



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: **Mission Viejo Nadadores Masters**
Name of Event: **Mission Mile**
Event Location: **Lake Mission Viejo**
City: **Mission Viejo** State: **CA** LMSC: **SPMS**
Event Dates: **9/12/2021 through 9/12/2021**
Length of Swim(s): **1 Mile**
Dual Sanctioned with USA-Swimming: **Yes**

Key Event Personnel

Event Director: **Mark Moore** Phone: **949-233-6521** E-mail: **mvnswimcoach@gmail.com**
Referee: **Paul Szuszkiewicz** Phone: **951-741-1738** E-mail: **pszsz@hotmail.com**
Certified Safety Director: **Eileen Span** Phone: **540-327-1597** E-mail: **mespan@cox.net**

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

Tentative date: **9/12/2021** Time: **8:30AM**

Tentative agenda: **TECHNICAL/SAFETY MEETING AGENDA**

I. Welcome and Introductions

- a. Meet Director**
- b. Safety Director**
- c. Lake Mission Viejo Chief Lifeguard**

II. Safety and General Instructions

- a. Time Limit**
- b. Swim Meet Caps Required**
- c. Lake Mission Viejo Lifeguards Patrol and Monitor Course**
- d. Swim Safely and Courteously**
- e. Swimmers Experiencing Difficulty**
- f. Medical Services**

- **First Aid**
- **Ambulance**
- **Hospital**

g. Waiver

III. Emergency Procedures

- a. Safety Cancellation**
 - **Cancellation procedures prior to start**
 - **Cancellation procedures during event**
- b. Water Rescue/Evacuation**
 - **Rescue protocol**
 - **Missing swimmer**

- Witnessed confirmed submerged swimmer
- Non-witnessed missing swimmer

IV. Check-in Instructions

- Must Provide Proof of USMS Membership
- Receive Body Markings, Cap, Timing Chip, and Goodie Bag
- Warm-up (7:00-7:45 a.m.)

V. Race Instructions

- Report to Start Line for Roll Call and Pre-race Briefing
- Start
- Course
- Marshals
- Timing
- Post-race Hydration and Nutrition
- Warm-down (enclosed buoy area only)

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

Tentative date: **9/12/2021**

Time: **8:45AM**

Tentative agenda: **SAFETY/GENERAL INSTRUCTIONS:**

- All swimmers have signed a waiver acknowledging that they are physically fit, and that they understand the risks associated with open water swimming.
- All swimmers must be a member of USMS.
- All participants will be required to wear a brightly colored cap, provided by race personnel. The color signifies the wave each swimmer will race.
- The course is patrolled and monitored by Mission Viejo Lake Lifeguards.
- Swimmers are advised to swim safely and courteously. Avoid contact with other swimmers and avoid aggressive or unsportsmanlike conduct. Failure to abide by rules and regulations will result in disqualification and possible exclusion from future events.
- Swimmers experiencing difficulty on the course are instructed to raise their arms and signal for assistance/rescue.
- Lifeguards will assist in rescue.
- All swimmers must wear their race cap until they are “checked out” with a volunteer at the exit.
- An ambulance unit and crew will be on hand to provide medical assistance and support at the swim exit. Mission Hospital is located 3 miles from the race start.

Course & Event Conditions

The Course

Body of water: **Lake** Water type: **Fresh Water** Water depth from: **35ft to: 70ft**

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: **Lake Mission Viejo** How to contact during event: **949-770-1313**

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards):

Fresh water, ducks and fish.

How is the course marked?

- **Turn buoy(s): Height(s) 4ft Color(s) Orange Shape(s) Triangle**
- **Guide buoy(s): Height(s) 4ft Color(s) Green Shape(s) Round**
- **Approximate Distance between Guide buoys: 50ft**

Number of Feeding Stations: **0**

Type of structure(s) used as feeding station(s): **provided on beach after race**

Number of people the structure(s) can safely hold: **N/A**

Water & Air Temperatures

Expected air temp range: **68F** Expected water temp range: **73F**

Wetsuits: **Optional based on race day conditions**

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.

