

# **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](mailto:wfroach@att.net) or 317-989-3164.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: [Seal Beach Swim Club](#)  
Name of Event: Seal Beach 51<sup>st</sup> Annual Rough Water Swim  
Event Location: Seal Beach Pier  
City: Seal Beach State: CA LMSC: Southern Pacific  
Event Dates: 8/15/2020 through 8/15/2020  
Length of Swim(s): 1 Mile & 5K  
Dual Sanctioned with USA-Swimming: Yes

### Key Event Personnel

Event Director: Maria Fattal Phone: 562-900-0105 E-mail: [mariafattal@sealbeachswimclub.org](mailto:mariafattal@sealbeachswimclub.org)  
Referee: [Richard Davis](#) Phone: [714-968-9315](tel:714-968-9315) E-mail: [Richard.e.davis@gte.net](mailto:Richard.e.davis@gte.net)  
Certified Safety Director: [Patti Haney](#) Phone: 714-797-4259 E-mail: [pjhaney@aol.com](mailto:pjhaney@aol.com)

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

Tentative date: 8/15/2020 Time: [at staging of athletes](#)  
Tentative agenda: [Review with athletes -discuss entry, course, exit](#)

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

Tentative date: 8/15/2020 Time: [at staging of athletes](#)  
Tentative agenda: review with athletes support boat, jet skis, guards on course

## Course & Event Conditions

## The Course

Body of water: Ocean Water type: Salt Water Water depth from: 6 to: 18

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: Seal Beach Marine Safety How to contact during event: 562-430-2613 or VHF ch#69

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Surf generally 1 – 3 feet with little or no rip current

How is the course marked?

- Turn buoy(s): Height(s) 5 ft Color(s) orange Shape(s) triangle
- Guide buoy(s): Height(s) 2 ft Color(s) yellow/orange Shape(s) circles
- Approximate Distance between Guide buoys: 1000 – 1200 yards

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: 72 Expected water temp range: 65 - 69 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.

## 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.

OC Healthinfo.com checks water quality per Seal Beach Marine Safety

## Event Safety

### Medical Personnel

Lead medical personnel (emergency trained) on site: Chris Pierce/Nick Bolin, 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? More than 7

### First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: more than 5                      Number on land: at least 5

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. Lifeguards on site with 4 wheel drive to transport patient to Marine Safety Headquarters for treatment of minor medical aid & hot showers.

### Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: none                      On Call: **000-000-0000**

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

Closest medical facility: Optuim Care                      Phone: 562-598-2904

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

Distance to closest medical facility: 0-2 miles      Approximate transport time: 3 minutes

### Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 3
- Owned/operated by volunteers or hired individuals: none

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: **Number**
- With impeller motor (jet ski, jet boat): **Number**
- Anchored from start to finish:

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized: 4
  - 2nd Responders: Motorized: **1** 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: none

Emergency Signal Flag Color for all watercraft: orange

## Communications

Primary method between event officials: Cell Phone Secondary method: Radio

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: Click by event, age, number in field by USMS/USA

Describe method of electronic identification of swimmer (Recommended): none

Describe different bright cap colors for various divisions (Recommended): none

Describe method of accounting for all swimmers before, during and after swim(s): all athletes are staged and counted, walked to start line and counted again, when exiting race they are recorded into check in books and counted

Describe method of accounting for swimmers who do not finish: any athlete that leaves course and does not finish is recorded as DQ

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Event competitors are allowed to warm up/warm down in rectangle area in front of lifeguard tower #1

### **Swimmer Management**

Maximum number of swimmers on course at a time: 150

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? Events will be split into genders – male/female and or also heats based on age

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Rescue boat and PWC monitors outer course and contact boating traffic. Rescue paddlers/jet skis patrol near shore with additional lifeguard staff & volunteers in start/finish as well as lifeguards in towers.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Motorized race vessels will be assigned to a specific area of course – all vessel operators will have radio communication

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? races can be split for race day

Describe your missing swimmer plan: remove all athletes from course and obtain point last seen for missing competitor. If in water, initiate missing swimmer search at PLS – search will include line surface, dive team, rescue vessels, and air support if available.

### **Severe Weather Plan**

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

Describe your plan for severe weather or natural disaster: Event will be shortened, postponed or canceled

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: All swimmers would report into registration tables up by the parking lot to be accounted for.

# 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: Let athletes know warm showers are available

## 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: Shorten swim

## 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: Seal Beach Lifeguard Head Quarters with warm showers, vehicles, blankets

Comment on how you will be prepared to care for multiple medical issues: There are multiple EMT on staff

**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

<b>General Information</b>
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!
<ul style="list-style-type: none"> <li>- If your swim course has a chance of water temperature from 85° F to 87.8° F, you are <b>REQUIRED</b> 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 &amp; treatment of thermal issues during &amp; after the event.</li> <li>- If your swim course has a chance of water temperature between 82° F &amp; 85° F., a thermal plan is <b>RECOMMENDED</b>.</li> </ul>

**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: let athletes know water temperature at staging

**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: swim cap optional/shorten swim



**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: fans and ice buckets at Lifeguard Headquarters

**Comment on how you will be prepared to care for multiple medical issues:** multiple EMT on staff

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

## Marine Safety Attachment #1

February 27, 2020

Included in this attachment is the Seal Beach Marine Safety deployment plan for the 2020 Seal Beach Rough Water Swim. These are the preliminary plans and may be modified at the discretion of the Marine Safety Beach Supervisor.

### Initial Deployment:

- Lifeguard Rescue Vessel- Staffed by one boat operator and one EMT deckhand. Vessel will be in service at 0730.
- Two (2) lifeguard personal watercrafts- Each staffed with one operator and each craft has a rescue sled for transportation of victims/patients.
- Four lifeguards assigned on paddle boards to patrol the inner buoy line only. Paddlers will not be monitoring the outer portion of the 5k swim course.
- Two lifeguards in the surf line to monitor the entry/exit of the 200/400/800/1200 yard swims. These guards will also visually monitor the finish of the 5k as swimmers are completing the course.
- One lifeguard assigned to the beach tower (Tower 1).
- One lifeguard/EMT assigned to the lifeguard truck in the event area.
- One lifeguard assigned to the dispatch/communications within lifeguard headquarters.
- One Operations Supervisor to oversee all lifeguard operations and maintain communication with event staff.
- All 5k swimmers must provide their own **COMPETENT** paddler. Any 5k swimmer who does not have their own paddler, will not be allowed to swim. Participants are not allowed to “share” a paddler.
  - If at any time the paddler is deemed to be incompetent by Marine Safety staff, both the swimmer and paddler will be removed from the course.

### Lifeguard Plan

- Each lifeguard will have an assigned area of responsibility within the venue.
- As a guard locates a distressed swimmer, they will render initial assistance and, if needed, contact the nearest rescue vessel (PWC or Rescue Boat).
- If possible, the victim will be transported using PWC to the beach where the victim can be evaluated/treated by lifeguard/EMT on the beach.
- If victim cannot be transported to the beach, Orange County Fire Authority will be notified immediately. The victim will be taken by the lifeguard rescue boat to the emergency dock in Alamitos Bay for paramedic treatment.

- If the victim does not need to be transported via boat or PWC, lifeguards will assist them in returning to the beach where they will be evaluated by on-scene EMT.

This plan has been implemented in this format for several years and has proven to be successful. The specifics of this plan may change due to surf/weather conditions or for the general safety of the public as well as competitors. All changes will be at the discretion of the Operations Supervisor the morning of the event. If there are any questions or comments, please feel free to contact me.

Respectfully Submitted,



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