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# Introduction

The 28th Annual Maryland Swim for Life will take place on July 13, 2019 at Rolph’s Wharf Marina in Chestertown, MD. The event is a United States Masters Swimming (USMS) Sanctioned Open Water event. This Safety and Emergency Action Plan is prepared in accordance with [USMS Open Water Guide to Operations](https://www.usms.org/gto/gto_longdist) Part 2: Open Water Safety Guidelines dated January 2016. The following sections will comprise the Open Water Safety Plan.

# Venue

Rolph’s Wharf Marina in Chestertown, MD is the site of Maryland Swim for Life.

## Course Design

The swim course is upstream in the Chester River from the marina sand beach 2.5 miles to the furthest (5-mile course) turnaround buoy. The course meanders following the curve of the river parallel to shore. Participants will be instructed to stay within the east half of the river. Escort kayaks will help swimmers stay in the designated swim course.

### Start

Swimmers will start in the water in accordance with their chosen wave. All swimmers must wear a timing chip on a Velcro strap around the ankle. Swimmers will start in the water, in 6 waves according to distance: 5-milers first, followed by 4-milers, then 3-milers, the 2.4 milers, 2-milers, and 1-milers last. Each group will begin approximately 5 minutes after the preceding group has started. The bottom is sandy silt and free from hazards. The start line for the swim will be perpendicular to the shore at the finish line buoys at the edge of the water. The shallow water will allow all participants fair access to the first leg of the race. The Start / Finish Judge will be assigned to keep the area clear of non-participants. The PA system will be used to address the swimmers at the staging area on the sand beach. The start of each wave will be signaled by a single 3-second blast of the air horn.

### Turn/Course Markers

There will be 5 large inflatable yellow buoys on the course at ½ mile intervals. Consecutive buoys are visible from each preceding buoy. Each wave will turn around at the buoy that marks the halfway point of their swim. A special orange buoy will be set at 1.2 miles from the start for the turn-around point of the 2.4-Mile Triathlon Challenge. Five milers will swim by all 5 buoys, turning around at the 5th, at mile 2 1/2. Each buoy is spray-painted with its respective wave number (i.e., the first buoy, located ½ mile from the start, is labeled “1 mile” because that is where the 1 mile swimmers turn around). All swimmers will start the swim in the same direction – up river (North). Upon reaching the appropriate buoy, swimmers will go around that buoy and swim back down river (South).

Swimmers should always keep buoys on their LEFT going NORTH. Swimmers should always keep the buoys on their LEFT going SOUTH, with the exception of the 2nd buoy (at mile 1), which swimmers must keep to their right on the return leg. Kayakers will be there to be sure swimmers stay on the correct side. This prevents unfair shortcuts due to the curve of the river.

There is a fishing weir between the first and second buoys. This is a type of net stretched across the river. The net is marked by vertical wood pilings in a row perpendicular to the shore. The net can easily be swum over, however many swimmers find it just as easy to swim slightly to the west of the furthest piling from shore. Kayakers will monitor swimmers in this area and will direct them towards the easiest crossing points.

### Finish Line

Swimmers finish on shore where they started. The river bottom leading up to the finish line is sandy silt and free from objects that could injure participants. A bright red mat with markers on either side will mark the finish chute to the on-shore finish line. The finish line will be marked with additional red buoys, and the timing clock will be at the finish line. The Start / Finish Judge will be assigned to keep the area clear of spectators. Finish Monitors will aid participants in standing and exiting the water, and ensure sportsmanlike conduct. Finish Monitors remove the timing chips on the swimmers ankles and will provide swimmers with bottled water and fruit as they exit. The Head Timer will check-off the swimmer’s number and record the time on a manual time sheet.

### Did Not Finish (DNF) Pier

A pier will be designated for watercraft to bring any swimmer that is removed from the course. Two DNF Officials / Spotters (with binoculars) will be assigned to the pier, which has a good vantage point to see up river from the course. The DNF Official will be positioned at this location and will be in charge of properly accounting for any swimmers that did not complete the swim over the Finish Line. The DNF Officials will communicate directly with the Head Timer when a swimmer is received at the DNF pier. The DNF Official will trade-off with the spotter in 15 minute increments while swimmers are in the water to avoid fatigue. The spotters will repeatedly scan the river for incidents using binoculars.

## Maps / Diagrams

### Course Map

An interactive course map is available online for all registrants. It can be accessed at: [https://www.swimdcac.org/](https://www.swimdcac.org/page.cfm?pagetitle=Maryland+Swim+For+Life+Course) click on “Maryland Swim for Life” with detailed instructions available under “Course.” The registration flyer has a small version of this map included. Letter-sized maps will be available to participants at the registration table and event officials will be provided the maps during their briefing.

### Site Map

A Site Map will be produced showing the layout of the venue. Registration / Information Tables, Emergency Access Routes, restrooms, and first aid station is marked.

The site map is available at: <http://g.co/maps/99k45>

### Emergency Medical Services

A map to the nearest Emergency Medical Services will be available at the First Aid Table. The map is available at: <http://g.co/maps/u8e37>

Chester River Hospital Center is located at:

Chester River Hospital Center

100 Brown Street

Chestertown, MD 21620

(410) 778-3300

chesterriverhealth.org

## Water and Environmental Conditions

### Water Look, Feel, and Taste

The Chester River has no abnormal taste or feel. The turbidity of the water limits sight distance to 12-24 inches.

### Local and Seasonal Trends

The Chester River is monitored by the Maryland Department of the Environment and our charity, the Chester River Association for water quality. We have no reason to believe at this time that our past experience with the river quality should not be expected this coming year. The river is designated as safe for recreational human contact.

