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: Santa Barbara Masters

Name of Event: USMS Sprint Open Water National Championship

Event Location: 1118 East Cabrillo Blvd

City: Santa Barbara State: CA LMSC: Southern Pacific

Event Dates: 8/29/2020 through 8/30/2020

Length of Swim(s): one mile and 4 X 500M relay

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Mark Warkentin Phone: 805-451-8666 E-mail: markdwarkentin@gmail.com

Referee: Paul Szuszkiewicz. Phone: 951-741-1738 E-mail: pszsz@hotmail

Certified Safety Director: Rick Hubbard. Phone: 805-896-6460 E-mail: rhubbard@santabarbara.gov

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

Tentative date: 8/29/2020 Time: 8am

Tentative agenda: USMS Sprint

Open Water Championship

Safety Plan

Santa Barbara, CA August 29-30, 2020

FIRST RESPONDERS / LIFEGUARDS: 10 paddlers on water, 1 boat operator on water, 1 lifeguard on PWC and 1 lifeguard on shore. Lifeguards will use boards, patrol boat, and a truck on the beach. A lifeguard supervisor will be a lifeguard station on shore for emergencies on land.

AMBULANCE/EMERGENCY TRANSPORTATION: An aid car will not be on site. A City of Santa Barbara Fire Station is located 0.5 miles away from the beach. Santa Barbara City Fire Department Station 2, 819 Cacique Street Santa Barbara, CA 93101 805-965-5254. The Santa Barbara Lifeguard staff is responsible for contacting an aid car and calling 911.

ON SITE MEDICAL CARE: A designated lifeguard tower and truck on the beach adjacent to the Administration area will provide first aid with appropriate supplies. A City of Santa Barbara Lifeguard will be stationed there. If it is necessary to move a swimmer to a medical facility-water to shore, shore to hospital-City of Santa Barbara Lifeguards and race officials will work together to ensure that the swimmer arrives to a hospital in a timely speed. City of Santa Barbara Lifeguards will evaluate and call for local EMS if need be. City of Santa Barbara Lifeguards as first responders will coordinate the whole travel process with EMS.

MEDICAL FACILITIES: Nearest emergency care hospital: Cottage Hospital. 400 West Pueblo Street. Santa Barbara, CA 93105 805-682-7111. 4 miles and 7 minutes travel time.

WATER CRAFT: City of Santa Barbara Lifeguards will operate all water craft. Lifeguards and a meet Official will be occupying water craft. The City of Santa Barbara Lifeguard boat will have complete first aid supplies. Whistles or flags will not be used. Additional flotation devices will be stored on the boat. Radios will be used between the boat and land.

ATHLETE ACCOUNTABILITY: Racing chips will be used. Chips will be handed out during check in. Chips will be removed immediately after leaving the water from a volunteer. As a backup, and for City of Santa Barbara Lifeguard rules, names and numbers are checked before and after water contact to ensure and accurate number. If a swimmer wants to leave a race early, swimmers may wave or gain the attention of a lifeguard and the swimmer will be escorted back to shore. There will be paddlers and a patrol boat that they can notify. We will either escort or physically bring the swimmer back to the shoreline and report their name to the race officials of their DNF (did not finish).

MISSING SWIMMER: If a swimmer is determined to be missing, City of Santa Barbara Lifeguards will head the search. If a swimmer is missing, the race will be stopped. A land search will include utilization of the Lifeguard's patrol trucks and-if determined by City of Santa Barbara Lifeguards-other resources will be called in.

ABANDONMENT: Swimmers may wave or gain the attention of a lifeguard and the swimmer will be escorted back to shore. Swimmers will report to the lifeguard or race official of their abandonment of the race. Once a swimmer is at shore, the swimmer will check in to the meet referee.

COMMUNICATIONS: A City of Santa Barbara Lifeguard will have a radio on a Patrol Boat and with the lifeguard on shoreline. Cell phones will be used as a backup. Air horns and blow horns will be used-if necessary-if the race needs to be abandoned.

