative agenda: Review the course, discuss any hazards, and discuss the wave starts and safety positions of the lifeguards.

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 5/18/2019 Time: 8:45am

Tentative agenda: Review Pacific Masters/USMS rules and safety information provided by Pacific Masters Swimming. Review the course and safety protocols for a distressed swimmer.

**Course & Event Conditions**

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| **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, indicate the agency used to control the traffic while swimmers are on the course.

 Agency name: Sonoma County Regional Parks How to contact during event: 18 Lincoln 2

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): The lake is a flood control reservoir. There are no expected hazards. While conducting the course set-up Friday evening before the Saturday swim, lifeguards will identify and or remove any hazards along the course.

How is the course marked?

* Turn buoy(s): Height(s) 5ft Color(s) orange Shape(s) cone
* Guide buoy(s): Height(s) 5ft Color(s) yellow Shape(s) sphere
* Approximate Distance between Guide buoys: 50m

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): Click here to describe feeding stations

Number of people the structure(s) can safely hold: Click here to enter number.

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| **Water & Air Temperatures** |

Expected air temp range: Deg. F 65-85 Expected water temp range: 65-73 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**

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| **USMS Water Temperature Measurement Procedure:** Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers’ meetings. |

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| **Water Quality** |
| It is recommended that one week before the event, check water quality. If results returned are inconsistent with the local governing body’s standards, notify swimmers who participated in the event of any known exposures post-race. If an exceptional event such as heavy rain or flooding affects the water quality, the Event Director, Referee, or Safety Director shall have the authority to postpone or cancel the race. It is recommended to take and retain water samples on race day and retain for reference. |

Regional Parks’ personnel will take a water sample the week of the swim and have it tested by public health. If there is any concern over race conditions, the event will be postponed or cancelled.

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Sonoma Life Support (BLS ambulance)

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? 7

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| **First Responders/Lifeguards & Monitors** |

Indicate the qualifications of the first responders: USLA

Number on course: 10 Number on land: 5

Indicate their location on the Race Plan Map.

| **Onsite Medical Care & Facilities** |
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Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. The first aid tent is located at the registration tent. The Ambulance is located directly in front of this tent and available to provide services when necessary.

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

Ambulance(s) onsite: TBD On Call: **000-000-0000**

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

Closest medical facility: St Josephs Hospital Phone: 707-546-3210

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

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

| **Watercraft** |
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Motorized Watercraft:

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

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 1 Non-motorized: 10

# 2nd Responders: Motorized: 0 Non-motorized: 0

* Watercraft for race officials: Motorized: 0 Non-motorized: 0
* Watercraft for race supervision: Motorized: 0 Non-motorized: 0
* Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
* Watercraft for escorted events: Motorized: 0 Non-motorized: 0
* Other event watercraft: 0

 Emergency Signal Flag Color for all watercraft: red

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| **Communications** |

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

Primary method between medical personnel, first responders & safety craft: Radio (separate channel from Meet Officials)

Secondary method: Megaphone/Bullhorn

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Left hand and arm

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

Describe different bright cap colors for various divisions (Recommended): 3-4 different cap colors for different waves

Describe method of accounting for all swimmers before, during and after swim(s): chip timing with any rescues recorded by timing service and monitored by lifeguards

Describe method of accounting for swimmers who do not finish: same

| **Warm-up/Warm-down Safety Plan** |
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Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated

watercraft. Swimmers will be allowed to warm up starting at 8am from the beach on the 500m course. 2-3 lifeguards will be stationed on the course with one on land.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 150

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 currently are lifeguarding the event with enough staff for up to 300 participants. In the past 20 years, we rarely have over 150. We feel confident we can accommodate any extra participants and if necessary would designate an additional wave of swimmers.

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 are all USLA trained open water lifeguards. They are competent in victim id and treatment of any swimmer in distress. There will be one lifeguard leading each wave flanked by at least 2 lifeguards, one trailing the last swimmer and one with the body of the wave. As swimmers finish, the lead lifeguard paddles back to a stationary position to continue to watch the majority of the swimmers in all the waves.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Lifeguards will be within close proximity to all swimmers and available to make a rescue. They will be using rescue boards or rescue kayak to get to a troubled swimmer. The rescue boat is available via hand signal from a lifeguard for rapid transport.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? If insufficient rescue personnel are available for the number of swimmers, Redwood Coast will either increase the number of waves to lessen the number of swimmers at a given time, or cancel the event prior. The lifeguards are hired through the host government agency and we do not foresee a safety personnel issue.

Describe your missing swimmer plan: If the missing swimmer was last seen in the water, lifeguards will activate the emergency action plan for a missing swimmer. They will alert emergency services and begin rescue techniques where the person was last seen. If the missing swimmer was last seen on land, then the lifeguards will begin to page for the person, check restrooms and try to contact the missing person via phone or family.

