



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

Event Information

General Information

Name of Host: Blue Wave Aquatics
Name of Event: 2019 Last Gasp of Summer
Event Location: Angle Lake
City: Seatac State: WA LMSC: PNA
Event Dates: 9/14/2019
Length of Swim(s): 1 mile, 2 mile
Dual Sanctioned with USA-Swimming: Yes

Key Event Personnel

Event Director: Eric Durban Phone: 206-423-8043 E-mail: lastgaspofsummer@bluewave-aquatics.com
Referee: Mike Murphy Phone: 206-316-0234 E-mail: swimoff1@gmail.com
Certified Safety Director: Scott Lautman Phone: 206-669-6695 E-mail: slautman@comcast.net

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

Tentative date: 9/14/2019 Time: 8:45 am
Tentative agenda: Officials' duties and responsibilities. Rules and procedures.

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

Tentative date: 9/14/2019 Time: 9:30 am
Tentative agenda: Course, conditions, start, safety, swimmer responsibility

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 50'
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.
Open, but no-wake lake. Meet director will communicate with neighborhood association, Angle Lake Shore Club if necessary
Agency name: Angle Lake Shore Club How to contact during event: Lonnie Goulet, President anglelakesc@gmail.com
Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): None

How is the course marked?

- Turn buoy(s): Height(s) 60" Color(s) Yellow Shape(s) Upright cylinder
- Guide buoy(s): Height(s) 24" Color(s) Orange Shape(s) Sphere
- Approximate Distance between Guide buoys: 50 yards between turn buoys short direction, 830 yards long direction with guide buoys at approximate halfway points in long direction.

Number of Feeding Stations: 0

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

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

Water & Air Temperatures

Expected air temp range: 68-74°F

Expected water temp range: 68-74°

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.

Due to the expected water temperature, a thermal plan is not required.

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.

Water quality monitored by City of Seatac

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Kirby Lautman, , M.D.

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? 2

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 10-18

Number on land: 1

Indicate their location on the Race Plan Map.

See Map below

- **Head Lifeguard-** Will give pre-race briefing to all lifeguards. Will be on shore with a safety radio coordinating lifeguards and, if necessary, rescue efforts.
- **East and West Lead Lifeguards-** will be in a kayak with whistle, flag, safety radio and rescue tube, West Lifeguard is responsible for coordinating lifeguards in Zones A & B. East Lifeguard is responsible for coordinating lifeguards in Zones C & D. Both lead lifeguards will receive direction from the Head Lifeguard. May make first contact with DS.
- **Long board Lifeguards-** will be on a long board with whistle and flag, one long board lifeguard in each of four zones. Responsible for reaching and moving DS to EMT boat or shore, whichever is most expedient. May make first contact with DS.
- **Kayak Lifeguards-** will be in kayaks with whistle, flag, and rescue tube. Two or three in each zone. Responsible for identifying swimmers in distress, making first contact with distressed swimmer (DS), if necessary, assisting DS until long board lifeguard arrives to move DS.

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. Warming vehicle will be located behind the guard shack, in near vicinity of finish line. See Race Map below.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: No, but EMT from Fire station on site On Call: N/A

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

Closest medical facility: Highline Medical Center

Phone: 206-244-9970

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 10 min

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2
- Owned/operated by volunteers or hired individuals: 0

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? 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:
 - 1st Responders: Motorized: 1 Non-motorized: 6 lifeguards
 - 2nd Responders: Motorized: 0 Non-motorized: 12 kayakers
- Watercraft for race officials: Motorized: 1 Non-motorized: 8
- Watercraft for race supervision: Motorized: 0 Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: N/A Non-motorized: N/A
- Other event watercraft: None

Emergency Signal Flag Color for all watercraft: Red

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: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Permanent marker on hands and shoulders

Describe method of electronic identification of swimmer (Recommended): Timing Chip

Describe different bright cap colors for various divisions (Recommended): One milers, Two milers, USA and USMS get different colored caps

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

At Check-in/registration, each swimmer will be given a ticket and an electronic ankle chip with their race number. Swimmers' bodies will be clearly marked with their numbers.