Water quality is monitored by the Queen Anne County Department of Health on a weekly basis in the summertime. Advisories are issued when bacteria (Enterococci) counts exceed thresholds for a Tier 3 Advisory. The Queen Anne County Department of Health will be contacted the week of the event at 410-758-2281 or through [http://www.marylandhealthybeaches.com](http://www.marylandhealthybeaches.com/) for updates of beach closures throughout Maryland.

Water temperature on swim mornings is usually in the upper-70s to lower-80s.  Wetsuits are allowed if the water temperature is less than 78 degrees (but most swimmers do not wear one as the water is very comfortable); other flotation devices (e.g., pull buoys, paddles, fins) are not. For safety against heat stroke, USMS regulations prohibit wetsuits when water temperatures exceed 78 degrees.

# Participant Safety

## Waiver/Disclaimer/Warning

Participants share responsibility for their own safety and shall sign a waiver of liability to that effect. The waiver should provide notification of potential hazards of open water swimming and swimming at the particular venue. Each participant shall be required to sign online or in hard copy at the event the following USMS required statement:

 **PARTICIPANT WAIVER AND RELEASE OF LIABILITY,**

**ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events**.** I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively**,** the “Released Parties**”**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |
| Signature of Participant | Date Signed |

 ***Revised 07/01/2014***

Additionally, all participants will agree to the following:

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

 I certify that I have read this document, and understand its content.

## Emergency Contacts

Participants will be required to provide Emergency Contact information during registration. The Event Director and Safety Director will have copies of the Emergency Contact information during the event.

## Participant Identification

Participants will be marked with a permanent marker with their unique swimmer id number assigned on the day of the race. The unique swimmer id number will be cross-referenced with the timing chip number and will be verified with the registration information including emergency contact information. The markings will be on one hand and the opposite shoulder. Each participant will be required to wear a swim cap with their unique swimmer id number written on both sides of the cap. Registration volunteers will write the numbers on the caps and participants during the registration process.

## Participant Visibility

Participants will be provided with high visibility swim caps based on the swim distance they have stated in the registration. Monitor craft will be watching for color caps beyond the intended distance our outside of the course. (Colors subject to change at the event.)

green Caps 1-Mile

Red Caps 2-Miles

Yellow Caps 2.4-Miles

Pink Caps 3-Miles

Blue Caps 4-Miles

Orange Caps 5-Miles

## Participant Safety Briefing

The Event Director and Safety Director will inform the participants about the swim and potential hazards. A public briefing for all participants will be held before the start of the swim at 8:30 AM at the registration tables from the elevated platform. Instructions should be able to be seen, heard and understood by all. A public address system will be used. The briefing will include the following:

* Description of general "race time" conditions, such as water temperature, depth, unusual hazards, weather conditions, etc.
* Opportunity for withdrawal prior to start if any participant has apprehensions as to their ability or desire to participate.
* Participants’ obligations if they drop out before the swim or quit during the swim. Location of the “Did Not Finish” (DNF) Pier and the Finish Monitors
* Course and safety monitor locations.
* Procedure for getting assistance or aid during the swim.
* Course directions/markers/rules.
* Starting procedure/signals.

## Postpone / Cancel / Modify

In the event of inclement weather, the event may be postponed up to 2-hours. No “rain date” is scheduled. No refunds of donations will be made. Refunds of registration or OEVT registration fees received via online registration prior to the event will be made if requested. Modification of the event distances is at the discretion of the Event Director and may be made in the event of impending weather and water condition concerns. Cancellations and modifications to the event will be solely at the discretion of the Event Director in coordination with the US Coast Guard and local authorities.

## Plan for Potential Situations

See Emergency Action Plan below for plans addressing specific potential situations.

## Participants with Disabilities

Participants with physical disabilities are permitted under USMS regulations to participate in the event. As with all participants, swimmers with disabilities must be physically fit and capable of swimming their selected distance. Reasonable and fair accommodation shall be made to the extent they are necessary for individuals with disabilities to participate in the event and equal terms as other swimmers. The Event Director, will, at his discretion, assign escort craft to an individual swimmer with physical disabilities warranting added scrutiny. USMS does not have any regulation that requires a disabled swimmer to prove capability beyond the other participants. With regard to start and finish conditions, Article 303.10 Swimmers with Disabilities, gives the Event Director latitude to devise a solution as long as it conforms to safety requirements and does not give the swimmer a competitive advantage. The last point would be a matter of judgment.

# Staffing for Safety

Maryland Swim for Life has been fortunate to be accident-free and is committed to the safety and well-being of its participants and volunteers. The event is grateful to have an abundance of volunteers to staff the event. The ratio of volunteers to participants is nearly 1 volunteer for every three participants. All event personnel will be briefed on emergency provisions at a meeting held by the Event Director and the Safety Director before the start of the event. This safety plan will be emailed out to all Safety Team members 48 hours prior to the event.

