**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](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

**Open Water Safety Plan Application**

## Event Information

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| **General Information** |

Name of Host: Skaneateles Lightning

Name of Event: 2nd Annual Skaneateles Scalene Triangle

Event Location: Cliff Park

City: Skaneateles State: NY LMSC: NI

Event Dates: June 30, 2019

Length of Swim(s): 0.5K (12&U only), 1K, 2K, 3K

Dual Sanctioned with USA-Swimming: Yes

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| **Key Event Personnel** |

Event Director: Mark Drotar Phone: (315) 559-5937 E-mail: m\_drotar@yahoo.com

Referee: Fred Leff Phone: 315-956-0462 E-mail: fredleff@verizon.net

Certified Safety Director: Leo Gibbons Phone: 716-515-8052  E-mail: lcgjr1953@gmail.com

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

Tentative date: June 29, 2019 Time: 6:00 p.m.

Tentative agenda: Expected weather conditions, placement of safety craft and lifeguards, placement of officials and security director, emergency response plan, EMS/ambulance service, sheriff’s department

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

Tentative date: June 30, 2019 Time: Ten minutes before the start of each event

Tentative agenda: Weather conditions, course description/perimeter, placement of safety personnel, signaling for help

**Course & Event Conditions**

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| **The Course** |

Body of water: Skaneateles Lake Water type: Fresh Water depth from: 4 feet to 10 feet

Course: Triangle

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

Agency name: Onondaga County Sheriff Department

How to contact during event: Officers will be on-site patrolling the event on jet skis.

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): No hazards expected

How is the course marked?

* Turn buoy(s): 2 feet Color(s) Yellow Shape(s) Cone
* Guide buoy(s): 1 foot Color(s) Orange Shape(s) Cone
* Approximate Distance between Guide buoys: 50 meters

Number of Feeding Stations: 1

Type of structure(s) used as feeding station(s): Tent

Number of people the structure(s) can safely hold: 10

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| **Water & Air Temperatures** |

Expected air temp range: 75-85 Expected water temp range: 68-75 Wetsuits: Yes

**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. |

Onondaga County regularly tests the water quality due to the existence of a public swimming area at the site of the event. We will obtain the test results in advance of the meet.

## Event Safety

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| **Medical Personnel** |

Lead medical personnel (emergency trained) on site: Skaneateles Ambulance Volunteer Emergency Service

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? 1 ambulance with crew. In addition, 2 Onondaga County Sheriff’s officers will patrolling the course on jet skis. At least two volunteer medical doctors will be present at the event.

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

Indicate the qualifications of the first responders: Lifeguards, EMTs

Number on course: 10 Number on land: 2

Indicate their location on the Race Plan Map.

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| **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. Ambulance on site. First Aid tent to provide shade and treatment if necessary. Town of Skaneateles Lifeguard Station for additional Cooling and treatment if Necessary. This site will also serve as an EMT center and staging area for possible evacuees.

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

Ambulance(s) onsite: **315-685-5125**

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

Closest medical facility: **Urgent Medical care of Skaneateles** Phone: **315-685-9355**

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

Distance to closest medical facility: **0.8 miles** Approximate transport time: **1 minute**

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| **Watercraft** |

Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2 jet skis (Onondaga County Sheriff Department)
* 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? There will by no motorized watercraft on the course.

Other motorized watercraft:

* With propellers fore of the rudder: 0
* With impeller motor (jet ski, jet boat): 0
* Anchored from start to finish: 3

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 0 Non-motorized: 0

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

* Watercraft for race officials: Motorized: 0 Non-motorized: 3
* 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: Click here to enter text.

Emergency Signal Flag Color for all watercraft: Red

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| **Communications** |

Primary method between event officials: Walkie-Talkies Secondary method: Cell phones

Primary method between medical personnel, first responders & safety craft: Walkie-Talkies and Whistles

Secondary method: Cell phones

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Permanent marker on each arm and Cap

Describe method of electronic identification of swimmer (Recommended): NA

Describe different bright cap colors for various divisions (Recommended): Each event will have a different neon color.

Describe method of accounting for all swimmers before, during and after swim(s): All athletes will be given a numbered ticket that matches their entry number. This ticket shall be collected as the athlete enters the water. A roil call will then be conducted prior to the start of the race. As the athletes leave the water either during the race or at the finish they will be announced to the referee and accounted for through roll call verification.