Obtain current report from Lake Mission Viejo Lifeguards

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: **Lake Mission Viejo Lifeguards, EMT, 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? **4**

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: **Equivalent water certified first responder**

Number on course: **10**

Number on land: **6**

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.

EMT personnel will be on-site. Any emergencies will be taken to Mission Hospital which is located three (3) miles from the race. The race course will be by patrolled Mission Viejo Lake Lifeguards.

Mission Viejo Lake Lifeguards and Safety Director must be notified of all injuries: When a condition creates a situation that requires treatment, the following information is needed: • Victim's Full Name, Address, Contact name and phone numbers. • Age • Symptoms • Treatment administered after discovery. • Brief description of incident • Names of witnesses. • Brief medical history (allergies, medication, diseases & injuries.) • Signs/Symptoms (with time) • First Aid procedures initiated. • Comments (just facts)

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: **949-499-1311** On Call: **949-770-1313, Ext 204**

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

Closest medical facility: **Mission Hospital**

Phone: **949-583-2229**

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

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

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): **0**
- 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: 1** Non-motorized: **Number**
 - 2nd Responders: Motorized: **Number** Non-motorized: **Number**
- Watercraft for race officials: **Motorized: 1** Non-motorized: **Number**
- Watercraft for race supervision: **Motorized: 0** Non-motorized: **Number**

- Watercraft for feeding stations: **Motorized: 0** Non-motorized: **Number**
- Watercraft for escorted events: **Motorized: 0** Non-motorized: **Number**
- Other event watercraft: **10-14 paddleboards**

Emergency Signal Flag Color for all watercraft: **Red**

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: **Megaphone/Bullhorn**

Swimmer Counting & Accountability

Describe method of swimmer body numbering: **Arm**

Describe method of electronic identification of swimmer (Recommended): **None**

Describe different bright cap colors for various divisions (Recommended): **Waves instead of caps**

Describe method of accounting for all swimmers before, during and after swim(s): **Manual Count with dual confirmation**

Describe method of accounting for swimmers who do not finish:

NON WITNESSED MISSING COMPETITOR:

1. If a competitor is reported missing to the lifeguards but the exact last seen point cannot be verified by a witness, the Race Director and Mission Viejo Lake Lifeguards will be notified by Radio

2. The Race Director will immediately check the competitor's race number to verify if the competitor has exited the water.

3. The competitor's wave (heat) color and physical description including name, gender, age, hair color, eye color, clothing/race attire, will be communicated to Mission Viejo Lake Lifeguards so an initial visual search can be conducted by all lifeguards.

4. Law Enforcement will be requested to take a report from the reporting party and to check on the competitor's vehicle, family/friends contacts, and rule out other potential whereabouts in the Mission Viejo Lake vicinity.

5. If the competitor is confirmed to have entered the water and is still unaccounted for after 15 minutes, CONFIRMED SUBMERGED SWIMMER protocols will be initiated.

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

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. **Warm up and Warm down in ropes area - 4 marshals and 2 lifeguards will be there to monitor the area.**

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? **Assign more lifeguards**

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 will employ safety protocols.**

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? **Safety personnel will radio watercraft for transport and follow protocol described under Event safety Plan and Operations.**

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)?
Cancel Event.

Describe your missing swimmer plan:

NON WITNESSED MISSING COMPETITOR:

- 1. If a competitor is reported missing to the lifeguards but the exact last seen point cannot be verified by a witness, the Race Director and Mission Viejo Lake Lifeguards will be notified by Radio**
- 2. The Race Director will immediately check the competitor's race number to verify if the competitor has exited the water.**
- 3. The competitor's wave (heat) color and physical description including name, gender, age, hair color, eye color, clothing/race attire, will be communicated to Mission Viejo Lake Lifeguards so an initial visual search can be conducted by all lifeguards.**
- 4. Law Enforcement will be requested to take a report from the reporting party and to check on the competitor's vehicle, family/friends contacts, and rule out other potential whereabouts in the Mission Viejo Lake vicinity.**
- 5. If the competitor is confirmed to have entered the water and is still unaccounted for after 15 minutes, CONFIRMED SUBMERGED SWIMMER protocols will be initiated.**