# On-Site Race Day Contacts: 2019 Maryland Swim for Life Key Safety Staff

To be updated the week prior to the event:

|  |  |  |  |
| --- | --- | --- | --- |
| Title | Name | Organization | Cell Phone |
| Event Director | Sue Majewski | DC Aquatics Club | **202-841-7888** |
| Safety Director | Katie Pumphrey | DC Aquatics Club | 301-639-3483 |
| CG Patrol Commander (PATCOM)  | James Abels, Operations Petty Officer | US Coast Guard Station Annapolis | 410-267-8108 (Stn Mainline)  |
| Safety Patrol Craft | Dennis Mullins | US Coast Guard Auxiliary | 513-304-0398 (event day mobile) |
| Safety Patrol Craft | Officer Mark RogowskiSargent Richard Walbeck | MD Department of Natural Resources | 443-504-2423410-713-8448 (Walbeck mobile) |
| Monitor Craft #1 & Coordinator | Tim Trumbauer | Chester River Association | 443-286-7375 |
| Monitor Craft #2 |  | Chester River Association |  |
| Evacuation Craft - Jetski | Mike Silvers | Unaffiliated Volunteer | 410-422-4503 |
| Evacuation CraftEMS – On-water | Larry Hastings | Kent and Queen Anne Co Rescue Squad | 410-708-0446 |
| EMS – Shore Ambulance | Kevin CarsonDee Welch  | Church Hill Fire Company | 410-758-6552 (Fire Station)443-480-1039 (Carson mobile)410-829-7597 (event day mobile) |
| Pilot Craft (Kayak/SUP) Coordinators | Sue StevensRich Stevens | Chesapeake Paddler’s Association | 443-306-1801 |

## Event Director

Sue Majewski will act as the Event Director for the purposes of the Event Safety Plan.

## Safety Director

Katie Pumphrey will act as the Safety Director for the purposes of the Event Safety Plan. Melissa Otterbein will be the backup Safety Director.

The Safety Director will be responsible for completing the Safety Director’s Checklist on the day of the event prior to the start. This document is recommended to assist the Safety Director the day of the event. The checklist represents all the safety details of the event that must be completed before the event is started. The check list should also be reviewed by the Event Director and Referee. If all items on the list have been completed, all three officials should sign the checklist with the Event Director keeping the signed document on file for one year.

## EMS Services

The Kent and Queen Anne Co. Rescue Squad will provide their rescue boat. Trained professionals from the Squad will be on the water. Church Hill Volunteer Fire Company will provide ambulance services for emergency medical assistance on shore.

##

## On-Course Water Monitors

On-water craft will be assigned and distributed so the entire field of participants is covered visually at all times during the race. All craft used in conjunction with this event should meet U.S. Coast Guard and local standards for equipment and loading capacity. The U.S. Coast Guard will provide provisions for non-event boat traffic control in accordance with the waterway use permit. It may be necessary to assign multiple tasks to a single craft (e.g. monitor and evacuation). The safety of participants should not be compromised by a craft performing multiple tasks.

All propeller-driven watercraft used in conjunction with the sanctioned open water event must have a propeller guard(s) installed for the duration of the event. The following are exceptions:

* Boats owned and operated by Coast Guard, police, fire and rescue, or other government agencies;
* Boats at anchor from start to finish of the sanctioned event with engine(s) off, while any swimmer is in the water;
* Boats with propellers fore of the rudder (e.g. inboard motors), provided
	+ These boats do not run directly on the designated swim course.
	+ For events requiring personal escort craft, watercraft with inboard motors may be allowed on the course provided their engines are off when any swimmer is within 20 feet of the propeller and during relay exchanges. For feedings the swimmer may approach within 5 feet of the bow or side of boat with engines engaged. Swim for Life does not use personal escort craft or provide relay exchanges.
* Private propeller-driven boats without a propeller guard MUST have a dedicated **Swimmer Monitor** to assist the boat captain while navigating on the swim course. The Swimmer Monitor shall ensure the boat steers clear of all swimmers while the motor is running. The Swimmer Monitor may not swim in the event. The Swimmer Monitor may not drive the boat; however they may perform other actions that do not detract from their primary role.
* All motorized watercraft must provide proof of insurance. The proof of Insurance shall be submitted to the Event Direct0r at least 24 hours prior to the event. The Event Director must keep proof of insurance documents for one year.

All support and rescue craft should approach participants with the utmost caution. Where motorized craft are required to assist with rescue, the additional inherent dangers should be considered (i.e. moving props, potential reduced visibility, carbon monoxide, exhaust fumes). No swimmers should be allowed in the water to warm-up without having safety monitors on the water or observing from the beach during the entire warm-up period. The name of all swimmers who get out or are pulled out during the swim MUST be communicated directly to the Safety Director immediately upon setting ashore.

### Escort and Pilot Craft

Individual escort craft are not assigned for this event, except for participants with disabilities warranting added precaution. A Pilot Craft will be present, and approximately 10-15 kayak paddlers will assist as on-course monitors. Paddlers in kayaks will be stationed at all turn buoys and along the outside length of the course.

All water support personnel are required to wear a Personal Flotation Device (PFD, aka “lifejacket”), worn in the manner in which the manufacturer intended, i.e. fully fastened. All water support personnel must have a sound-producing device (whistle) at all times. Spray skirts are strongly recommended on boats that are designed to accommodate them due to the possibility of being swamped by boat wakes, waves, and when interacting with swimmers. All boats should have adequate floatation so that a self or assisted rescue may be performed on the water without the time consuming necessity of towing the occupant and flooded boat back to shore in the rare event that a capsize occurs.

On-Course Monitors will be first responders to incidents of distressed swimmers. Pilot craft will pull distressed swimmers at least 100 feet off of the racecourse and away from all other swimmers. Pilot Craft must be capable of completing the course distance and maintaining speed to keep up with the participants. They will signal the Monitor Craft and Evacuation Craft using hand-held whistles should assistance be required. A set of kayak craft will precede each wave and act as pilot craft for each wave of swimmers. Pilot craft are requested to bring a supplemental flotation device such as an extra PFD or rescues tube.