Before the start of every swim event, the swimmers will line up in front of the entry area. The swimmers will affix the chip to their ankle and will turn over their ticket to a designated race volunteer who will verify that their ticket number matches the number on the swimmer before entering the water. The sole purpose of the ticket is to know who exactly has entered the water. If the swimmer does not have their ticket they may not enter the water. These numbers will be recorded and confirmed upon exit at the swim finish. Start volunteers observe the start area to confirm all swimmers cross the start sensor and do not inadvertently enter the water without their starting chip being registered in the automated count.

Once exiting the swim, the swimmer will be required to cross a timing mat which will also track competitors as completing the race. Volunteers will also manually take the number of each finisher. Manual and electronic finisher lists will be cross-checked to assure a complete count.

Describe method of accounting for swimmers who do not finish:

When swimmers voluntarily withdraw or are removed from the race, they must notify a race official as soon as possible. Their chip numbers are relayed to the safety director who informs operators of the timing service after which they will be checked off the list.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Swimmers may warm up prior to the race but may not go beyond buoys 3 & 4. Lifeguard will be assigned to watch

Swimmer Management

Maximum number of swimmers on course at a time: 300

If more swimmers show up on the day of the swim(s), how will you adjust the safety plan to accommodate the increased number of entries? Entries are capped at 300

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? See First Responders/Lifeguards & Monitors Section of this Application

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? See First Responders/Lifeguards & Monitors Section of this Application

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

The race conduct may be altered to accommodate inclement weather, change in course conditions or insufficient personnel to conduct the event as planned. The objective will be to ensure that there is adequate coverage by race officials and safety personnel for a safe event. Options for alterations include shortening the course and/or changing the timing and number of swimmers starting in each wave. The Meet Director, Referee and Safety Director shall agree on the final alteration plan. In the unlikely event that water temperature is projected to rise above 78° or falls below 60°, race entrants will be notified by email that wetsuits will be required in the case of cold water or prohibited in the case of warm water. Facilities to mitigate these conditions (warming tent, cooling station) will also be put in place.

Describe your missing swimmer plan: If a swimmer is reported missing, the announcer, over the PA system, will ask the swimmer to come to the registration table. The race director will call the swimmer's cell phone. If the swimmer cannot be reached, the next call will be to the swimmer's emergency contact. If the swimmer cannot be located, 911 will be called by the medical staff and the lifeguards will start an under-water search.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster:

Triggers for delaying or stopping the race are conditions that would make it unsafe to proceed with the swim, and may either be present at the start of the swim or have a high probability of developing during the swim.

The race director is responsible for determining and announcing event cancellation after consultation with the safety director. Check in the athletes and hand out any caps and shirts. Announce plans for rescheduling if possible. If cancellation is due to something completely beyond the control of the event hosts (i.e. weather), any refund will be calculated from any funds saved with cancellation.

The Safety Officer and Meet Referee are responsible for determining that an event will be delayed or stopped. Race Director, Meet Referee and Safety Officer will also determine if an alternative finishing area is needed. Notify lifeguards and officials on the water immediately by radio that the event has been canceled. Lifeguards and officials shall inform swimmers of cancellation. Guards, kayaks shall direct and follow swimmers to start/finish area, observation and EMT boats, or the north side of the course. Verify that all entrants have been accounted for.

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

If the race is to be abandoned, radios will be used to communicate to all water craft. From the Referee, the abandonment signals will be 5 short blasts followed by one long blast. From the Lifeguards, the abandonment signals will be 5 short blasts of the whistle followed by one long blast. Swimmers are to discontinue swimming and look for directions from the Officials or water craft personnel. Once safe on shore, make sure they get checked off as being safely out of the water

Race Map