SAFETY PLAN Maximum of 100 swimmers on the course. If there are more than 100 swimmers, then there will be male and female waves. Separated by five minutes.

SEVERE WEATHER: Prior to event: The Safety Monitor will give the final ok for the event. In the event that weather creates unsafe conditions, the event will be cancelled or postponed.

Mandatory Pre Race Safety Meeting there will be a mandatory pre-race briefing 10 minutes before the competition at the race site, East Beach, Santa Barbara, CA 93101

Technical Meeting TBD

There will be a mandatory Pre-Race Briefing held 10 minutes before competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. City of Santa Barbara Lifeguards reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Event Director and City of Santa Barbara Lifeguards will make this decision.

ATHLETE ATTITUDE: Athlete conduct will be governed by Part three of the USMS Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Swimmers should be advised that if there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.

SWIMWEAR: USMS rules will govern this race.

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

Tentative date: 8/29/2020 Time: 8:45am

Tentative agenda: same as above

Course & Event Conditions

The Course

Body of water: Ocean Water type: Salt Water Water depth from: 0 to: 20 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: Click here to enter agency. How to contact during event: Phone # or radio channel

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): minimal marine life, tides, currents, surf and underwater hazards

How is the course marked?

• Turn buoy(s): Height(s) 4 feet Color(s) yellow Shape(s) cylinder

• Guide buoy(s): Height(s) 4 feet Color(s) orange Shape(s) cylinder

Approximate Distance between Guide buoys: 400m

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: 65 Expected water temp range: 63-68 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 prerace 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.

City of Santa Barbara Lifeguards and Harbor Patrol will test and determine water quality and safety

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Rob Graham, EMT

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

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? More than 7

There will be more than 7 City of Santa Barbara Lifeguards on the course.

AMBULANCE/EMERGENCY TRANSPORTATION: An aid car will not be on site. A City of Santa Barbara Fire Station is located 1.5 miles away from the beach. Santa Barbara City Fire Department Station 2, 819 Cacique Street Santa Barbara, CA 93101 805-965-5254. The Santa Barbara Lifeguard staff is responsible for contacting an aid car and calling 911.

MEDICAL FACILITIES: Nearest emergency care hospital: Cottage Hospital. 400 West Pueblo Street. Santa Barbara, CA 93105 805-682-7111. 4 miles and 7 minutes travel time.

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: USLA

Number on course: 12 Number on land: 2

Indicate their location on the Race Plan Map.

Onsite Medical Care & Facilities

Describe onsite set up for medical care, such as medical ON SITE MEDICAL CARE: A designated lifeguard tower and truck on the beach adjacent to the Administration area will provide first aid with appropriate supplies. A City of Santa Barbara Lifeguard will be stationed there. If it is necessary to move a swimmer to a medical facility-water to shore, shore to hospital-City of Santa Barbara Lifeguards and race officials will work together to ensure that the swimmer arrives to a hospital in a timely speed. City of Santa Barbara Lifeguards will evaluate and call for local EMS if need be. City of Santa Barbara Lifeguards as first responders will coordinate the whole travel process with EMS. treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. Click here to enter text.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: **Phone # or radio channel** On Call: 805-965-5254

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

Closest medical facility: Cottage Hospital Phone: 805-682-7111

Type of medical facility (urgent care, hospital, etc.): Click here to enter text.: Nearest emergency care hospital: Cottage Hospital. 400 West Pueblo Street. Santa Barbara, CA 93105 805-682-7111. 4 miles and 7 minutes travel time

Distance to closest medical facility: 2-5 miles Approximate transport time: 7 minutes

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: 1

With impeller motor (jet ski, jet boat): 1

• Anchored from start to finish: 0

Allocation of Watercraft:

• Safety Watercraft:

o 1st Responders: Motorized: 2 Non-motorized: 10

• 2nd Responders: Motorized: **1** Non-motorized: **1**

• 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: Click here to enter text.

