

Open Water Safety Plan

Application Instructions

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

Open Water Safety Plan Application

Event Information

General Information

Name of Host: Wisconsin Masters Aquatic Club-Madison Area Masters

Name of Event: Madison Open Water Swim

Event Location: Law Park

City: Madison State: WI LMSC: WMSC

Event Dates: 8/17/2019 through 8/17/2019

Length of Swim(s): 1.2 and 2.4 mile

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Suzi Green Phone: 6085768215 E-mail: greensuzi@ameritech.net

Referee: John Kitslaar Phone: 608-469-8653 E-mail: : johnkitslaar@gmail.com8/17/2019

Certified Safety Director: Jerry Lourigan Phone: 608-221-8167 E-mail: jerry53716@att.net

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

Tentative date: 8/17/2019 Time: 7:45am

Tentative agenda: .Officials, lifeguards, and kayakers will be informed of directions for the course, which is swimming counter-clockwise around the outside of the corners buoys. Safety is the primary concern. If there are concerns of a swimmer finishing safely, the water support may assist a swimmer to exit the water, most likely on to a support boat. There is a time limit on the event. If a swimmer is still on the course after 2.5 hours, officials will be instructed to remove the swimmer(s). If the race must be cancelled due to safety considerations during the swim, the official will sound an air horn with three long three long blasts. Swimmers need to be guided to the nearest possible place to exit the water, either at the entry point or by the first turn buoy. Kayakers and emergency evacuation power boats will assist in evacuation. Kayaks and lifeguards should keep swimmers on the course for safety reasons.

Kayakers and lifeguards will be spaced evenly on the course based on where the swimmers are on the course, and adjusting as needed. Kayakers and lifeguards should also be watching each other to help provide overlapping coverage. The course will not be dismantled until all swimmers are accounted for.

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

Tentative date: 8/17/2019

Time: 8:15am.

Tentative agenda: Swimmers will be informed of water temperature and directions for the course, which is swimming counter-clockwise around the outside of the corners buoys. Safety is the primary concern. If there are concerns of a swimmer finishing safely, the water support may request the swimmer to exit the water, most likely on to a support boat. There is a time limit on the event. Any swimmer still on the course after 2.5 hours after the start of the event will be removed. Swimmers will be informed of the procedure and order of entering the water and finishing. Swimmers are required to return their timing chips. If chip is lost or the swimmer voluntarily leaves the water early, he/she must and report the chip number. If the race must be cancelled due to safety considerations during the swim, the official will sound an air horn with three long three long blasts. Swimmers need to immediately swim to the nearest possible place to exit the water, either at the entry point or by the first turn buoy. Kayakers and emergency evacuation power boats will assist in evacuation. Kayakers and lifeguards should keep swimmers on the course for safety reasons. Kayakers and lifeguards will be spaced evenly on the course based on where the swimmers are on the course, and adjusting as needed. Kayakers and lifeguards should also be watching each other to help provide overlapping coverage. The course will not be dismantled until all swimmers are accounted for.

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 40 feet

Course: Closed-only event watercraft allowed

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

Agency name: Dane County Sheriff How to contact during event: 608-284-6878

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): smooth to minor waves

How is the course marked?

- Turn buoy(s): Height(s) 5ft Color(s) orange Shape(s) round
- Guide buoy(s): Height(s) 2ft Color(s) orange Shape(s) round
- Approximate Distance between Guide buoys: 180y

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.](#)

Water & Air Temperatures

Expected air temp range: 70-80 Expected water temp range: 72-78 Wetsuits: Optional

USMS Water Temperature Index for sanctioned open water events:

- Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is REQUIRED
- 57°F-60°F (Cold) - heat-retaining swimwear is required or a Thermal Plan for Cold Water Swims is REQUIRED
- 60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is RECOMMENDED
- 66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is ENCOURAGED
- 72°F-78°F (Cool) - No Thermal Plan required
- 78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.
- 82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is RECOMMENDED
- 85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is REQUIRED
- 87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held
- Over 95°F (Extremely hot) - Any swimming is ill-advised

USMS Water Temperature Measurement Procedure: Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the

resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.