Escort Craft personnel are encouraged to read:

[The Chesapeake Paddlers Association Guide to the Support of Swimmers](http://www.cpakayaker.com/news/133/105/Conklin-s-Guide-to-the-Support-of-Swimmers/d%2Cnewsletter_detail/), by Greg Welker / Chris Conklin

### Monitor Craft

Monitor Craft will be positioned along the course to oversee participants while swimming and to provide feedings/water at the longer distances. Private volunteers will provide powerboat support (“Boston Whalers”) as monitor craft. We expect to have 3-4 monitor craft. Monitor Craft should be equipped with first aid supplies and an emergency signaling device to summon a medical evacuation boat. Signals may include day flares, smoke flares, radio, or flags. If available, monitor crafts shall display a “swimmer down” orange flag to signal to participants that they are monitor crafts. The monitor craft shall act as a sweeper or cleanup boat following the last participants. Monitor Craft shall stay at least 100 feet off of the racecourse and away from racing swimmers in the water at all times. Monitor Craft will be manned by an additional assistant known as **Swimmer Monitor**, with binoculars, who will help during an incident and repeatedly scan the course for distress. The Swimmer Monitor will assist the boat captain while navigating on the swim course. The Swimmer Monitor shall ensure the boat steers clear of all swimmers while the motor is running. The Swimmer Monitor may not swim in the event.

All private volunteer Monitor Craft will be required to complete the **Boat Operators Checklist** before the start of the event. The Boat Operators Checklist is a method of reminding the Boat Operator of the Safety Guidelines recommended to keep swimmers around their boat safe. This document should be verified and signed by the Event Director, the Safety Director and the Boat Operator. If all items on the list have been completed, the checklist should be kept on file for one year by the Event Director.

### Evacuation Craft

These are craft that move participants off the course when necessary and bring them to land or to motorized emergency evacuation craft. MD Department of Natural Resources patrol boats, and the Kent and Queen Anne Co. Rescue Squad boat shall be located near 3 locations: start/finish, half-way along the 2 ½ mile course (4th buoy, 1 ½ miles upriver), and by the final buoy (6th buoy, 2 ½ miles upriver). Motorized emergency evacuation craft (power boats) should not approach the course at any time unless absolutely necessary. Where practical, persons in trouble should be brought to the evacuation boat by a safety monitor using non-motorized transportation. First responders may use their judgment on making life-saving exceptions to the previous statement. Should a Monitor Craft signal for evacuation, the evacuation craft shall immediately respond and notify the Safety Director.

### Safety Patrol Craft

The US Coast Guard will act as Safety Patrol Craft to control the waterway to boat traffic in accordance with the waterway use permit request submitted. These craft will be located outside the course to keep craft not associated with the swim off the course.

## Pre-race Safety Briefing

The Event Director should ensure that safety officials know their jobs and their place in the safety planning. The Safety Director will hold a mandatory Pre-race Safety Briefing with all staff and volunteers at 8:10 am on race day. Topics will include:

* Equipment and its use
* Event procedures outlined
* Positioning of personnel and water craft
* General assistance duties
* Signs of distressed swimmers
* Response and care duties
* Communication
* Evacuation
* Cancellation

## Safety Monitor Training

Evacuation craft and Safety Patrol staff are trained professionals. No lifeguards will be on-duty. Participants and guests swim at their own risk. Monitor craft staff should be trained in first response and first-aid.

## Signs of Distressed/Drowning Swimmers

The following signs of distressed swimmers will be conveyed to the Safety Team at the Safety Briefing. Swimmers may be tired and may float on their back with head up when taking a rest break. Safety Team members should watch tired swimmers carefully for signs the swimmer is transitioning to a distressed swimmer. A swimmer in distress shows various degrees of anxiety or panic.

Distressed Swimmers:

* Fear in someone’s eyes – facial expressions of fear or panic
* Body position changes from horizontal to vertical or angled.
* No longer making progress but is still able to struggle enough to keep his head out of the water.
* Arms reaching / grabbing upward out of the water. May call or wave for help.

Actively Drowning Victim:

* An actively drowning victim is at a stage just before submersion and unconsciousness.
* They can't stay at the surface and will generally go under in less than a minute.
* Unable to call or wave for help and must be recognized by his facial expression and inadequate movement.
* Usually vertical in the water and may have his head thrown back with face upward.
* Arms are extended to the side, pressing down or flapping.
* There is no effective leg movement. His head may bob below the surface.
* Although conscious, he probably cannot respond to commands or reach for nearby rescue aids.

## Safety Gear

All safety gear is provided by the On-Course Water Monitor volunteers. Pilot and monitor craft should carry rescue tubes and personal flotation devices (PFDs) that can be thrown to distressed swimmers. All support craft shall have whistles or air horns to alert the swimmers of impending dangers. All support craft should carry all U.S. Coast Guard required safety gear applicable to their craft size and category. For boats, this will include PFDs, whistles or horns, fire extinguishers and possibly flare kits. Professional Evacuation and Safety Patrol Craft shall be equipped with medical first aid kits and EMS equipment.

# Participant Supervision and Management

## Accounting for Participants

The Event Director should ensure that no participant is left in the water or in medical need at the venue after each swim. Swimmers will be assigned a Unique Swimmer ID number on race day and the Head Timer will be given the list of numbers before the start of the race. The Event Director will have a list of all registered participants and their emergency contact information. In coordination with the timing chip vendor, the Event Director, Safety Director, and Head Timer shall know the number of participants starting the event. The Safety Director must be notified of the name of all swimmers who get out or are pulled out during the swim immediately upon setting ashore. Swimmers removed from the water will be brought to the DNF pier and will be scored as “Did Not Finish.” They will be given a numbered florescent green card directing them to see the Head Timer immediately for accounting. The DNF Official will be responsible for communicating the names of those swimmers brought to the DNF pier to the Head Timer and the Safety Director immediately upon receipt of the swimmer on-shore. The Finish Monitors shall call out the Unique Swimmer ID Numbers for the Timing Monitors to record the manual time and for the Head Timer accounting of participants. The Head Timer shall account for all participants swimming the race by marking off their Unique Swimmer ID Number from the checklist as they pass the finish line. The Head Timer shall consult with the Safety Director to determine the swimmers who were pulled out during the swim and did not cross the finish line. The Event Director, Safety Director, and Head Timer shall account for each participant or find the missing participant before event officials leave the venue and ensure that all participants have left the venue before event officials leave the venue.