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: Megaphone/Bullhorn

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Click all swimmers will have body markings.

Describe method of electronic identification of swimmer (Recommended): all swimmers will wear chip timing

Describe different bright cap colors for various divisions (Recommended): Athletes will wear the cap as determined by USMS

Describe method of accounting for all swimmers before, during and after swim(s): ATHLETE ACCOUNTABILITY: Racing chips will be used. Chips will be handed out during check in. Chips will be removed immediately after leaving the water from a volunteer. As a backup, and for City of Santa Barbara Lifeguard rules, names and numbers are checked before and after water contact to ensure and accurate number. If a swimmer wants to leave a race early, swimmers may wave or gain the attention of a lifeguard and the swimmer will be escorted back to shore. There will be paddlers and a patrol boat that they can notify. We will either escort or physically bring the swimmer back to the shoreline and report their name to the race officials of their DNF (did not finish).

Describe method of accounting for swimmers who do not finish: ABANDONMENT: Swimmers may wave or gain the attention of a lifeguard and the swimmer will be escorted back to shore. Swimmers will report to the lifeguard or race official of their abandonment of the race. Once a swimmer is at shore, the swimmer will check in to the meet referee.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. The course will be open for 30 minutes prior to the start of the race and until the race cut off time. The lifeguards and watercraft will be on duty during that time.

Swimmer Management

Maximum number of swimmers on course at a time: 100

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? Add additional waves

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Safety staff will be evenly distributed on the course and on land

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Safety staff will be evenly distributed on the course and on land with extra attention paid to slower swimmers and dense packs of swimmers

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? if we cannot ensure a safe swim, we will cancel the swim. If we can safely run the swim with smaller number of swimmers on the course, we will increase the number of waves and time inbetween waves to ensure safety.

Describe your missing swimmer plan: ATHLETE ACCOUNTABILITY: Racing chips will be used. Chips will be handed out during check in. Chips will be removed immediately after leaving the water from a volunteer. As a backup, and for City of Santa Barbara Lifeguard rules, names and numbers are checked before and after water contact to ensure and accurate number. If a swimmer wants to leave a race early, swimmers may wave or gain

the attention of a lifeguard and the swimmer will be escorted back to shore. There will be paddlers and a patrol boat that they can notify. We will either escort or physically bring the swimmer back to the shoreline and report their name to the race officials of their DNF (did not finish). MISSING SWIMMER: If a swimmer is determined to be missing, City of Santa Barbara Lifeguards will head the search. If a swimmer is missing, the race will be stopped. A land search will include utilization of the Lifeguard's patrol trucks and-if determined by City of Santa Barbara Lifeguards-other resources will be called in.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: in case of severe weather, the race will be cancelled and all swimmers will exit the water. All swimmers, staff, spectators will evacuate to a safe location.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: in case of severe weather, the race will be cancelled and all swimmers will exit the water. All swimmers, staff, spectators will evacuate to a safe location. All swimmers will be required to check in before leaving the race site.

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: Historical water temperature and weather data will be on race form. Previous experience with cold swims will be recommended. Recommendations for the use of heat retaining swimwear will be included.

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: USMS rules regarding cold water swims. Including canceling or shortening the swim, encouraging or requiring the use of heat retaining swimwear.

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: If cold water or weather is expected, expected safety and medical personnel will be added. We will have increased thermal treatment gear, warm beverages and warming tents.

Comment on how you will be prepared to care for multiple medical issues: There will be multiple emergency personnel onsite. There are multiple emt's are pm's at the fire station .5 miles from the race site.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: If there is a forecast of cold water or cold weather we will implement the plan for cold water swims. Including increased trained safety personnel, increased medical personnel, increase volunteers. Warm beverages, blankets, clothing, warming tents will be added if needed. If needed the races will be shortened or cancelled.