EVENT SAFETY PLAN/OPERATIONS:

Mission Viejo Lake Lifeguards will manage water safety operations for the swim course in accordance with United States Lifesaving Open Water Swim Event Safety and USMS Guidelines. Lifeguards will be deployed on personal watercraft, paddleboards, patrol vehicles, in observation towers and on foot in strategic land based and water based locations to provide surveillance, assistance, water rescue, extrication, and emergency medical care to race participants. Mission Viejo Lake Lifeguards will utilize 800MHz radios to communicate with lifeguard, paramedics, fire, and Mission Viejo Lake personnel. Mission Viejo Lake Lifeguards will assign a designated lifeguard liaison to the race director and safety coordinator to ensure a unified command and coordinated communications between all safety and race personnel. A Mission Viejo Lake Lifeguard representative will attend a pre-race briefing to ensure race personnel and participants are informed of the local ocean conditions and hazards. Mission Viejo Lake Lifeguards will coordinate with Orange County Fire Authority, Orange County Sheriff for land and water based operations for the event. **SAFETY DIRECTOR:** An event "SAFETY DIRECTOR", will be designated who shall report to the Race Director and Lake Mission Viejo Lifeguard Operations Director. All safety issues will be addressed to the Safety Director to ensure USMS safety directives are observed or enforced.

GENERAL SAFETY:

Time Limit: For safety reasons, swimmers who cannot complete 1 mile in 45 minutes are advised not to enter; Swimmers on the course after these time limits will be stopped and listed as DNF in the results. In the event of inclement weather, the Mission Viejo Lake Lifeguards may close the course and thereby prevent swimmers from completing the swim. Entry fee includes a swim cap that must be worn during the swim. EMT personnel will be on-site. Any emergencies will be taken to Mission Hospital which is located three (3) miles from the race. The race course will be patrolled Mission Viejo Lake Lifeguards. Current 2021 U.S. Masters Swimming rules will govern this event and a USMS judge will serve as starter. Detailed safety instructions and USMS rules are included on the website. Swimmers will be given a highly visible numbered swim cap that must be worn as the top cap during the swim. All swimmers must have their race number on their arm. Swimmers will also be advised that after they finish the race **NOT TO GO BACK IN THE WATER WITH THEIR SWIM CAP ON.**

EMERGENCY PROCEDURES:

Plan of Action In an emergency, personnel must act quickly and effectively to minimize injury and/or prevent death. While it is impossible to anticipate all emergencies, prior planning and proper training are

key to dealing with an emergency situation. These guidelines provide a planning tool, when used properly, will allow an Emergency Action Plan to be implemented and in place at the start of the event. Mission Viejo Lake Lifeguards and Safety Director must be notified of all injuries: When a condition creates a situation that requires treatment, the following information is needed:

- Victim's Full Name, Address, Contact name and phone numbers.
- Age
- Symptoms
- Treatment administered after discovery.
- Brief description of incident
- Names of witnesses.
- Brief medical history (allergies, medication, diseases & injuries.)
- Signs/Symptoms (with time)
- First Aid procedures initiated.
- Comments (just facts)

Severe Weather Plan

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

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:

WATER RESCUE/EVACUATION PROTOCOL

A plan for medical evacuation will outline procedures for transporting swimmers needing medical aid from the water to land-based medical services. The course will have a minimum of 10-15 paddlers. Arrangements will be made for communication between safety stations and emergency evacuation boats.

