



**U.S. MASTERS
SWIMMING**
OPEN WATER

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: **Green Leaf Racing, LLC**
Name of Event: **2020 Lake George Open Water Swims**
Event Location: **Hague Public Beach**
City: **Hague** State: **NY** LMSC: **ADIR**
Event Dates: **8/22/2020 through 8/22/2020**
Length of Swim(s): **2.5K, 5K, and 10K swims**
Dual Sanctioned with USA-Swimming: **No**

Key Event Personnel

Director(s): [Click here to enter names.](#)

Event Director: **Chris Bowcutt** Phone: **917-371-1108** E-mail: **chris@greenleafracing.com**
Referee: **David Dammerman** Phone: **518-698-7838** E-mail: **dddammerman@yahoo.com**
Certified Safety Director: **Patrick Lynskey** Phone: **518-331-5675** E-mail: **patrick@greenleafracing.com**

Pre-Race Officials Meeting (required) all officials and safety personnel must attend

Tentative date: **8/22/2020** Time: **7:15am**

Tentative agenda: **safety protocol, start procedures, finish procedures, course markings, and emergency procedures**

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

Tentative date: **8/22/2020** Time: **7:25 am for 10k and 2.5k, 9:10 for 5k**

Tentative agenda: **number check/roll call to note absent swimmers, start procedures, finish procedures, course markings, and emergency procedures**

Course & Event Conditions

The Course

Body of water: **Lake** Water type: **Fresh Water** Water depth from: **70 to: 196**

Course: **Closed-only event watercraft allowed**

If open course, please 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) **waters at Hague Public Beach will be calm and clean; the boat launch at the beach will be closed off for the duration of the event.**

How is the course marked?

- Turn buoy(s): Height(s) **5ft** Color(s) **Green** Shape(s) **triangle**
- Guide buoy(s): Height(s) **3ft** Color(s) **orange/yellow** Shape(s) **round**
- Approximate Distance between Guide buoys: Enter distance

Number of Feeding Stations: **1**

Type of structure(s) used as feeding station(s): **inflatable**

Number of people the structure(s) can safely hold: **2-3**

Water & Air Temperatures

Expected air temp range: 70-72

Expected water temp range: 72-78

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.

The location of this event is a Public Beach; the Town of Hague is responsible for testing the water quality, and will notify us if the water is unsafe.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Hague EMS, 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? **2**

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: **YMCA**

Number on course: **2**

Number on land: **2**

Indicate their location on the Race Plan Map.

On-site 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. **Hague Fire Rescue & EMS will provide an on-site EMT equipped with first aid, and AED, and oxygen.**

Ambulance/Emergency Transportation

Ambulance(s) onsite: **1**

On Call: 000-000-0000

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

Nearby Medical Facilities

Closest medical facility: **Moses-Ludington Hospital**

Phone: **518-585-2831**

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

Distance to closest medical facility: **5-10 miles** Approximate transport time: **13 minutes**

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): **2**
- 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? **Yes**

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: **2** Non-motorized: Number
 - 2nd Responders: Motorized: **1** Non-motorized: 10 (kayakers)
- Watercraft for race officials: Motorized: **0** Non-motorized: **0**
- Watercraft for race supervision: Motorized: **2** Non-motorized: 10 (kayakers)

- Watercraft for feeding stations: Motorized: Number Non-motorized: Number
- Watercraft for escorted events: Motorized: Number Non-motorized: Number
- Other event watercraft: [Click here to enter text.](#)

Emergency Signal Flag Color for all watercraft: orange

Communications

Primary method between event officials: Radio Secondary method: Radio

Primary method between medical personnel, first responders & safety craft: Megaphone/Bullhorn

Secondary method: Megaphone/Bullhorn

Swimmer Counting & Accountability

Describe method of swimmer body numbering: **Each Swimmer will have an arm and leg marked**

Describe method of electronic identification of swimmer (Recommended):**chip timing**

Describe different bright cap colors for various divisions (Recommended):**each event will have a different colored cap, the colors have yet to be determined**

Describe method of accounting for all swimmers before, during and after swim(s): **One member of the race staff has been appointed as Accountant. The Accountant's role shall be to account for swimmers as they enter the water and exit. Each swimmer is assigned a number. Roll call is held at the pre-race meeting. Athletes and their race numbers are recorded as positively checked in at this time, and absent swimmers are noted and scratched from the event. The number of swimmers in each wave will be communicated to all finish line & timing personnel as a check on the total number of swimmers entering the water. Swimmers will wear color-coded swim caps that align with their event. All swimmers are required to wear the swim cap provided to them for their event. Failure to do so will result in disqualification. Organizers will identify possible hazards in the including rocks, anchors, marine life or other such matter that may have an impact on their swim. Upon exiting the water, each athlete's number will be recorded and checked out of the roll call listing.**

Describe method of accounting for swimmers who do not finish: **swimmers are required to check out of the water by reporting to an event official**

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. **Athletes can warm up in the public beach area after checking in.**

Swimmer Management

Maximum number of swimmers on course at a time: 200

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? **There are no race day entries 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? **Athletes requiring assistance during the swim are directed to: Raise an arm and signal the nearest kayaker & Move out of swimming traffic if possible. A lifeguard or kayaker will provide a flotation noodle for the swimmer. Swimmer may continue when rested or ask the kayaker to be evacuated. Kayaker will wave a flag in the air, radio or whistle for the boat patrol to come by. Race officials/medical personnel reserve the right to remove any participant from the course for the safety of the athlete or other athletes.**

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? **Athletes requiring assistance during the swim are directed to:** · Raise an arm and signal the nearest kayaker · Move out of swimming traffic if possible · A lifeguard or kayaker will provide a flotation noodle for the swimmer. · Swimmer may continue when rested or ask the kayaker to be evacuated. Kayaker will wave a flag in the air, radio or whistle for the boat patrol to come by. · Race officials/medical personnel reserve the right to remove any participant from the course for the safety of the athlete or other athletes.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? **The ratio of safety personnel on the water to swimmers shall not exceed 20:1. If there is insufficient safety personnel, officials will discuss cancellation of the event.**

Describe your missing swimmer plan: **All swimmers will be required to provide an emergency contact name and number at registration. If a swimmer is reported missing and last seen in the water: The Safety Director will contact the Fire boat and EMTs to activate any search and recovery protocol. The Safety Director will direct kayakers, lifeguards and volunteers to canvass the course and the shore. Concurrently, meet operations will attempt to contact the emergency contact, coach and swimmer via cell phone and public address. Event Operations will review the start list and withdrawal list to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race.**

Severe Weather Plan

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

Describe your severe weather plan: **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.**

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: **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.**

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: [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: yes

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: **increase cool beverages, tents will be available on-site**

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.