## Layers of Surveillance

The event will have a "layered" protection approach. Pilot Boats and Monitors should watch swimmers, and evacuation boats and the Safety Director should watch monitors and other personnel on the water. Spotters will scan the course from multiple vantage points for signs of distress from all boats, monitors, and swimmers.

## Response and Care Objectives

The planning goal for participant safety is to have all participants arrive safely and accounted for back on shore at the completion of the race. The professional Evacuation and Patrol Craft, the Event Director, and the Safety Director will respond to emergencies as soon as possible. However, individual emergencies must not take attention away from the safety of the remaining participants in the water. After the evacuation boats bring injured swimmers to shore, ground staff must take over to allow on-water staff to return to their posts. EMS will be notified and will be responsible for transportation to emergency services.

## Qualifying Standards

Swim for Life has no qualifying standards to prevent participants from entering the water. Swimmers are encouraged to attempt only that distance for which they feel confident they could complete. Swim for Life offers as little as 1-mile swim which allows for most levels of participants in US Masters Swimming. The Event Director and Safety Director reserve the right to deny any swimmer completion of their registered distance based on visual evidence of distress.

## Time Limits

Swimmers must complete the swim by 12:30 p.m. Any swimmers remaining in the water after that time will be removed by the Monitor craft. Swimmers will be brought to the DNF pier and shall immediately proceed to the scoring table to check-in. Swimmers removed from the water will be scored as “Did Not Finish.”

## Communications

Communications will consist of air horn, whistles, radio systems, and cell phone communications.

## Air Horn

The Event Director shall have an air horn for starting and emergencies. The following signals shall be established and communicated during the Safety and participant briefings.

# Air Horn Signals

|  |  |
| --- | --- |
| Meaning | Signal |
| Race Wave Start | One 3-second blast |
| Emergency – Return to Start / Finish Line | 3-long blasts, repeat after 10 seconds, twice total |
| Emergency – Evacuate to Shore Immediately (Lightening spotted, medical emergency, etc.) | 3-short blasts, repeat after 5 seconds, three times total |
| All clear, return to Start / Finish Line via Evacuation Craft | One 3-second blast, repeat after 10 seconds, twice total |

## Whistles

All on-water craft shall use whistles to signal for assistance from Monitor and Evacuation craft.

## Public Address System

A Public Address System will be used for the participant briefing and the pre-race coordination.

## Cell Phone Communications

Cell phones shall be used to get ahold of the Event Director and the Safety Director. The personnel on-site at the Safety Briefing shall fill out the following table on race day. Copies shall be distributed to the key race officials.

# On-Site Race Day Contacts: 2019 Maryland Swim for Life Key Safety Staff

To be updated the week before the event:

|  |  |  |  |
| --- | --- | --- | --- |
| Title | Name | Organization | Cell Phone |
| Event Director | Sue Majewski | DC Aquatics Club | **202-841-7888** |
| Safety Director | Katie Pumphrey | DC Aquatics Club |  |
| CG Patrol Commander (PATCOM)  | James Abels, Operations Petty Officer | US Coast Guard Station Annapolis | 410-267-8108 (Stn Mainline)  |
| Safety Patrol Craft | Dennis Mullins | US Coast Guard Auxiliary | 513-304-0398 (event day mobile) |
| Safety Patrol Craft | Officer Mark RogowskiSargent Richard Walbeck | MD Department of Natural Resources | 443-504-2423410-713-8448 (Walbeck mobile) |
| Monitor Craft #1 & Coordinator | Tim Trumbauer | Chester River Association | 443-286-7375 |
| Monitor Craft #2 |  | Chester River Association |  |
| Evacuation Craft - Jetski | Mike Silvers | Unaffiliated Volunteer | 410-422-4503 |
| Evacuation CraftEMS – On-water | Larry Hastings | Kent and Queen Anne Co Rescue Squad | 410-708-0446 |
| EMS – Shore Ambulance | Kevin CarsonDee Welch  | Church Hill Fire Company | 410-758-6552 (Fire Station)443-480-1039 (Carson mobile)410-829-7597 (event day mobile) |
| Pilot Craft (Kayak/SUP) Coordinators | Sue StevensRich Stevens | Chesapeake Paddler’s Association | 443-306-1801 |

## Radio Systems

The US Coast Guard has secure radio communication to their base station. The main base station phone number is 410-267-8108. The Coast Guard boat will also monitor VHF-FM Ch #16 and 23A. The kayak team will coordinate on a separate channel, but will use the Coast Guard channels to report an incident. The Event Director will have a handheld CB radio on Ch 16.

# Plan for Potential Situations

## Tired or Distressed Participants or Participants whose capabilities are overmatched by conditions

The pilot boats shall assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. The Monitor Craft staff shall determine if the swimmer should continue the race.