RESCUE PROTOCOL:

- 1. Competitors will be instructed in pre-race briefing to raise one hand straight in the air if they require assistance from the lifeguard. In cases where the competitor is unable to raise their hand, they will be instructed to yell, "HELP! I NEED HELP!"**
- 2. Mission Viejo Lake Lifeguard(s) will respond from shore and/or paddleboard to provide immediate floatation and assistance.**
- 3 Competitors will be given an option to rest for up to 30 seconds this will also be considered a disqualification (DQ) and be recorded to the safety coordinator. If the competitor is unable to continue after 30 seconds of rest, they will be taken immediately to shore for assessment.**
- 4. Rescues occurring within the impact zone will be manually extricated back to the beach by the beach guards.**
- 5. Rescues occurring outside the impact zone will be picked up from the paddleboard guard by the PWC and dropped off at the designated landing zone within the Extrication Division. Lifeguards on land will meet the PWC and finish extricating victim from waist deep water to dry land.**
- 6. Competitors will be evaluated for any medical problems on the beach If the rescue victim is cleared of medical problems, they will be instructed to check out with the race safety coordinator that will be standing by with the response unit who will be in charge of accounting for all DNFs.**
- 7. If the rescued victim requires medical attention, the EMT(s) on scene will render BLS care. All medical patients will be stabilized and if higher medical authority is needed paramedics will be dispatched through Lake Mission Viejo Lifeguard HQ**

SAFETY CANCELLATION: A plan for cancellation will include evacuating the swimmers from the water. If weather conditions dictate a clear and present safety hazard to participants, Mission Viejo Lake Lifeguards reserves the right to cancel the event. Weather and water quality are two examples of dangers that might occur at the event. Other plans will be made for cancellation due to safety considerations once the competition has started.

CANCELLATION PROCEDURES PRIOR TO START:

Participants will be checked-in and given event shirt, swim cap & athlete bag and will be instructed to stay out of the water and return to their vehicles to exit the location.

No refunds will be given.

CANCELLATION PROCEDURES DURING THE EVENT:

If the event must be canceled mid-race, the safety staff will blow a series of sirens/air horn from the units on the beach as well as setting up multiple cut off points along the course, utilizing the lifeguards on paddleboards.

As swimmers swim into these cut off points they will be forced to stop and look up, at which point the guards will explain the situation and the need to return to shore immediately.

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:

Thermal Plan for Cold Water Swims:

To increase swimmer preparation before the event, we will

- Emphasize & stress cold water swim conditions.
- Require prior cold water swim experience.
- Require swimmer cold water preparation plan.

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:

Thermal Plan for Cold Water Swims:

To reduce swimmer exposure to hypothermia, we would

- **Cancel the swim(s) under worst conditions**
- **Shorten the swims(s).**
- **Encourage wetsuits for all swimmers (if the water temperature is less than 60 degrees F)**
- **Require wetsuits for all swimmers (if the water temperature. is less than 57 degree F)**

To mitigate & treat symptoms of swimmer hypothermia, we would

- **Bring in more emergency trained medical personnel and/or ambulances.**
- **Bring in more volunteers to assist medical personnel.**
- **Bring in more emergency craft & first responders on the course.**

Increase warm beverages before the swim and at feeding stations.

- **Increase warm beverages after the swim**
- **Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.)**
- **Hot showers available on site**
- **Completed recommended thermometer readings below**

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 event 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.

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: **See Above**

Comment on how you will be prepared to care for multiple medical issues: **See Above**

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

To increase swimmer preparation before the event we would

- Emphasize and stress on entry information of possible warm water swim conditions;
- Require prior warm water experience; and/or
- Require a swimmer warm water preparation plan.

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:

To mitigate and treat symptoms of thermal issues the host could:

- Bring in more emergency trained medical personnel and/or ambulances and/or more volunteers to assist medical personnel;
- Bring in more emergency craft & first responders on the course; – Increase cool beverages before the swim, at feeding stations, and after the swim (for all participants, not just swimmers);
- Increase heat exhaustion & heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.);
- Make shade & cooling facilities and/or cool showers 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: **Increase heat exhaustion & heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.);**

Specify what extra listed items you will need to provide: **iced water, ice chips, and cold water bottles.**

Comment on how you will be prepared to care for multiple medical issues: Radio lifeguard headquarters for additional medical staff.

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