**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: O\*H\*I\*O Masters Swim Club

Name of Event: 2020 Brogan Open Water Classic & **USMS Open Water Clinic**

Event Location: Edgewater Beach

City: Cleveland State: OH LMSC: LELMSC

Event Dates: 7/17/2020 through 7/18/2020

Length of Swim(s): 1-mile and 2-mile on July 18.  **USMS Open Water Clinic to be held in 25-yd pool on July 17. Expecting 15-20 participants for the clinic.**

Dual Sanctioned with USA-Swimming: No

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| **Key Event Personnel** |

Event Director: Chuck Beatty Phone: 330-808-4821 E-mail: chuck@reflectionsonnature.com

Referee: TBD Phone: 000-000-0000 E-mail: Click to enter e-mail address

Certified Safety Director: Mark Marshfield Phone: 716-5983364 E-mail: pzsdad@aol.com

| **Pre-Race Safety Meeting (required):** **all officials & safety personnel must attend** |
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Tentative date: 7/18/2020 Time: 6:30 a.m.

Tentative agenda: Course layout and coverage • Radios • In-water start • Beach finish • Swimmers who need assistance • Flag and horn start signal • Questions?

| **Pre-Race Swimmer Meeting (required):** **all officials & swimmers must attend to participate in race** |
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Tentative date: 7/18/2020 Time: 7:45 a.m.

Tentative agenda: Welcome • Permits from Cleveland Metro Parks, United States Coast Guard, Sanctioned by USMS • Ask for No-shows • Course layout • In-water start • Beach finish • Flag and horn start signal • Electronic Timing • Manual timing • Kayakers and lifeguards\_• How to touch a kayak • If you must come ashore before completing the swim, tell us. • Water conditions; lightning in the area • Air Horn • Questions?

**Course & Event Conditions**

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| **The Course** |

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 15

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: US Coast Guard How to contact during event: TBD

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Waves parallel to shore—can vary from flat calm to 3 feet depending on wind strength and direction. No significant tides or currents. There are near-shore buoys marking the public beach swim area (not within race course).

**The USMS Open Water Clinic will be held in Lakewood HS pool, 1595 Robinwood Ave. Lakewood, OH 44107. Pool is 25-yd, 8 lanes with depths from 3.5 to 8 feet. There is also an adjacent diving well.**

How is the course marked?

* Turn buoy(s): Height(s) 4-foot Color(s) Yellow Shape(s) Cylinders and tetrahedrons
* Guide buoy(s): Height(s) 3-foot Color(s) Orange Shape(s) Spheres
* Approximate Distance between Guide buoys: 100m to 300 m depending on part of course. More buoys in stretches heading directly into the sun.

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.

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| **Water & Air Temperatures** |

Expected air temp range: 65 to 85F Expected water temp range: 72 to 78F 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**

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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. |

Water quality checked daily by USGS Nowcast. Results posted at https://ny.water.usgs.gov/maps/nowcast/

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## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: Cleveland EMS, EMT-P

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

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

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 10 Number on land: 2 **USMS Open Water Clinic** **will have 2** **lifeguards on duty at the pool.**

Indicate their location on the Race Plan Map.

| **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. EMS vehicle on beach.

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

Ambulance(s) onsite: Cleveland EMS, Phone TBD On Call: TBD

Have you spoken with local emergency response agency regarding potential emergencies? No

Closest medical facility: Lutheran Hospital Phone: 216-696-4300

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 10 min

| **Watercraft** |
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Motorized Watercraft:

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

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? No

Other motorized watercraft:

* With propellers fore of the rudder: 0
* With impeller motor (jet ski, jet boat): 0
* Anchored from start to finish: 1

Allocation of Watercraft:

* Safety Watercraft:
* 1st Responders: Motorized: 1 USCG Non-motorized: 10 lifeguards

# 2nd Responders: Motorized: 0 Non-motorized: 24 volunteer kayakers

* 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: Cell Phone Secondary method: Radio

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: Waterproof black ink on shoulder and hand. On cap for wetsuit swimmers

Describe method of electronic identification of swimmer (Recommended): Numbered electronic chips activated upon entering the water over pads. Removed and accounted for at finish.

Describe different bright cap colors for various divisions (Recommended): Different colors for 1-mile, 2-mile and USMS Middle-Distance OWNC

Describe method of accounting for all swimmers before, during and after swim(s): Positive check-in with cards collected at entry to lake, plus chips as described above. Event director and another volunteer have checklists in hand to track swimmers in and out of the water.

Describe method of accounting for swimmers who do not finish: Swimmers who cannot finish the race are instructed to make their way to the beach (escorted by kayaker if needed) and walk to the finish area to be accounted for. Swimmers who are taken to the USCG vessel will be accounted for by cell phone, then taken to the USCG pier in Cleveland.

| **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. Swimmers may warm up at 7:00 a.m. provided there are at least 2 lifeguard kayaks in the water. Swimmers are asked to remain between the beach and the starting buoys.

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 350 (last year 120)

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.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Lifeguards and volunteer kayakers will be distributed around the course. Swimmers are instructed to verbally or physically signal a kayaker if they become distressed. Swimmers are also aware that they may grab onto a kayak without penalty, provided no forward progress is made.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Kayaks and paddleboards will be located along the course, with enough coverage to quickly respond to a swimmer in distress. USCG and EMS will be on site to respond to any medical emergencies.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? The event can be shortened by bringing the western-most buoy closer to the starting end of the course.

Describe your missing swimmer plan: Divide the kayakers and paddle boarders into two groups, spread across the course and sent in opposite directions from the start. In addition, the USCG vessel will assist the search in deeper waters.

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| **Severe Weather Plan** |

Is a lightning detector or weather radio available on site? Weather apps on cell phones will be used to track storm activity in near real time. Yes

Describe your plan for severe weather or natural disaster: In the event of lightning or high wind and waves, the race will either be postponed or canceled. If the race is in progress, the kayakers will be signaled with an orange flag and flare gun and instructed to direct swimmers to shore and clear the water themselves. We will also have a count of kayakers in and out of the water.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Kayakers will be signaled with an orange flag and flare gun and instructed to direct swimmers to shore. As swimmers are directed to exit the water, they will be instructed to meet at the finish line to be checked in and accounted for. We will also have a count of kayakers in and out of the water.

## 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: Click here to enter text.

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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: Click here to enter text.

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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: 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:** Based on past experience, a thermal plan is not needed for this event. However, in the event of water below 72 degrees, we will have thermal blankets available for those who may be very cold sensitive.

## 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: Click here to enter text.

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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:** Based on past experience, a warm water thermal plan is not needed for this event.