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| **Severe Weather Plan** |

Is a lightning detector or weather radio available on site? No

Describe your plan for severe weather or natural disaster: If there is severe weather, Redwood Coast Masters will cancel the event.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Certified Lifeguards will patrol the course. Park Rangers on duty are certified EMT's. The lifeguard and ranger staffs are equipped with a trauma bag and oxygen kit. The lifeguards will have direct contact with the ranger staff via radio. The ranger staff has direct contact with the Santa Rose Police Department and Sonoma County Dispatch. Sonoma Life Support Ambulance will be on site for the duration of the swim. We are also able to contact the helicopter ambulance, if an air lift were necessary. The Boston Whaler will be operated by a trained Sonoma County Regional Parks Lifeguard. The boat will remain on the interior of the circular course and respond to emergencies as needed. Lifeguards in surf skis (sorry if you know what they are but some do not – they are thinner kayaks used primarily by ocean and open water lifeguard for their speed) will lead the 3 waves of swimmers and be available for water rescue. A Sonoma County Regional Parks patrol boat with trained operator be monitoring the entire course and picking up swimmers that need assistance. If a swimmer is in need of assistance the lifeguard assists the swimmer. The patrol boat will then pick up the swimmer and return them to the start of the race. If there is a hazard and the course needs to be completely evacuated, an air horn will be sounded, and lifeguards will stop all swimmers and either assist, or have them return to the start of the course.

## Thermal Plan for Cold Water Swims

| **General Information** |
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| Thermal Plan for Cold Water Swims: USMS Rules for Open Water Swims state:302.2.2A (1) A swim shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.302.2.2A (2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.), unless a USMS-approved thermal plan is in place. |
| Remember that the average masters swimmer does little or no acclimatization to cold water, so even a small drop in water temperature—especially in the colder ranges—dramatically increases the odds of thermal issues: Cold Shock Response, Cold Incapacitation, Hypothermia, and Circum-rescue Collapse). Be Prepared! |
| - If your swim course has a remote chance of water temperature less than 60° F., you are **REQUIRED** to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event. - If your swim course has a chance of water temperature between 60° F & 66° F., a thermal plan is **RECOMMENDED**. - If your swim course has a chance of water temperature between 66° F & 72° F., a thermal plan is **ENCOURAGED**. |

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| **How will you assist swimmer preparation before the event:** |

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

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

2. Require prior cold water swim experience.

3. Require swimmer cold water preparation plan.

4. Refuse entry if swimmer is not acclimated to cold water swimming.

What method(s) of swimmer preparation will you take: Numbers 1 and 3

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

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

1. Cancel the swim(s).

2. Shorten swim(s) or institute/shorten time limits.

3. Encourage wetsuits for all swimmers.

4. Require wetsuits for all swimmers.

Explain your plan of action: We do not anticipate the water being colder than 60 degrees, however if so we will encourage wetsuit use and if below 55 degrees we will cancel the swim

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| **What extra medical care will you provide to mitigate & treat symptoms of thermal issues:** |

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

1. Bring in more emergency trained medical personnel and/or ambulances.

2. Bring in more volunteers to assist medical personnel.

3. Bring in more emergency craft and first responders on the course.

4. Increase warm beverages before the swim and at feeding stations.

5. Have special procedures (different than normal) for removing swimmers from the water & venue.
6. Increase warm beverages after the swim.

7. Increase thermal treatment gear (blankets, hot water bottles, etc.)

8. Make warm showers available on-site.

9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site.

10. Other: Specify

Specify what extra listed items you will provide: We would increase thermal treatment gear

Comment on how you will be prepared to care for multiple medical issues: We have a BLS ambulance stationed at the race and there are 4 other EMTs (in addition to the ambulance staff) with oxygen, a defibrillator and other medical supplies at the First Aid/Registration ten.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Yes, we will have thermal equipment ready

## Thermal Plan for Warm Water Swims

| **General Information** |
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| Thermal Plan for Warm Water Swims: USMS Rule 302.2.2A(3) for Open Water Swims states: “A swim of 5K or greater shall not begin if the water temperature exceeds 29.45° C. (85°F.). A swim of less than 5K shall not begin if the water temperature exceeds 31° C. (87.8°F.).” |
| Remember that the average masters swimmer does little or no acclimatization to warm water, so even a small increase in water temperature—especially in the warmer ranges—dramatically increases the odds of thermal issues: Dehydration, Heat Stroke, and Hyperthermia. Be Prepared! |
| - If your swim course has a chance of water temperature from 85° F to 87.8° F, you are **REQUIRED** to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event. - If your swim course has a chance of water temperature between 82° F & 85° F., a thermal plan is **RECOMMENDED**.  |

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| **How will you assist swimmer preparation before the event:** |

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

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

2. Require prior warm water swim experience.

3. Require swimmer warm water preparation plan.

What method(s) of swimmer preparation will you take: NA the water temp will not be above 85

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| **What action will you take to reduce swimmer, official, and staff exposure to heat-related issues:** |

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

1. Cancel the swim(s).

2. Shorten swim(s) or institute/shorten time limits.

3. Remind all participants to stay well hydrated.

4. Remind swimmers to select appropriate pace.

5. Make swim caps optional or use Lycra swim caps.

Explain your plan of action: NA

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| **What extra medical care will you provide to mitigate & treat symptoms of heat-related issues:** |

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

1. Bring in more emergency trained medical personnel and/or ambulances.

2. Bring in more volunteers to assist medical personnel.

3. Bring in more emergency craft and first responders on the course.

4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations)

5. Increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.)

6. Make cool showers available on-site.

7. Make shade and cooling facilities (buildings, tents, etc.) available on-site.

8. Other: Specify

Specify what extra listed items you will need to provide: NA

**Comment on how you will be prepared to care for multiple medical issues:** NA

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