Water Quality

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

The city of Madison regularly checks beaches on lake Monona and posts water quality issues on the following website: <https://www.publichealthmdc.com/environmental/water/beaches/> We will be watching the website for any concerns in water quality. The swimmer can also watch for any concerns on his/her own. If there are any concerns the week of the race, the city can be contacted at 608-266-482

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Ryan Bros. Ambulance, EMT

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

Will medical personnel be located on the course? 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? 2

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 8-10 Number on land: 0

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. A first aid kit is available. The ambulance will park in a location near the finish where care would be most likely needed. Changing tents are available to remove wet clothing. Many cars parked onsite could provide extra warming source.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: TBD On Call: 911

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

Closest medical facility: Meriter Hospital, 202 S Park St. Madison Phone: 608-417-6000

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

Distance to closest medical facility: 0-2 miles Approximate transport time: 4 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1 or 2
- Owned/operated by volunteers or hired individuals: 1-3

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

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft:
 - o 1st Responders: Motorized: 0 Non-motorized: 8-10
 - o 2nd Responders: Motorized: 0 Non-motorized: 0
- Watercraft for race officials: Motorized: 1 Non-motorized: 0
- Watercraft for race supervision: Motorized: 2 Non-motorized: 20

- Watercraft for feeding stations: Motorized: Number Non-motorized: Number
- Watercraft for escorted events: Motorized: Number Non-motorized: Number
- Other event watercraft: Other event watercraft: kayaks , canoes, paddleboard

Emergency Signal Flag Color for all watercraft: orange

Communications

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

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

Secondary method: Megaphone/Bullhorn

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Bodies will not be marked, but all participants will wear a numbered neon swim cap, which will be provided. In the event that a swim cap is lost, the participant will also have a numbered timing chip, and there will be plenty of master lists available. Since about 70% of all participants wear wetsuits with long sleeves and long legs, any markings on the body would be covered.

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

Describe different bright cap colors for various divisions (Recommended): neon yellow, green, or pink

Describe method of accounting for all swimmers before, during and after swim(s): All swimmers are required to return timing chips. Swimmers will cross a timing mat to enter the water, thereby activating the chip. Everyone that crosses the timing mat is required to return the timing chip or report back to the finish line (where the timing system is located), to record their finish and exit from the water.

Describe

Describe method of accounting for swimmers who do not finish: It will be stressed that anyone not finishing must turn in his/her chip and/or notify race personnel

Warm-up/Warm-down Safety Plan

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

watercraft. There is no scheduled supervised warm up for the event

Swimmer Management

Maximum number of swimmers on course at a time: 500

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? Race day entries are not allowed

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Evenly on the course, and adjusting positions as required depending where the swimmers are on the course

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Boat, with spotter, will be called over to the kayak or lifeguard on the water to transport the swimmer to the start/finish of the race

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? We always hire 12-15 lifeguards, knowing that there will be a couple of no-shows. For kayakers, we use Mad City Paddlers, a local kayak group. They contact us every year to put us on their calendar, and they generally supply about 25-30 people to help. If we really didn't have enough help, we could shorten the course to a 0.6 mile course.

Describe your missing swimmer plan: At the conclusion of the race, all chips will be accounted for. If a swimmer is thought to be missing, a phone call will be placed to both the swimmer and the listed emergency contact. If it is determined that a swimmer is indeed missing, Madison Search and Rescue will be summoned

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: The event may be delayed up to an hour. If the event cannot start after an hour, the event will be cancelled.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Notify swimmer to swim directly to shore where it is possible to exit the water. All swimmers will be instructed to return to the staging area to return timing chips

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.](#)