

Open Water Safety Plan

Application Instructions

- Before applying for a USMS open water sanction, event hosts must review their event information and safety plans with their LMSC Sanctioning Officer. Upon approval from the LMSC Sanctioning Officer, the event host is then ready to apply for sanction.
- When applying for a USMS open water sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC) ON THIS APPLICATION through the online sanction process. We welcome additional supporting information—after all, many event hosts have developed extensive safety plans over years of hosting events—but everyone must submit this completed application to ensure that all pertinent points are covered in safety planning.
- Using a Google Earth map or equivalent, event hosts are also required to upload a map of the venue and course with the safety plan application. Maps must include locations of start & finish, guide & turn buoys, feeding stations, safety craft, lifeguards/first responders, on-site medical care, and evacuation points.
- In the best scenario, the Safety Director should assist the event host in the developing the event safety plan. If the Safety Director did not take part in developing of the safety plan (usually in the case of appointment after the sanction request or in the case of a substantially unchanged safety plan developed over years of experience), the event host must give the Safety Director a copy of the approved safety plan.
- Upon request, USMS OWCC David Miner will send you a copy of the approved safety plan. Contact David at openwateradvisor@usmastersswimming.org or 941-545-9709.

Open Water Safety Plan Application

Event Information

General Information

Name of Host: [TEAM NEW YORK AQUATICS](#)
Name of Event: [IGLA 2019 OPEN WATER SWIM](#)
Event Location: [CONEY ISLAND](#)
City: [BROOKLYN](#) State: [NYC](#) LMSC: [TNYA](#)
Event Dates: [06/29/2019 through 06/29/2019](#)
Length of Swim(s): [1 MILE](#)
Dual Sanctioned with USA-Swimming: [NO](#)

Key Event Personnel

Event Director: [MATT GURRY](#) Phone: [917-733-9435](#) E-mail: MATTGURRY@GMAIL.COM
Referee: [CURTIS NORDAHL, PR TIMING](#) Phone: [845-863-9595](#) E-mail: KURTISN119@GMAIL.COM
Certified Safety Director: [EDWIN ROBERTS](#) Phone: [917-414-2172](#) E-mail: EDWIN.ROBERTS@MAC.COM

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

Tentative date: [JUNE 29, 2019](#) Time: [7:00 AM](#)
Tentative agenda: [PERSONNEL INTRODUCTIONS, CHAIN OF COMMAND, COMMUNICATIONS PLAN, SWIMMER DISTRESS PROTOCOL, COURSE OVERVIEW](#)

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

Tentative date: [JUNE 29, 2019](#) Time: [7:30 AM](#)
Tentative agenda: [RACE COURSE OVERVIEW, DISTRESS PROTOCOL, WATER ENTRY/EXIT PROCEDURE, SIGHTING TIPS, COURSE CLOSURE TIME, AWARDS CEREMONY](#) [REMINDER](#)

Course & Event Conditions

The Course

Body of water: [NYC LOWER BAY](#) Water type: [SALT](#) Water depth from: [0'](#) to: [16'](#)

Course: [CLOSED COURSE. 1-MILE OUT-AND-BACK OVER A 0.5-MILE DISTANCE.](#)

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

Agency name: [Click here to enter agency.](#) How to contact during event: [Phone # or radio channel](#)

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): [CONEY ISLAND'S BEACHES ARE LOCATED IN THE NATURALLY PROTECTED LOWER HARBOR OF NYC. HIGH TIDE FOR 06/29/2019 WILL BE AT 5:30 AM, AND THE ENTIRE RACE WILL TAKE PLACE IN THE EBB TIDE. SWIMMERS WILL 0.5 MILE AGAINST THE CURRENT, TURN, AND RECEIVE A 0.5-MILE CURRENT ASSIST TO THE FINISH. CONEY ISLAND IS A WELL MAINTAINED NY PARKS PUBLIC BEACH. EVENT SAFETY VESSELS WILL SAFELY NAVIGATE SWIMMERS FROM THE KNOWN OBSTACLES OF OUR COURSE, WHICH INCLUDE ROCK JETTIES AND STEEPLECHASE PIER. WHILE THERE ARE NO KNOWN UNDERWATER HAZARDS AND MARINE LIFE SIGHTINGS ARE EXTREMELY RARE, ALL SWIMMERS HAVE BEEN ADVISED OF THE VARIABLES INHERENT TO SWIMMING IN ANY BODY OF OPEN WATER. \(TIDE SOURCE: <https://tides4fishing.com/us/new-york/coney-island>\)](#)

How is the course marked?

- Turn buoy(s): Height(s) [5'](#) Color(s) [ORANGE](#) Shape(s) [PYRAMID](#)
- Guide buoy(s): Height(s) [5'](#) Color(s) [ORANGE](#) Shape(s) [PYRAMID](#)
- Approximate Distance between Guide buoys: [< 0.25 MILE](#)

Number of Feeding Stations: [0](#)

Type of structure(s) used as feeding station(s): [N/A](#)

Number of people the structure(s) can safely hold: [N/A](#)

Water & Air Temperatures

Expected air temp range: [69°–80°F](#) Expected water temp range: [66°–72°F](#)

Wetsuits: [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.

