



## **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 David at [openwateradvisor@usmastersswimming.org](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: [Swim Without Limits, Inc.](#)  
Name of Event: Swim Around Lido Key  
Event Location: 1799 Ken Thompson Pkwy, Sarasota, FL 34236  
City: Sarasota State: FL LMSC: FL  
Event Dates: 4/25/2020 through 4/25/2020  
Length of Swim(s): 7-miles  
Dual Sanctioned with USA-Swimming: Yes

### Key Event Personnel

Event Director: [David Miner](#) Phone: 941-545-9709 E-mail: [dminer02@gmail.com](mailto:dminer02@gmail.com)  
Referee: [David Miner](#) Phone: 941-545-9709 E-mail: [dminer02@gmail.com](mailto:dminer02@gmail.com)  
Certified Safety Director: [Steve Butler](#) Phone: 941-376-3524 E-mail: [Steve@triathlonrocks.com](mailto:Steve@triathlonrocks.com)

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

Tentative date: 4/24/2020 Time: 6pm

Tentative agenda: [Discuss role of each power boat and spotter, each jet ski, and the use of our extra \(floater\) kayakers. Radio communication on VHF channel 83, where to take swimmers who need to exit the course, how to manage a swimmer on your boat riding it out to the finish. Weather plans. Etc.](#)

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

Tentative date: 4/25/2020 Time: 7am

Tentative agenda: Safety for each swimmer and pilot, rules of the race, the course, post race event

## Course & Event Conditions

### The Course

Body of water: Ocean Water type: Salt Water depth from: 1 to: 25 feet

Course: Around an island starting and finishing in the same spot.

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

Agency name: Sarasota PD How to contact during event: VHF channel 83 and cell phones

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Currents and tides will favor the swimmer, marine life like dolphins, fish, birds, sharks, rays...all possible.

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) 5 feet Color(s) Yellow Shape(s) tetrahedron
- Approximate Distance between Guide buoys: only use a few in Sarasota Bay, about .25 miles apart

Number of Feeding Stations: None, pilots feed their swimmers

Type of structure(s) used as feeding station(s): NA

Number of people the structure(s) can safely hold: NA

### Water & Air Temperatures

Expected air temp range: 75-85

Expected water temp range: 72-82

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

**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.

Mote Marine daily provides reports on local water conditions, which we monitor regularly.

## Event Safety

### Medical Personnel

Lead medical personnel (emergency trained) on site: Not sure name at this time, 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? 2-3 EMTs

### First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: EMT

Number on course: 1

Number on land: 1-2

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. There will be a medical tent at the finish area for folks needing assistance.

### Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: No ambulance onsite On Call: 911

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

Closest medical facility: Sarasota Memorial Hospital

Phone: 911

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

Distance to closest medical facility: 4.2 miles Approximate transport time: 9 minutes

### Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1-3
- Owned/operated by volunteers or hired individuals: 5-6

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: 3
- With impeller motor (jet ski, jet boat): 2-3
- Anchored from start to finish: 0

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized: each swimmer's pilot
  - 2nd Responders: Motorized: **5-6** Non-motorized: **165 each swimmer's pilot**
- Watercraft for race officials: Motorized: 1 Non-motorized: 0
- Watercraft for race supervision: Motorized: 1 Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 165 each swimmer's pilot
- Watercraft for escorted events: Motorized: 0 Non-motorized: 165 each swimmer's pilot
- Other event watercraft: none

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

Secondary method: Cell phone

## **Swimmer Counting & Accountability**

Describe method of swimmer body numbering: Swim cap, both shoulders, and upper back

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

Describe different bright cap colors for various divisions (Recommended): Solo male green, solo female pink, 2-person relay yellow, 3-person relay orange

Describe method of accounting for all swimmers before, during and after swim(s): Just prior to race start all swimmers will line up in numerical order and be checked into the water. Swimmers will finish crossing a timing pad with a timing chip indicating that they finished. Swimmers who don't finish will turn in their race chip so that we know they're off the course. We will know who went into the water and who came out.

Describe method of accounting for swimmers who do not finish: They must turn in their timing chip so that we can score them as DNF and know that they're off the course.

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. There will be no viable warm-up or warm-down area.

## **Swimmer Management**

Maximum number of swimmers on course at a time: 165

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? No race day entries 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? The crafts will be in designated locations based on how the pack of swimmers spreads out...one towards the front, one towards the middle and one towards the back. Police boat will be towards the front. Jet skis will be roaming the course and handling the first response if a pilot indicates needing help. If more help is needed, a boat will come to the swimmer/pilot and have them come onboard or help secure the scene for further medical assistance.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? See above

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

Without proper safety boats onsite we wouldn't be able to run the race.

Describe your missing swimmer plan: Communicate to all watercraft personnel the swimmer's number and have them communicate with pilots on the course in helping verifying each number on a swimmer. Have jet skis spread out on the course looking and communicating with each swimmer/pilot still on the water while looking for any swimmer who may be on their own...no pilot with them. Continue the search working with our Sarasota PD boat until swimmer is found. If needed, escalate the search with the Coast Guard, etc. working closely with the Sarasota PD on site.

## Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: Severe weather prior to race, the race will be canceled. If severe weather occurs during the event, powerboats and jet skis personnel along with Sarasota PD will communicate to all pilots and their swimmers to make their way towards land and get out of the water seeking any available shelter. The boats on the water will patrol the course until all swimmers have left the swim course. We will then determine if the race can continue when weather clears or if the race must be cancelled. If the race cannot continue, we will begin dispatching vehicles to pick up swimmers around the island radioing in each swimmer number who is picked up and returned to the start/finish area. We will check off each swimmer as they are returned until all swimmers/pilots are accounted for.

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

## 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: Yes**

## 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:**

Yes