



## **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](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: [Green Leaf Racing, LLC](#)  
Name of Event: Terry Laughlin's 2-Mile Memorial Cable Swims 2020 National Championship  
Event Location: Mirror Lake  
City: Lake Placid State: NY LMSC: ADIR  
Event Dates: 8/15/2020 through 8/15/2020  
Length of Swim(s): 2-mile  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: [Matt McMorris](#) Phone: 518-727-1586 E-mail: [matt@greenleafacing.com](mailto:matt@greenleafacing.com)  
Safety Director: Patrick Lynskey Phone: 518-331-5675 E-mail: [patrick@greenleafacing.com](mailto:patrick@greenleafacing.com)  
Referee: [Chris Bowcutt](#) Phone: 917-371-1108 E-mail: [chris@greenleafacing.com](mailto:chris@greenleafacing.com)

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

Tentative date: 8/15/2020 Time: [8:30 AM](#)

Tentative agenda: Safety procedures

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

Tentative date: 8/15/2020 Time: 9:15 for the 2-mile Heat 1, 10:15 for the 2-mile Heat 2

Tentative agenda: start procedures, finish procedures, course markings, emergency procedures

## Course & Event Conditions

### The Course

Body of water: Lake Water type: Fresh Water Water depth from: 14 to: 60

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): this lake is very quiet and calm as there are no motorized watercrafts allowed on the lake.

How is the course marked?

- Turn buoy(s): Height(s) 5ft Color(s) red Shape(s) triangle
- Guide buoy(s): Height(s) n/a Color(s) [Enter text](#) Shape(s) [Enter text](#)
- Approximate Distance between Guide buoys: [Enter distance](#)

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: 70-74 Expected water temp range: 71-76 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.

As many locals rely on Mirror Lake for drinking water, Lake Placid is responsible for checking water quality and will notify us in the event that the water is not safe.

## Event Safety

### Medical Personnel

Lead medical personnel (emergency trained) on site: Lake Placid Ambulance Service, EMT

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

Will medical personnel be located on the course? No

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? 1

### First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: YMCA

Number on course: 2

Number on land: 1

Indicate their location on the Race Plan Map.

### Onsite Medical Care & Facilities

Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. There will be a first aid kit on site, along with warm beverages and blankets to treat thermal issues. Further medical treatment will be available via Adirondack Medical Center, which is on-call for the duration of the event with a response time of about 5 minutes.

### Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Lake Placid Ambulance Service      On Call: in event of emergency call 911, office # 518-523-9512

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

Closest medical facility: Adirondack Medical Center

Phone: 518-523-3311

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

Distance to closest medical facility: 0-2 miles      Approximate transport time: 5 min

### Watercraft

Motorized Watercraft: \*\*\*There are no motorized watercrafts allowed on Mirror Lake\*\*\*

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 0
- Owned/operated by volunteers or hired individuals: 0

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? **Yes or No**

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft: there will be about 8-12 kayakers with noodles, radios, & whistles stationed evenly on either side of the cable & at the turn around. No motorized watercrafts are allowed on Mirror Lake
  - 1st Responders: Motorized: 0 Non-motorized: 3
  - 2nd Responders: Motorized: **0** Non-motorized: **1**
- Watercraft for race officials: Motorized: 0      Non-motorized: 3
- Watercraft for race supervision: Motorized: 0      Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0

- Watercraft for escorted events: Motorized: [Number](#) Non-motorized: 0
- Other event watercraft: n/a

Emergency Signal Flag Color for all watercraft: orange

### **Communications**

Primary method between event officials: Radio Secondary method: Megaphone/Bullhorn

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 body marking on arm & leg.

Describe method of electronic identification of swimmer (Recommended): [Click here to enter text.](#)

Describe different bright cap colors for various divisions (Recommended): there will be 2 different colors for the 2 heats, colors TBD

Describe method of accounting for all swimmers before, during and after swim(s): we will assign an “accountant” who’s only job is to account for entry and exit of all swimmer and staff. Swimmers enter the water numerically; absent swimmers are noted as scratched. They will record the number of swimmers in each wave will be communicated to all race officials. Upon exiting the water, each athlete’s number will be recorded and checked out of the water.

Describe method of accounting for swimmers who do not finish: they must report to race officials to check out of the water.

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

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Swimmers can warm up on/around the course before the start of the first event, after that they may use the public beach re to warm up/warm down

### **Swimmer Management**

Maximum number of swimmers on course at a time: 73

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 are 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? All kayakers, positioned evenly around the course, have flotation devices that they can give to a distressed swimmer, and guide them to shore if needed. There will also be 2 lifeguards on course who can respond to a distressed swimmer and bring them to shore; if medical attention is needed this will be communicated via radio.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Kayakers will be positioned evenly around the course with flotation devices and whistles. There will be a lifeguard on either side of the cable.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? the ratio of swimmers to on-water personnel shall not exceed 20:1. If this happens, officials will determine whether or not the event should take place.

Describe your missing swimmer plan: All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration. • If a swimmer is reported missing and last seen in the water • The Safety Director will notify contact the Lake Placid Rescue Squad to activate their under-water search and recovery protocol. • The Safety Director will direct kayakers, lifeguards and volunteers to canvas the course and the shore. • Concurrently, meet operations will attempt to contact the emergency contact, coach and swimmer via cell phone and public address. • Meet Operations will review the start list and withdrawal list to confirm the swimmer actually started the race. • All swimmers are reminded before the start of the event that they must report to race officials if they decided to drop out of the event

### Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: see below.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Race Cancellation or Postponement • Approximately ½ hour before the beginning of the race, race personnel will convene to assess current safety conditions. • Any of the following individuals are empowered to independently order the race cancelled or postponed due to unsafe course or other conditions • Race Director • Safety Director • The race may be cancelled or postponed at any time for any of the following reasons: • Presence of thunder/lightning • Excessively warm or cold water temperatures • Excessive currents or waves • Poor water quality • Any other unsafe course or other condition • If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event. • There is no alternative date for the event. Post-start Cancellation - Evacuation Plan • The Safety Director will contact all staff by radio and signal with 3 blasts of an air horn. • Guards will also signal race abandonment with 3 blasts of their whistles, repeating as necessary. • Kayakers will raise their paddles, block the course with their boats and guide swimmers to the course exit/finish chute. • At the finish, safety officials will conduct normal swimmer accounting procedures. • Upon cancellation, swimmers must: • Proceed directly to the finish on the appropriate side of the cable • Follow any directions from the officials or water safety personnel • Once safe on the beach, proceed to the finish area and check out.

## 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: all of the above will be considered

**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: all of the above will be considered

**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: warm beverages, blankets

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:**

Warm beverages and blankets will be available. Swimmers can also go inside the public beach building to warm up. If an ambulance is required, the safety director on shore will notify local EMS, whose response time is expected to be less than 5 minutes.

## 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: all of the above will be considered

**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: all of the above will be considered

**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:** yes