THE NYC HEALTH DEPARTMENT MONITORS AND SURVEILS THE WATER QUALITY OF NYC BEACHES. BEGINNING THE WEEK BEFORE THE EVENT, THE RACE DIRECTOR WILL MONITOR THE NYC BEACH WATER QUALITY (<https://maps.nyc.gov/beach/>). OUR RACE WILL PROCEED SO LONG AS NYC HEALTH DETERMINES CONEY ISLAND BEACH SAFE FOR BATHERS

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: **EDWIN ROBERTS, EMS**

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?

SAFETY DIRECTOR WILL BE STATIONED AT THE START/FINISH. CONEY ISLAND HOSPITAL EMT (AMBULANCE) WILL BE STATIONED AT THE STAGING VENUE/LAND HQ, KITCHEN 21. ONE LIFEGUARD WILL BE POSITIONED ON EACH OF 2 SAFETY VESSELS, AND 2 MORE LIFEGUARDS WILL BE POSITIONED ON THE BEACH ALONG THE RACE COURSE.

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: NYC PARKS LIFEGUARDS

Number on course: **2**

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. **EVENT SAFETY DIRECTOR WILL BE STATIONED AT START/ FINISH. EMT WILL BE STATIONED AT START/FINISH, WITH AMBULANCE STATIONED AT MCU PARK (BASEBALL STADIUM) PARKING LOT. LIFEGUARDS WILL BE STATIONED ON BOTH SAFETY VESSELS (WATER) AND ON THE BEACH ALONG RACE COURSE (LAND).**

EMT WILL PROVIDE FIRST AID ON SITE WITH AMBULANCE AS BACKUP. HEATING/COOLING FACILITY WILL BE LAND HQ, KITCHEN 21 JUST WEST OF RACE COURSE.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: **INSTACARE EMS** On Call: **516-434-0606**

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

Closest medical facility: **CONEY ISLAND HOSPITAL** Phone: **718-616-4327**

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

Distance to closest medical facility: **1.9 MILES** Approximate transport time: **11 MINUTES (GOOGLE)**

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): **2-4 (NYPD HARBOR)**
- Owned/operated by volunteers or hired individuals: **2 (PROVIDED BY NY SAFETY VESSEL)**

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): **2 (JET BOAT)**
- Anchored from start to finish: **1 ANCHORED AT TURN BOAT + 1 ROVING COURSE**

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: **1** Non-motorized: **10**
 - 2nd Responders: Motorized: **2** 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/BLUE POLICE SIRENS

COURSE WATERCRAFT WILL BE DIRECTED BY SEAN MAFORSKY, NY SAFETY VESSEL. FLEET INCLUDES 2 MOTORIZED ASSETS AND APPROXIMATELY 10 KAYAKS. NYPD HARBOR HAS PROMISED SUPPORT IN THE FORM OF 2-4 ASSETS.

Communications

Primary method between event officials: MARINE RADIO Secondary method: CELL PHONE

Primary method between medical personnel, first responders & safety craft: MARINE RADIO

Secondary method: CELL PHONE

Swimmer Counting & Accountability

Describe method of swimmer body numbering: ALL SWIMMERS WILL BE REQUIRED TO WEAR A NUMBERED SWIM CAP. ADDITIONALLY, SWIMMERS WILL BE MARKED WITH PERMANENT MARKER ON THEIR ARMS (NON-WETSUIT) OR HANDS (WETSUIT)

Describe method of electronic identification of swimmer (Recommended): DISPOSABLE ANKLE CHIP

Describe different bright cap colors for various divisions (Recommended): UP TO 3 WAVES WILL BE DESIGNATED BY NEON PINK, GREEN, AND YELLOW CAPS.

Describe method of accounting for all swimmers before, during and after swim(s):

BEFORE: ALL CHECKED-IN SWIMMERS WILL LINE UP IN NUMERICAL ORDER BY WAVE BEFORE RACE START. VOLUNTEERS WILL CONFIRM SWIMMER IS ENTERING WATER JUST BEFORE EACH WAVE ENTERS.

DURING: A COMBINATION OF LAND AND WATER OPS WILL SURVEIL THE RACE COURSE FOR ANY SWIMMER VEERING OFF-COURSE OR OTHERWISE DISMAYED. FIRST RESPONDERS (KAYAKERS, SWIM ANGELS) WILL RADIO THESE SWIMMER NUMBERS TO RACE DIRECTOR AND SAFETY DIRECTOR.

AFTER: PR TIMING WILL MARK SWIMMERS FINISHED BY ANKLE CHIP, AND BY PHOTO (BACK-UP). RACE VOLUNTEER STATIONED AT FINISH LINE WILL ALSO MARK SWIMMERS FINISHED.