* If the Monitor Craft staff believes the swimmer can no longer continue, the swimmer shall be pulled from the water and the swimmer shall be scored as “Did Not Finish.”
* If the Monitor craft staff believes the swimmer may continue, the pilot craft shall escort the swimmer on a one-to-one basis to the finish line. If the swimmer has a second distressing situation, the Monitor Craft shall pull the swimmer from the water and the swimmer shall be scored as “Did Not Finish.”
* If the swimmer is in need of emergency services, the monitor craft shall signal the Evacuation Craft for assistance. Notify the Safety Director immediately on the cell phone number provided above. The Safety Director shall notify the Swimmer’s Emergency Contact of the situation as soon as practical.
* If the swimmer is not in need of emergency services, the monitor craft shall continue with monitor duties until such time as swimmers have consolidated to the point where other monitor craft can fulfill monitoring duties. At that time, the monitor craft may shuttle the swimmers to the DNF pier. All swimmers coming ashore via boat MUST check-in with the Head Timer and Safety Director immediately upon arrival.

## Medical Distress

### On-Water Emergency

The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. The pilot craft shall pull the distressed swimmers at least 100 feet from the swim course and any other swimmers. The monitor craft shall signal the Evacuation Craft for immediate assistance. Once transferred, the Monitor Craft shall immediately return to monitoring duties of the remaining swimmers. Notify the Safety Director immediately on the cell phone number provided above. The Safety Director shall notify the Swimmer’s Emergency Contact of the situation as soon as practical.

The Kent and Queen Anne Co. Rescue Squad emergency boat should be equipped to handle the situation on-water. Rescue Squad staff shall take charge upon entering the scene. The rescue squad shall bring the swimmer to shore and transfer the victim to ground EMS staff. The Rescue Squad shall return to monitoring the remaining swimmers as soon as possible.

### On-Shore Emergency

If during the event, a participant or guest on-shore is stricken by a heart attack, stroke, or seizure, notify Registration / First Aid Table. The event staff at the table shall notify the Church Hill Fire Company on-site ambulance or Kent and Queen Anne Co. Rescue Squad boat, which should have an emergency vehicle on-site. EMS staff shall take charge upon entering the scene. Notify the Safety Director immediately on the cell phone number provided above.

## Water conditions: tides, currents, wind, water temperature and waves

The Chester River is generally protected from strong currents and waves. The river does have a slow downstream current and is influenced by tides. The Event Director and the Safety Director shall confer with the local officials to understand the race day conditions and communicate to the swimmers and volunteers during the briefings.

The event will take place with rain, moderate wind, and moderate waves. Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers or watercraft.

## Weather conditions

The event will take place with rain, moderate wind, and moderate waves. Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers or watercraft. Lightening visible within the event area will postpone the event for at least 30 minutes following the last visible lightning strike.

## Thermal Conditions and plans- Heat and/or cold

Event participants are expected to dress appropriately for varying weather conditions. Should excessive heat or cold become a concern to participants or spectators, the on-shore Kent and Queen Anne Co Rescue Squad emergency vehicle is available for consultation, as are on sight EMS personnel. There is also a cooling station outside the beach area against the pool by the fence. Drinking water and showers (warm and cold) are also available. For heat related issues, the Meet Director and Safety Director will determine if conditions warrant changing the race course (including reducing the maximum distances to be swum).

Past events have indicated that the water temperature is usually between 78 and 84 degrees. However, this can vary significantly based on current weather conditions. The race director and the safety director will activate the thermal protection plan for warm water which may include any or all of the following-

* Reduction of distances and time in the water
* Inclusion of additional liquids with patrol craft
* Mandatory swimmer check ins with patrol craft for longer distances
* Ban of wetsuits
* Extra shade and air conditioned recovery areas will be made available and announced
* Extra safety announcements will be made about staying hydrated before, during, and after the race
* Cancellation of the event

## Boat traffic

The US Coast Guard Safety Patrol Craft will monitor and direct non-event traffic to the west of the event. Should a non-event large watercraft impinge on the racecourse, monitor boats and pilot craft shall protect the swimmers to the maximum extent possible until the US Coast Guard can mitigate the situation.

## Marine life

No large marine life is expected in the Chester River. Should large marine life become apparent, pilot craft should notify monitor craft. Monitor Craft shall notify the MD Department of Natural Resources Patrol Boat and await instructions.

The Chesapeake Bay and its tributaries are known for jellyfish (*Chrysaora quinquecirrha*) encounters in the summertime. Occasionally, these sea nettles, as they are often called, can exist in the tidal river near the event in rare circumstances. The chances of encountering sea nettles is dependent on water temperature, salinity, and recent rainfalls. NOAA’s Ocean Prediction Center has prepared a map depicting the [Probability of Sea Nettle Encounters](http://www.opc.ncep.noaa.gov/Loops/SeaNettles/prob/SeaNettles.shtml) as well as the [Sea Nettle Forecast](http://chesapeakebay.noaa.gov/remote-sensing-for-coastal-management/forecasting-sea-nettles). Neither of these probabilistic tools are validation of the existence of sea nettles in the area. While the models have sometime predicted a slight probability of encountering sea nettles, on-site observations have not been correlated. The Event Director will be in contact with the Rolph’s Wharf staff and the Chester River Association the week of the event to verify conditions.

## Submerged obstacles

Should a submerged obstacle be found, pilot craft should notify monitor craft. Monitor craft should carry marking buoys and shall affix one to the obstacle. A pilot craft shall monitor the obstacle closely during the remainder of the event if the obstacle is within the main racecourse.

