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 or 941-545-9709.

Open Water Safety Plan Application

Event Information

General Information

Name of Host: Kingdom Games

Name of Event: 2020 USMS Ultra Marathon Distance (10 Mile) OWNC at Kingdom Swim

Event Location: Lake Memphremagog, Prouty Beach

City: Newport State: VT LMSC: NE-LMSC

Event Dates: 7/25/2020 through 7/25/2020

Length of Swim(s): 10 Mile

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Phil White Phone: 802-249-9100 E-mail: phw1948@gmail.com

Referee: Peter Channell Phone: 819 434 1911 E-mail: peter@channellfamily.net

Certified Safety Director: Hayley Joseph Phone: 802-673-9370 E-mail: hpeacock_vt@hotmail.com

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

Tentative date: 7/24/2020 Time: 5:30 pm

Tentative agenda: : Qualification and Training of Swimmers; Each swimmer must have a kayaker. The Role of Kayakers See: http://kingdomgames.co/yackers-rule/; Frisky conditions and the responsibility of swimmers and kayakers to monitor their status. The role and location of motorized patrol boats, the role of Police on the water. The availability of EMTS on the beach and the Emergency Room nearby; Emergency evacuation plan and individual decisions to pull swimmers.

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

Tentative date: 7/24/2020 Time: 5:30 pm

Tentative agenda: Qualification and Training of Swimmers; Each swimmer must have a kayaker. The Role of Kayakers See: http://kingdomgames.co/yackers-rule/; Frisky conditions and the responsibility of swimmers and kayakers to monitor their status. The role and location of motorized patrol boats, the role of Police on the water. The availability of EMTS on the beach and the Emergency Room nearby; Emergency evacuation plan and individual decisions to pull swimmers.

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 5 ft to: 30 ft

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: Newport City Police How to contact during event: Marine Channel 10

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Lake Currents; Wind; Waves

How is the course marked?

- Turn buoy(s): Height(s) 3 to 5ft Color(s) Orange Shape(s) Round
- Guide buoy(s): Height(s) None Color(s) Enter text Shape(s) Enter text
- Approximate Distance between Guide buoys: None

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): na- Kayakers

Number of people the structure(s) can safely na: Click here to enter number.

Water & Air Temperatures

Expected air temp range: 65 F to 75F Expected water temp range: 67 F to 73F 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.

Newport City Parks and Recreation and the State of Vermont monitor and report water quality on a regular basis. We will check for any problems 5 days in advance and again on the day before the swim.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Newport Ambulance EMTs and Ambulance, 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

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: Other

Number on course: Each swimmer has a kayaker, Patrol Boats have first aid kits, warm clothes, and warm water, Police have special training and supplies Number on land at Prouty Beach: 2 EMTs

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. Ambulance on the Beach

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Marine Channel 10 On Call: **000-000-0000**

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

Closest medical facility: North Country Hospital Phone: 802-334-7311

Type of medical facility (urgent care, hospital, etc.): Hospital with seasoned ER personnel

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.): 1 - 3
- Owned/operated by volunteers or hired individuals: 5 to 15

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

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 5 to 15 Non-motorized: 100 – 150 escort kayakers

- 2nd Responders: Motorized: **1 to 3** Non-motorized: Number

- Watercraft for race officials: Motorized: 1 Non-motorized: Number
- Watercraft for race supervision: Motorized: 5 to 15 Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 50 to 150
- Other event watercraft: none

Emergency Signal Flag Color for all watercraft: Yellow Flafs

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: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Shoulders, swim caps, and kayaker bibs

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

Describe different bright cap colors for various divisions (Recommended): One division

Describe method of accounting for all swimmers before, during and after swim(s): All swimmers are noted in a corral immediately before the start. They are then checked off when they pass buoy 3, and again when they finish or are pulled

Describe method of accounting for swimmers who do not finish: Newport Police maintain a command center on the water. When swimmers are pulled the first report goes to NPD which then forwards the information to our timers on the beach

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. We do not offer a warm up or cool down

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? We close registration on July 1. No walk ins 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? We have boats stationed at various buoys and deployed as roving patrol at variousstretches

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? See our Deployment Plan used for past years

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

Describe your missing swimmer plan: We ask swimmers to provide cell phone numbers for their kayakers. We would call them.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: Under threat of lightening, we would cancel or postpone the swim.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: If a thunder storm threatens during the swim, we will blast an air horn three times and signal swimmers to be picked up by patrol boats and kayakers to head to the nearest shore. Patrol Boats led by NPD would then sweep the course to pick up kayakers still on the water and identify those on the shore. They would be the last to be picked up, once the water is clear.

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: This is neither a cold water or warm water swim. We advise kayakers and motor boaters as to how to monitor for hypothermia and how to respond to cold swimmers if they are picked up.

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: Water temperatures are generally 68 to 74F. We explain signs of hypothermia to swimmers, kayakers and patrol boaters and encourage pulling any swimmer showing signs of hypothermia. We have warm clothes, blankets, and warm water in each patrol boat. Swimmers are checked when they exit the water and EMT and ambulance services are made available to warm swimmers experiencing hypothermia and /or take them to the emergency room when appropriate. If one ambulance leaves with a swimmer, we will call in a second to provide coverage when they are gone. We have a beach house with warm showers for all.

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: Most of these are in place, except 3, 4. 5

Comment on how you will be prepared to care for multiple medical issues: We can call in a second ambulance if necessary.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: Yes, see above.

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: we stress hydration in all conditions

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: We stress maintaining hydration in all conditions,

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: We have never experienced water temps about 75 F

Comment on how you will be prepared to care for multiple medical issues: We have two EMTs on the beach and other emergency responders on the water and an ER within a minute of our beach.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:
Yes, we will offer extra water, Gatorade, and maple syrup on the water and on the beach and offer EMT response on the beach and ER re=hydration for those in serious need