Describe method of accounting for swimmers who do not finish: Same method as above. Did Not Finish athletes will still announce their number to the referee as they exit the course, either on their own or with the assistance of lifeguards.

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| **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 and warm-down shall be in a closed designated area monitored by three lifeguards.

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| **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? Entries will be capped at 60 per event. No exceptions.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? The lifeguards and safety staff are distributed along the outside of each leg of the triangular course with each leg being less than 200M in length. Safety personnel and lifeguards are wearing unique T-Shirt for identification. Athletes are allowed to have a craft follow their swim if requested.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? The lifeguards and safety staff are distributed along the outside of each leg of the triangular course with each leg being less than 200M in length. Guards will be strategically stationed on anchored stationary watercraft, in kayaks, and on paddle boards. In the event a rapid response is required, the the rapid response protocol will be activated.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? The event shall be altered by reducing the number of athletes allowed on the water in a given race so there is a maximum of 12 athletes per lifeguard on the course.

Describe your missing swimmer plan: All swimmers will be issued a competitor number during the registration process. This “Number” will be verified as the swimmers enter and exit the water. If a swimmer is reported missing and last seen in the water: Lifeguards will activate their underwater search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. The meet announcer shall also make announcements asking that the coach to report to the Meet referee. Meet Operations will also review the start list, withdrawal list to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest Safety Referee if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

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| **Severe Weather Plan** |

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

Describe your plan for severe weather or natural disaster: Remove all athletes from the race course. Follow the set severe weather action plan set by Skaneateles Recreation Dept.. The athletes and spectators shall be sent to shelters that are on the park property until severe weather passes.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Event safety director will relay via radio to all officials and first responders to signal abandonment. The abandonment signals will be: (i) From Officials Boats – 5 short blasts followed by one long blast; (ii) From the Lifeguards – 5 short blasts of the whistle followed by one long blast. Swimmer actions are to: (i) Discontinue swimming; (ii) Look for directions from the Officials or water safety personnel; (iii)Once safe on the beach, proceed to the start/finish area and check-in.

## 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: Water temperature will be monitored and communicated to athletes and coaches leading up to the event. Coaches and athletes will be encouraged to engage in cold water training in advance of event.

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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: The swim will be cancelled if the temperature is less than 60 degrees. Depending on the event day temperature, athletes will be encouraged and could be required to wear heat-retaining swimwear and/or to participate in shorter events. Athletes with no prior open water experience or athletes with pre-existing medical conditions may be encouraged to scratch the event.

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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: Increase number of first responders. Increase volunteers to assist medical personnel. Increase warm beverages and thermal treatment gear. Have warming tents and vehicles available on-site. Shuttle athletes to YMCA (0.8 miles away) for warm showers/hot tub.

Comment on how you will be prepared to care for multiple medical issues: In addition to the EMT/ambulance service, Sheriff’s officers, lifeguards and volunteers on-site, there will be at least two volunteer medical doctors at the event to assist in the event of multiple medical issues.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Water temperature will be monitored and communicated to athletes and coaches leading up to the event. Coaches and athletes will be encouraged to engage in cold water training in advance of event.

The swim will be cancelled if the temperature is less than 61 degrees. If the water temperature is between 61 and 72 degrees, athletes will be encouraged and could be required to wear heat-retaining swimwear and/or to participate in shorter events. Athletes with no prior open water experience or athletes with pre-existing medical conditions may be encouraged to scratch the event.

If the water temperature is between 61 and 72 degrees, the following extra steps will be taken: Increase number of first responders. Increase volunteers to assist medical personnel. Increase warm beverages and thermal treatment gear. Have warming tents and vehicles available on-site. Shuttle athletes to YMCA (0.8 miles away) for warm showers/hot tub.

In addition to the EMT/ambulance service, Sheriff’s officers, lifeguards and volunteers on-site, there will be at least two volunteer medical doctors at the event to assist in the event of multiple medical issues.

Thermal Plan for Warm Water Swims — **Not Applicable**

| **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

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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:** Click here to enter text.

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

**RACE COURSE MAP**

**Food**

**Start**