## Cuts, bumps, bruises and abrasions

### On-Water Incident

* The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. The pilot craft shall pull the distressed swimmers at least 100 feet from the swim course and any other swimmers.
* The Monitor Craft shall determine if the on-board first aid kit is sufficient for the injury. Otherwise the Monitor Craft shall signal the Evacuation Craft for immediate assistance.
* If the Monitor Craft staff believes the swimmer may continue, the pilot craft shall escort the swimmer on a one-to-one basis to the finish line. If the swimmer has a second distressing situation, the Monitor Craft shall pull the swimmer from the water and the swimmer shall be scored as “Did Not Finish.”
* If the Monitor Craft staff believes the swimmer can no longer continue, the swimmer shall be pulled from the water and the swimmer shall be scored as “Did Not Finish.”
* If the swimmer is not in need of emergency services, the Monitor Craft shall continue with monitor duties until such time as swimmers have consolidated to the point where other Monitor Craft can fulfill monitoring duties. At that time, the Monitor Craft may shuttle the swimmers to the DNF pier. All swimmers coming ashore via boat MUST check-in with the Head Timer and the Safety Director immediately upon arrival.

### On-Shore Incident

If during the event, a participant or guest on-shore is in need of *minor* first-aid assistance, notify Registration / First Aid Table. The injured person should perform their own minor first-aid for cuts and bruises. If more serious, the event staff at the table shall notify the Church Hill Fire Company, which should have an emergency vehicle on-site. Rescue Squad staff shall take charge upon entering the scene.

# Medical Evacuation Plan

Procedures and methods of transport for participants needing emergency medical aid from water pickup to land-based medical services:

* The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance.
* The monitor craft shall signal the Evacuation Craft for immediate assistance. Once transferred, the Monitor Craft shall immediately return to monitoring duties of the remaining swimmers. Notify the Safety Director immediately on the cell phone number provided above.
* The Safety Director shall notify the Swimmer’s Emergency Contact of the situation as soon as practical. The Safety Director shall inform the Safety Patrol Craft via the station main phone number and relay via secure radio systems.
* The Safety Patrol craft should pay special attention to gaps left along the course in monitor or emergency evacuation craft until the Rescue Squad can resume on-water duties.
* The Kent and Queen Anne Co. Rescue Squad emergency boat should be equipped to handle the situation on-water. Rescue Squad staff shall take charge upon entering the scene. The water-based Rescue Squad shall bring the swimmer to shore and transfer the victim to ground EMS staff. The Rescue Squad shall return to monitoring the remaining swimmers as soon as possible.
* Ground EMS staff will consist of a Kent and Queen Anne Co. Rescue Squad ambulance. The ambulance will be positioned near the dock area where the emergency evacuation craft will land in an emergency.
* The ground EMS staff shall take charge of the victim and will perform emergency services as they deem necessary. Emergency transportation to the Emergency Medical Service location shall be done at the discretion of the EMS staff. A backup emergency transportation vehicle should be readied.
* Individuals needing non-emergency medical attention who wish to transport themselves to the medical care facility should be provided the Emergency Medical Services Map.
* At no time shall the event continue with no Monitor boats and Evacuation craft available to perform emergency evacuations. The Event Director shall suspend the swim using the Emergency – Evacuate to Shore Air Horn Signal.

# Event Cancellation or Postponement Plans

Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers, spectators, or watercraft.

## Evacuation before, during and after the event

* Should an emergency occur before the event begins or after it is complete, the Event Director shall use the Public Address System to order an evacuation of the area affected including instructions on the status of the event. The Air horn should be used to get the attention of all persons if necessary. If a full evacuation is necessary, an orderly evacuation of the shoreline should be followed by participants returning to their parked vehicles to exit along the main road.
* Should an event occur during the event, the Safety Director shall assess the situation in consultation with the US Coast Guard Safety Patrol and local officials.
* If the incident requires participants to end the swim prematurely, the Safety Director shall use the Air Horn to signal **Emergency – Return to Start / Finish**. Examples of such incidents that may require such action include impending weather in the distance, etc.
* If the incident requires participants to immediately exit the water, the Safety Director shall use the Air Horn to signal **Emergency – Evacuate to Shore**.
* All pilot craft shall immediately notify all swimmers in the vicinity and follow swimmers to the nearest shoreline point.
* All swimmers and pilot craft shall exit to a point 50 feet from the waterline.
* Monitor Craft and Evacuation Craft shall sweep the course to confirm all swimmers have exited the water. The Monitor Craft shall notify the Safety Director that all swimmers are on-shore awaiting further instruction.
* Monitor Craft, Evacuation Craft, and Safety Patrol Craft then may exit the water if conditions require.
* When conditions improve such that the Monitor Craft, Evacuation Craft, and Safety Patrol Craft may return to the water, the Safety Director shall use the Air Horn to signal **All clear, return to Start / Finish Line via Evacuation Craft**. Monitor Craft and Evacuation Craft shall bring all swimmers to the DNF pier, starting with the furthest swimmers first. Pilot boats may return to the Start / Finish beach. Follow Medical Evacuation Plan for any medical emergencies.
* All swimmers must be picked up by the Monitor and Evacuation Craft and brought to the DNF pier. NO SWIMMERS MAY LEAVE THE SHORELINE VIA OVERLAND ROUTES. All Swimmers must be accounted for at the DNF pier by the DNF Official. The DNF Official shall coordinate with the Head Timer, the Safety Director, and the Event Director to account for all swimmers.

# Appendix A: USMS Incident Form



**Open Water Safety Day of Event Checklist**

##

## Event Information

|  |
| --- |
| **General Information** |

Name of Host: Click here to enter host name.

Name of Event: Click to enter event name.

Event Location: Click to enter location.

City: Click to enter city. State: 2 character LMSC: LMSC Abrv.

Event Dates: Start Date through End Date

Length of Swim(s): Click here to enter text.

