



**U.S. MASTERS  
SWIMMING**  
OPEN WATER

## Open Water Safety Plan Application

### Event Information

#### General Information

Name of Host: St. Pete Masters  
Name of Event: Hurricane Man Open Water Swim  
Event Location: Pass-A-Grille Beach  
City: St. Pete Beach State: FL LMSC: FL  
Event Dates: 5/2/2020 through 5/2/2020  
Length of Swim(s): 2.4 Mile & 1000 Meter  
Dual Sanctioned with USA-Swimming: Yes

#### Key Event Personnel

Event Director: Tora Williams Phone: 727-644-0189 E-mail: torahill79@gmail.com  
Referee: Dan Nardoizzi Phone: 727-492-3898 E-mail: Daniel.nardoizzi@yahoo.com  
Certified Safety Director: Michelle Pope Phone: 727-942-4630 E-mail: michellepope2020@gmail.com

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

Tentative date: 5/2/2020 Time: 6:30 PM

Tentative agenda: Review all aspects of Safety Plan. Finalize and coordinate job assignments.

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

Tentative date: 5/2/2020 Time: 7:05 AM/1000 Meter, 7:20/2.4 Mile Race.

Tentative agenda: Make sure all swimmers checked in and are body marked, review course conditions, review all aspects of safety plan and explain emergency procedures. Remind swimmers they must inform official if they abandon race.

### Course & Event Conditions

## The Course

Body of water: Ocean Water type: Salt Water Water depth from: 8 to: 10 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: Fish & Wildlife Commission How to contact during event: Phone number posted after assigned

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Possible sting rays, current is usually favorable to the swimmers and conditions at this time of year are optimal.

How is the course marked?

- Turn buoy(s): Height(s) 4 ft Color(s) orange Shape(s) round
- Guide buoy(s): Height(s) 4 ft Color(s) orange Shape(s) round
- Approximate Distance between Guide buoys: 2.4 miles – one at start, one at finish, straight course down the beach parallel to shore

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: 82 Expected water temp range: 78-82 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.

Visit the website [www.floridahealth.gov/environmental-health/beach-water-quality/](http://www.floridahealth.gov/environmental-health/beach-water-quality/)

## Event Safety

### Medical Personnel

Lead medical personnel (emergency trained) on site: Dr. Kern Davis, 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: 7 Number on land: 1

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. First Aid Kit at finish, St. Pete Beach EMT on site

### Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: 911 On Call: 911

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

Closest medical facility: Palms of Pasadena Hospital Phone: 727-381-1000

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

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

### Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1
- 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 or No**

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: 7
  - 2nd Responders: Motorized: **0** Non-motorized: **0**
- Watercraft for race officials: Motorized: 0 Non-motorized: 0
- Watercraft for race supervision: Motorized: 0 Non-motorized: 10
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: N/A

Emergency Signal Flag Color for all watercraft: orange

### **Communications**

Primary method between event officials: Cell Phone Secondary method: Megaphone/Bullhorn

Primary method between medical personnel, first responders & safety craft: Cell Phone

Secondary method: Megaphone/Bullhorn

### **Swimmer Counting & Accountability**

Describe method of swimmer body numbering: ClickRace number on both arms

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

Describe different bright cap colors for various divisions (Recommended): USA Swimmers – Green, USMS Women – White, USMS Men - Yellow

Describe method of accounting for all swimmers before, during and after swim(s): All swimmers must check in at race start, receive and wear chip timing and turn in chip at conclusion of race

Describe method of accounting for swimmers who do not finish: Swimmers are instructed to inform an official if they are abandoning the race. Official retrieves their chip timing bracelet and return to computer operator. Results will indicate DNF.

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. No official warm-up/warm-down

### **Swimmer Management**

Maximum number of swimmers on course at a time: 100 on 1000 Meter course, 300 on 2.4 Mile Course

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 is limited to 400 swimmers

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Since this is a straight course down the beach, all are distributed as equally as possible along the line of swimmers with one guard at the beginning of the pack, others in the middle and a final guard with the last swimmer. This is the same for other safety crafts involved.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Officials are also walking the beach course so if there is an emergency, the guards will signal with horn and orange safety flag and they will assist in obtaining medical personnel through the 911 system. St. Pete Beach requires race to hire paramedics to remain on site for the duration of the race.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? The 2.4 mile race start could be delayed until the 1000 meter events finishes to allow us to utilize guard/safety staff from that race as well.

Describe your missing swimmer plan: If a swimmer fails to notify an official of race abandonment and no race chip timing bracelet is returned, we immediately notify the officials on the beach to begin searching for swimmer by activating our Emergency Action Plan as indicated in our Safety Plan. Race Director will locate emergency contact number and attempt to locate swimmer through those means as well.

### **Severe Weather Plan**

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

Describe your plan for severe weather or natural disaster: We monitor the weather via weather app on cell phone. If severe weather is a factor, we have the Warren Webster Community Building as shelter until weather clears. Race will be cancelled if weather does not clear within 2 hours of original race start time.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Emergency horns with 5 short blasts and one long blast indicate race abandonment. Swimmers are to discontinue swimming, immediately exit the water and look for directions from officials and/or water safety personnel. Seek shelter in case of lightning and when safe, return to race finish area and return chip timing.

## **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: N/A

#### 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: N/A

#### 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: N/A

Comment on how you will be prepared to care for multiple medical issues: N/A

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: N/A

## 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: Highly unlikely to be a factor for this event.

### 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: N/A

### 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: N/A

**Comment on how you will be prepared to care for multiple medical issues:** N/A

**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:**

Yes