**Open Water Safety Plan**

**Application Instructions**

* Before applying for a USMS open water sanction, event hosts must review their event information and safety plans with their LMSC Sanctioning Officer. Upon approval from the LMSC Sanctioning Officer, the event host is then ready to apply for sanction.
* When applying for a USMS open water sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC) ON THIS APPLICATION through the online sanction process. We welcome additional supporting information—after all, many event hosts have developed extensive safety plans over years of hosting events—but everyone must submit this completed application to ensure that all pertinent points are covered in safety planning.
* Using a Google Earth map or equivalent, event hosts are also required to upload a map of the venue and course with the safety plan application. Maps must include locations of start & finish, guide & turn buoys, feeding stations, safety craft, lifeguards/first responders, on-site medical care, and evacuation points.
* In the best scenario, the Safety Director should assist the event host in the developing the event safety plan. If the Safety Director did not take part in developing of the safety plan (usually in the case of appointment after the sanction request or in the case of a substantially unchanged safety plan developed over years of experience), the event host must give the Safety Director a copy of the approved safety plan.
* Upon request, USMS OWCC Bill Roach will send you a copy of the approved safety plan. Contact Bill at wfroach@att.net or 317-989-3164.

**Open Water Safety Plan Application**

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## Event Information

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| **General Information** |

Name of Host: Virginia Masters Swim Team

Name of Event: 2019 Lake Moomaw One Mile Swim

Event Location: Lake Moomaw

City: Covington State: VA LMSC: VA

Event Dates: 8/3/2019 through 8/3/2019

Length of Swim(s): 1-mile

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Dave Holland Phone: 8044672425 E-mail: davedweller@gmail.com

Referee: Dave Holland Phone: same E-mail: same

Certified Safety Director: Lee Roe Phone: 5409680006

E-mail: lee.roe@westrock.com

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 8/3/2019 Time: En7:00am.

Tentative agenda: 7:00am – Safety Director conducts safety brief with rescue squads; 7:30am- **WestRock Water Rescue and Falling Spring Rescue in place BEFORE warm up;** 7:45am- Course is open for warm up; 8:45am- Check-in for Masters 1 mile event closes, course is closed, announcement lineup begins; **WestRock Rescue/ Falling Spring Rescue in place with full crew;** 9:00am- 1 mile Swim (Counter-Clockwise); 10:30am- Course is cleared & Awards Presentation; 11:15am-12:00pm- **LUNCH FOR RESCUE SQUAD & VOLUNTEERS**

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 8/3/2019 Time: 8:45am

Tentative agenda: safety and evacuation procedures, course details, procedures for requesting help or scratching

During the pre-race instructions, the safety and evacuation procedures will be reviewed before the swimmers enter the water by the announcer. Participants who are apprehensive about their own ability to swim the course will be given the opportunity to scratch from the event at this time by reporting directly to the referee or scorer’s table. Swimmers who are in distress during the race will be instructed to wave one hand over the head until rescue personnel arrive. In the event of emergency evacuation, power boats WITH PROPS will not approach the swimmers at any time. Swimmers who are in distress will be brought to the evacuation boat or shore using PROPLESS-POWERED transportation. Swimmers can be transferred to a powered boat with a prop, outside the immediate swim area. Swimmers who opt to exit the water prematurely will be instructed to report to the referee or scorer’s table before leaving the venue. Any participant who opts to exit the water prematurely will not be permitted to re-enter**.**

**Course & Event Conditions**

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| **The Course** |

Body of water: Lake Water type: Fresh Water Water depth from: 1 to: 150

Course: Open - non-event watercraft allowed near swim course

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

 Agency name: WestRock Water Rescue and Falling Spring Rescue How to contact during event: Phone # or radio channel

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): some small waves from water craft How is the course marked?

* Turn buoy(s): Height(s) 6 feet Color(s) Orange Shape(s) Oval
* Guide buoy(s): Height(s) Enter text Color(s) Enter text Shape(s) Enter text
* Approximate Distance between Guide buoys: ¼ mile

Number of Feeding Stations: 0

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

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

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| **Water & Air Temperatures** |

Expected air temp range: 65-75 Expected water temp range: 75-78 Wetsuits: Not allowed

**USMS Water Temperature Index for sanctioned open water events:**

 **- Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is REQUIRED**

 **- 57°F-60°F (Cold) - heat-retaining swimwear is required or a Thermal Plan for Cold Water Swims is REQUIRED**

 **- 60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is RECOMMENDED**

 **- 66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is ENCOURAGED**

 **- 72°F-78°F (Cool) - No Thermal Plan required**

 **- 78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.**

 **- 82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is RECOMMENDED**

 **- 85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is REQUIRED**

 **- 87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held**

 **- Over 95°F (Extremely hot) - Any swimming is ill-advised**

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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. |

Monitored by US Forest Service- they will close the lake and cancel event if water quality is bad.