Describe method of accounting for swimmers who do not finish: ALL SWIMMERS WISHING TO EXIT THE COURSE MUST DO SO BY BOARDING ONE OF 2 SAFETY VESSELS. SAFETY VESSELS WILL RADIO SWIMMER NUMBER TO RACE AND SAFETY DIRECTORS, WHO WILL THEN ARRANGE PLAN FOR SAFE EXIT FROM WATER. THOUGH SWIMMERS MAY NOT EXIT COURSE BY SWIMMING TO SHORE, VOLUNTEERS AND LIFEGUARDS WITH WALKIE-TALKIES WILL BE POSITIONED ALONG COURSE SHORELINE TO ACCOUNT FOR ANY WHO DO.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated

watercraft. THERE WILL NOT BE A WARM-UP AT THIS EVENT. SWIMMERS WISHING TO WARM-DOWN MAY DO SO AT 10 AM WHEN THE BEACHES OPEN TO THE PUBLIC AND LIFEGUARD SHIFTS BEGIN.

Swimmer Management

Maximum number of swimmers on course at a time: 300

If more swimmers show up on the day of the swim(s), how will you adjust the safety plan to accommodate the increased number of entries?

SWIMMERS WILL NOT BE ALLOWED TO REGISTER ON THE DAY OF THE EVENT.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer?

SAFETY VESSELS WILL DEPLOY LIFEGUARDS (IF NECESSARY) AND ANNOUNCE CRISIS ON MARINE RADIO CHANNEL 6. EMS WILL MEET LIFEGUARD ON SHORE TO ADMINISTER FIRST AID AND DETERMINE NEXT STEPS. ALL EMERGENCIES WILL BE MONITORED BY SAFETY DIRECTOR.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer?

SWIMMERS WILL BE TAUGHT UNIVERSAL SWIMMER DISTRESS SIGNAL AND WILL BE MET BY KAYAK. KAYAKER WILL ASSESS SITUATION AND WILL RADIO FOR ASSISTANCE FROM SAFETY VESSEL IF NEEDED.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)?

SWIM WILL BE CANCELED IF SCHEDULED SAFETY PERSONNEL FAIL TO SHOW.

Describe your missing swimmer plan:

LIFEGUARDS WILL IMMEDIATELY FOLLOW NYC PARKS MISSING SWIMMER PLAN IN THE EVENT OF A SWIMMER NOT BEING MARKED AS FINISHED. SIMULTANEOUSLY, A NETWORK OF EVENT VOLUNTEERS WILL SEARCH FOR SWIMMER ON LAND.

Severe Weather Plan

Is a lightning detector or weather radio available on site? YES - NY SAFETY VESSEL & NYPD HARBOR

Describe your plan for severe weather or natural disaster:

THE RACE WILL ONLY BEGIN IF THERE IS A REASONABLE LIKELIHOOD OF NO SEVERE WEATHER OCCURRING DURING RACE COURSE OPEN TIME. IF AN UNPREDICTABLE DISASTER OCCURS, KAYAKS AND SAFETY VESSELS WILL INSTRUCT SWIMMERS TO SWIM ASHORE IMMEDIATELY AND RETURN TO KITCHEN 21 OR NEAREST SHELTER ON BOARDWALK.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants:

SWIMMERS WILL SWIM TO SHORE AND GATHER AT START/FINISH LINE (IF SAFE) OR KITCHEN 21 (IF OUTDOOR GATHERING IS UNSAFE) WHERE VOLUNTEERS WILL USE SWIMMER ID NUMBERS TO CROSS-CHECK SWIMMERS TO CONFIRMED START LISTS.

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**.

SWIM COURSE EXPECTED TO BE BETWEEN 66°F & 72°F

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:

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

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

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

Explain your plan of action: [Click here to enter text.](#)

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

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

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase warm beverages before the swim and at feeding stations.
5. Have special procedures (different than normal) for removing swimmers from the water & venue.
6. Increase warm beverages after the swim.
7. Increase thermal treatment gear (blankets, hot water bottles, etc.)
8. Make warm showers available on-site.
9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site.
10. Other: [Specify](#)

Specify what extra listed items you will provide: [Click here to enter text.](#)

Comment on how you will be prepared to care for multiple medical issues: [Click here to enter text.](#)

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: [Click here to enter text.](#)

Thermal Plan for Warm Water Swims

General Information
Thermal Plan for Warm Water Swims: USMS Rule 302.2.2A(3) for Open Water Swims states: “A swim of 5K or greater shall not begin if the water temperature exceeds 29.45° C. (85°F). A swim of less than 5K shall not begin if the water temperature exceeds 31° C. (87.8°F).”
Remember that the average masters swimmer does little or no acclimatization to warm water, so even a small increase in water temperature—especially in the warmer ranges—dramatically increases the odds of thermal issues: Dehydration, Heat Stroke, and Hyperthermia. Be Prepared!
<ul style="list-style-type: none"> - 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.

SWIM COURSE NOT EXPECTED TO BE ABOVE 82°F.

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:

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:

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