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: historical weater and water temperature data will be on the entry form. Strategies for dealing warm water/weather conditions will be included.

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: USMS rules regarding warm water swim will be followed. In case of warm water and or hot weather extra water, ice, shade, cooling equipment will be included.

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: There are cool showers on site. In case of warm water and or hot weather extra water, ice, shade and cooling equipment. Extra medical officials will be on site as well.

Comment on how you will be prepared to care for multiple medical issues: There will be multiple emergency personnel onsite. There are multiple emt's are pm's at the fire station .5 miles from the race site.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues: If there is a forecast of warm water or hot weather we will implement the plan for warms swims. Including increased trained safety personnel, increased medical personnel, increase volunteers. Additional water, ice, shade, cooling equipment. If needed the races will be shortened or cancelled.

USMS SPRINT OPEN WATER NATIONAL CHAMPIONSHIP Safety Plan

Santa Barbara, CA August 29-30, 2020

FIRST RESPONDERS / LIFEGUARDS: 10 paddlers on water, 1 boat operator on water, 1 lifeguard on PWC and 1 lifeguard on shore. Lifeguards will use boards, patrol boat, and a truck on the beach. A lifeguard supervisor will be a lifeguard station on shore for emergencies on land

AMBULANCE/EMERGENCY TRANSPORTATION: An aid car will not be on site. A City of Santa Barbara Fire Station is located 0.5 miles away from the lake. Santa Barbara City Fire Department Station 2, 819 Cacique Street Santa Barbara, CA 93101 805-965-5254. The Santa Barbara Lifeguard staff is responsible for contacting an aid car and calling 911.

ON SITE MEDICAL CARE: A designated lifeguard tower and truck on the beach adjacent to the Administration area will provide first aid with appropriate supplies. A City of Santa Barbara Lifeguard will be stationed there. If it is necessary to move a swimmer to a medical facility-water to shore, shore to hospital-City of Santa Barbara Lifeguards and race officials will work together to ensure that the swimmer arrives to a hospital in a timely speed. City of Santa Barbara Lifeguards will evaluate and call for local EMS if need be. City of Santa Barbara Lifeguards as first responders will coordinate the whole travel process with EMS.

MEDICAL FACILITIES: Nearest emergency care hospital: Cottage Hospital. 400 West Pueblo Street. Santa Barbara, CA 93105 805-682-7111. 4 miles and 7 minutes travel time.

WATER CRAFT: City of Santa Barbara Lifeguards will operate all water craft. Lifeguards and a meet Official will be occupying water craft. The City of Santa Barbara Lifeguard boat will have complete first aid supplies. Whistles or flags will not be used. Additional flotation devices will be stored on the boat. Radios will be used between the boat and land.

ATHLETE ACCOUNTABILITY: Racing chips will be used. Chips will be handed out during check in. Chips will be removed immediately after leaving the water from a volunteer. As a backup, and for City of Santa Barbara Lifeguard rules, names and numbers are checked before and after water contact to ensure and accurate number. If a swimmer wants to leave a race early, swimmers may wave or gain the attention of a lifeguard and the swimmer will be escorted back to shore. There will be paddlers and a patrol boat that they can notify. We will either escort or physically bring the swimmer back to the shoreline and report their name to the race officials of their DNF (did not finish).

MISSING SWIMMER: If a swimmer is determined to be missing, City of Santa Barbara Lifeguards will head the search. If a swimmer is missing, the race will be stopped. A land search will include utilization of the Lifeguard's patrol trucks and-if determined by City of Santa Barbara Lifeguards-other resources will be called in.

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COMMUNICATIONS: A City of Santa Barbara Lifeguard will have a radio on a Patrol Boat and with the lifeguard on shoreline. Cell phones will be used as a backup. Air horns and blow horns will be used-if necessary-if the race needs to be abandoned.

SAFETY PLAN Maximum of 100 swimmers on the course. If there are more than 100 swimmers, then there will be male and female waves. Separated by five minutes.

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