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Jim Kern, EMT

Experience in sporting events (Marathon, Triathlon, Open water swim, etc.): Yes

Will medical personnel be located on the course? Yes

The number of medical personnel will be dependent on the course layout, number of swimmers in the water,

expected conditions, etc. How many medical personnel do you plan to have on site? More than 7

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

Indicate the qualifications of the first responders: Equivalent water certified first responder

Number on course: 12+ Number on land: 5+

Indicate their location on the Race Plan Map.

| **Onsite Medical Care & Facilities** |
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Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. The Westvaco Rescue squad will be present with Advanced Life Support Equipment and a team of 12-20 rescue personnel, divers, and water rescue boats. They will serve as the primary responder on site from 7:30am until the conclusion of the one-mile event. In addition they have access to a Rescue Station with a Medic Ambulance. A minimum of 4 “safety stations” provided by rescue squad will be available at all times in the water to ensure a minimum ratio of 1 safety station per 25 swimmers.

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| **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

Closest medical facility: Bath County Community Hospital Phone: 540-839-7000

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 34 minutes

| **Watercraft** |
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Motorized Watercraft:

* Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): TBD
* Owned/operated by volunteers or hired individuals: 6

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? Yes

Other motorized watercraft:

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

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 1 Non-motorized: 8

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

* Watercraft for race officials: Motorized: 1 Non-motorized: 1
* Watercraft for race supervision: Motorized: Number Non-motorized: Number
* Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
* Watercraft for escorted events: Motorized: 0 Non-motorized: 0
* Other event watercraft: 0

 Emergency Signal Flag Color for all watercraft: Orange

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| **Communications** |

Primary method between event officials: Radio Secondary method: Megaphone/Bullhorn

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

Secondary method: Other

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: **Each swimmer will be given a race number (using sharpie marker) on each shoulder, and names/race numbers will be called and checked on the heat sheet as swimmers are lined up to go in the water at the start.** .

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): each swimmer finishing the race will also be recorded on paper, by name and race number. The total number of swimmers beginning the race and finishing the race will be recorded so that all swimmers are accounted for, and to allow the rescue personnel to identify and escort the final swimmer to the shore

Describe method of accounting for swimmers who do not finish: Swimmers who opt to exit the water prematurely will be instructed to report to the referee or scorer’s table before leaving the venue. Any participant who opts to exit the water prematurely will not be permitted to re-enter.

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

watercraft. Warm-up will happen on course from 7:45-8:45am. Warm-down is beside beach within roped off area.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 75

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? Add a second heat

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? A motorized water rescue & a motorized race official boat will enter the course from the boat launch beside the course as well as numerous non-motorized boats that will be spread out throughout the course with another boat at the turnaround point.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? A minimum of 4 “safety stations” provided by rescue squad will be available at all times in the water to ensure a minimum ratio of 1 safety station per 25 swimmers

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? We will reduce the amount of swimmers per heat to allow for a safer ration of safety personnel to swimmers in the water at all times.

Describe your missing swimmer plan: **Each swimmer will be given a race number (using sharpie marker) on each shoulder, and names/race numbers will be called and checked on the heat sheet as swimmers are lined up to go in the water at the start. Likewise, each swimmer finishing the race will also be recorded on paper, by name and race number. The total number of swimmers beginning the race and finishing the race will be recorded so that all swimmers are accounted for, and to allow the rescue personnel to identify and escort the final swimmer to the shore.**

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| **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: In the event of inclement weather or other unsafe conditions that could arise suddenly while swimmers are competing, the referee will consult with the Safety Coordinator and the WestRock Water Rescue Crew Captain to make a decision about evacuating swimmers. If evacuation is deemed necessary and safe, the Rescue Captain will communicate the message to all rescue personnel on the water via walkie-talkie and swimmers will be notified to stop swimming by three sharp blasts from a whistle. Competitors will be instructed to exit water by swimming to the closest shore (start/finish beach area or the shore to the left of the first half of the course or to the right of the second half of the course, both Coles Point). If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The course is always within 50 yards of the shore. If evacuation is necessary during the swim, there is a pier at the half way point, or if necessary, swimmers can swim to shore.

## 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: Click here to enter text.

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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: Cancel 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: 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** |
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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: Click here to enter text.

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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: Click here to enter text.

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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: 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:** N/A: the lake water does not rise above 82 degrees F.