Dual Sanctioned with USA-Swimming: Yes or No

|  |
| --- |
| **Key Event Personnel** |

Event Director: name. Phone: 000-000-0000 E-mail: Click to enter e-mail address

Referee: name. Phone: 000-000-0000 E-mail: Click to enter e-mail address

Certified Safety Director: name. Phone: 000-000-0000 E-mail: Click to enter e-mail address

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

Tentative date: Click here to enter a date. Time: Enter time.

Tentative agenda: Click here to enter agenda.

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

Tentative date: Click here to enter a date. Time: Enter time.

Tentative agenda: Click here to enter agenda.

**Course & Event Conditions**

|  |
| --- |
| **The Course** |

Body of water: Choose one Water type: Choose one Water depth from: from to: to

Course: Choose an item.

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): Click here to enter text.

How is the course marked?

* Turn buoy(s): Height(s) Enter text Color(s) Enter text Shape(s) Enter text
* Guide buoy(s): Height(s) Enter text Color(s) Enter text Shape(s) Enter text
* Approximate Distance between Guide buoys: Enter distance

Number of Feeding Stations: Choose an item.

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: Deg. F Expected water temp range: Deg. F Wetsuits: Choose an item.

**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. |

Click here to describe your plans for checking water safety.

##

## Event Safety

| **Medical Personnel** |
| --- |

Lead medical personnel (emergency trained) on site: Enter Name, Qualification

Experience in sporting events (Marathon, Triathlon, Open water swim, etc.): Yes or No

Will medical personnel be located on the course? Yes or No

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? Choose an item.

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

Indicate the qualifications of the first responders: Choose an item.

Number on course: Number Number on land: Number

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. Click here to enter text.

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

Ambulance(s) onsite: **Phone # or radio channel** On Call: **000-000-0000**

Have you spoken with local emergency response agency regarding potential emergencies? **Yes or No**

Closest medical facility: **Click here to enter name.** Phone: **000-000-0000**

Type of medical facility (urgent care, hospital, etc.): **Click here to enter text.**

Distance to closest medical facility: **Choose an item.** Approximate transport time: **Time in minutes**

| **Watercraft** |
| --- |

Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): Number
* Owned/operated by volunteers or hired individuals: Number

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 or No

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: Number Non-motorized: Number

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

* Watercraft for race officials: Motorized: Number Non-motorized: Number
* Watercraft for race supervision: Motorized: Number Non-motorized: Number
* Watercraft for feeding stations: Motorized: Number Non-motorized: Number
* Watercraft for escorted events: Motorized: Number Non-motorized: Number
* Other event watercraft: Click here to enter text.

 Emergency Signal Flag Color for all watercraft: Enter color

|  |
| --- |
| **Communications** |

Primary method between event officials: Choose an item. Secondary method: Choose an item.

Primary method between medical personnel, first responders & safety craft: Choose an item.

Secondary method: Choose an item.

|  |
| --- |
| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Click here to enter text.

Describe method of electronic identification of swimmer (Recommended): Click here to enter text.

Describe different bright cap colors for various divisions (Recommended): Click here to enter text.

Describe method of accounting for all swimmers before, during and after swim(s): Click here to enter text.

Describe method of accounting for swimmers who do not finish: Click here to enter text.

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

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

watercraft. Click here to enter text.

| **Swimmer Management** |
| --- |

Maximum number of swimmers on course at a time: Number

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? Click here to enter text.

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

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Click here to enter text.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Click here to enter text.

Describe your missing swimmer plan: Click here to enter text.

|  |
| --- |
| **Severe Weather Plan** |

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

Describe your plan for severe weather or natural disaster: Click here to enter text.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Click here to enter text.

## 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: Click here to enter text.

|  |
| --- |
| **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! |
| - If your swim course has a chance of water temperature from 85° F to 87.8° F, you are **REQUIRED** to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event. - If your swim course has a chance of water temperature between 82° F & 85° F., a thermal plan is **RECOMMENDED**.  |

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

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

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

2. Require prior warm water swim experience.

3. Require swimmer warm water preparation plan.

What method(s) of swimmer preparation will you take: Click here to enter text.

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

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

1. Cancel the swim(s).

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

3. Remind all participants to stay well hydrated.

4. Remind swimmers to select appropriate pace.

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

Explain your plan of action: Click here to enter text.

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

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

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

2. Bring in more volunteers to assist medical personnel.

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

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

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

6. Make cool showers available on-site.

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

8. Other: Specify

Specify what extra listed items you will need to provide: Click here to enter text.

**Comment on how you will be prepared to care for multiple medical issues:** Click here to enter text.

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



#### Rolph’s Wharf Marina

1008 Rolphs Wharf Rd.

Chestertown, MD 21620

Participants will start and finish at Rolph’s Wharf, in six waves by distance (5 mile starts first). The swims are out (upriver) and back (downriver) and run parallel to shore. Course map and swimmer instructions attached. The course is marked by inflatable yellow buoys at 0.5, 1, 1.5, 2, and 2.5 miles. *Th*e 2.4-Mile Triathlon Challenge buoy, at 1.2 miles from the start, will be marked with a special orange buoy. Swimmers should always keep the buoys to their left, with the exception of the 2nd buoy at 1 mile on the return (see diagram). Water safety officials have the authority to determine when a swimmer needs to be removed from the water. Any swimmer removed from the water must report immediately to the DNF Official and recording station upon returning to shore. The swim ends promptly at 12:30 pm. Any swimmer still in the water at that time will be picked up by safety personnel and brought to the DNF pier.

A more-detailed interactive map of the course is available online at:

<http://g.co/maps/bxqxa>

 Race start, restrooms, showers, cooling, refreshments, first air, race finish, safety meeting site, race director and safety director.