**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.

**Open Water Safety Plan Application**

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## Event Information

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| **General Information** |

Name of Host: Zoe Nance

# Name of Event: [2020 Swim New Mexico OWS Series I: Cochiti Lake](https://runsignup.com/Race/NM/PenaBlanca/2020SwimNewMexicoOWSSeriesICochitiLake)

Event Location: Cochiti Lake

City: Pena Blanca State: NM LMSC: NM:LMSC

Event Dates: 4/25/2020 through 4/25/2020

Length of Swim(s): 1 Mile, and 5k

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Zoe Nance Phone: 817-266-4557 E-mail: zoe@zoefitness.com

Referee: Zoe Nance Phone: 817-266-4557 E-mail: zoe@zoefitness.com

Certified Safety Director: Thomas Sheparski Phone: 505-277-5980 E-mail: tos2e@unm.edu

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 4/25/2020 Time: 9:30 amEnter time.

Tentative agenda: , Course, Signs and Symptoms of Hypothermia, Review exits, flagging, hands,

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 4/25/2020 Time: E9:45 am nter time.

Tentative agenda: Lifeguards, Hypothermia, Raise hand if you need help, Course, Exits, Check out, Race Protocol

**Course & Event Conditions**

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| **The Course** |

Body of water: Lake Water type: Fresh Water Water depth from: 5 to: 55 feet

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: State Police How to contact during event: Channel, and Cell Phone Numbers

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Smooth, may be some light chop, not likely

How is the course marked?

* Turn buoy(s): Height(s) 5’ Color(s) Hot Pink Shape(s) Triangular
* Guide buoy(s): Height(s) 2 feet Color(s) Yellow Shape(s) Round
* Approximate Distance between Guide buoys: .25 miles

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

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| **Water & Air Temperatures** |

Expected air temp range: 55-75 Expected water temp range: 55-65 Wetsuits: Required

**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.  |

I have purchased 4 field water tests, I will be testing Ph, I have 2 different tests for bacteria, nitrates/nitrites I will begin testing in March, to get a good feel on how the test works, and expectation of water quality. I plan to test at least 2 times, including the day before, especially if there is rain. (not likely)

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Cochiti Lake EMS, 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? 4

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

Indicate the qualifications of the first responders: Other

Number on course: 6 Number on land: 3

Indicate their location on the Race Plan Map.Should have received.

| **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. There will be an ambulance, and multiple state troopers located on the beach

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

Ambulance(s) onsite: Will be part of safety meeting On Call: **000-000-0000**

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

Closest medical facility: Christus Saint Vincent Medical Center Phone: 505-983-3361

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

Distance to closest medical facility: more than 20 miles Approximate transport time: 39 Minutes

| **Watercraft** |
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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 Number
* Anchored from start to finish: 0

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 2 Non-motorized: 6-10

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

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

 Emergency Signal Flag Color for all watercraft: Orange

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| **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

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| **Swimmer Counting & Accountability** |

Describe method of swimmer body numbering: Numbers on Arm/Caps

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

Describe different bright cap colors for various divisions (Recommended): Hot Pink, 5k/Yellow 1 Mile/Green Clinic

Describe method of accounting for all swimmers before, during and after swim(s): Counting, Timing, Check out

Describe method of accounting for swimmers who do not finish: Check Out/Timing

| **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. No warm-up available.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 200

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? There is NO race day registration

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Radio, hand/flag signals

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? State Police. An upward flag with broken whistle blows means distressed swimmer. Kayakers will be dispersed first. An Upward Moving Flag with constant whistle means, we are evacuating the course. Each Lifeguard, and two of the Main Kayakers have flags. The nearest kayaker will stay with the swimmer, at that time, we will initiate State Police if needed. We use radios, and cell phones to communicate.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? In the past more safety personnel have been there. Our swimmer to safety ratio. Of the 40, 15 are actually CLINIC participants. Leaving 25 to 35 people in the water swimming. We have 4 lifeguards, 4 State Police, and 6 to 10 Kayakers. So we essentially have 2 to 1 coverage of swimmers. 3 to 1, is worse case scenario. I don't see this being an issue. Even if we have 2 to 4 Kayakers, we are still under 10 participants per on the water safety personnel. The State Police are committed to being at these events, if they were not able to come, I would keep the course, near the shore, and bring that furthest buoy in.

Describe your missing swimmer plan: 1st call, then initiate State Police to do their job

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| **Severe Weather Plan** |

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

Describe your plan for severe weather or natural disaster: This does not generally happen in New Mexico. Especially early in the morning. If there is lightening we will delay the start.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Set up in a triangular course, with State Troopers in boats located on the outside of the two farthest points. We have a low wave of the flag, constant whistle developed for evacuation, which will be discussed in all safety meetings. In the event that the course needs to be evacuated, we will allow swimmers to exit the water cutting the course, if need be we will place swimmers on State Police Boats for faster evacuation. Check out, plus ankle timing.

## 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: Hosting 3 Cold Water Acclimization sessions. Wetsuits are mandatory for this April event. I take hypothermia very seriously with staff, and swimmers, starting at registration.

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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: Listed Above. Wetsuits mandatory. 5k may need to be shortened if 50-55 degrees.

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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: There will be blankets, and heated cars, plus an ambulance on site. I put in the registration email information about extra caps, booties, gloves etc, and the importance of acclimating prior. I also tell them to bring warm beverages. I do generally have warm water, tea, in the event that someone forgets, as someone usually does. I can’t stress hypothermia with these people enough. Usually by the time the event rolls around, they get my seriousness of it. All signs, and symptoms are also sent ahead of time, and included 3 times in safety meetings.

Comment on how you will be prepared to care for multiple medical issues: Ambulance on Call. State Police.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Yes, and it will be. We are a mountain state with snow run off. We will be prepared.

## 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: n/a

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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