USMS Open Water Guide to Operations

Part 2: Open Water Safety Guidelines

Revision Date: January 2016

**Addendum A: Open Water Safety Plan Application**

When applying for a USMS sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC). All events are required to use this application to submit their safety plan (OWGTO Part 1: Sanction Guidelines, Article OW-102.4).

Maps shall be uploaded using the additional documents upload capability of the sanction system or by attaching them at the end of this safety plan, including a Google Earth Map (or equivalent) of race course. Indicate on the map the locations of the start/finish, turn buoys, intermediate buoys, all safety craft, Lifeguard/First Responders, onsite medical care, feeding stations, evacuation points, etc.

## Event Information

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| **Basic Information** |

Name of Host: Sierra Nevada Masters

Name of Event: Donner Lake Swim

Event Location: Donner Lake

Event Dates: 8/13/2016 through 8/13/2016

City: Truckee State: CA LMSC:Pacific

Length of Race(s): 2.7 miles

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| **Key Event Personnel** |

Director(s):Ryan Evans and Laura Harsh

Phone: 775-843-1477 E-mail: donnerlakeswim@gmail.com

Referee: Steve Lintz Phone: 775-224-1538 E-mail: aquamansteve@charter.net

Safety Director: Cory Avery Phone: **775-742-9890** E-mail: wayneavery@sbcglobal.net

Ind. Safety Monitor: ISM name Phone: 000-000-0000 E-mail: Click to enter e-mail address

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| **Water Quality** |
| It is recommended that one week prior to 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 Referee or the Meet 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. |

We do not have resources to test water quality.

| **Pre-Race Officials Meeting (required)** all **officials and safety personnel must attend** |
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Tentative date: 8/10/2016 Time: 7pm

Tentative agenda: Review safety plan, duties of each safety personnel, race day timeline and items to have on race day.

| **Pre-Race Swimmer Meeting (required)** **all swimmers must attend to participate in race** |
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Tentative date: 8/13/2016 Time: 0815 am

Tentative agenda: Welcome, sponsors, general announcements, conditions (water temperature, length of swim), safety/emergency procedures.

## Event Conditions

**If water temperature is potentially less than 64° F, complete the Thermal Plan for Cold Water Swims section of this form.**

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| **Race Day conditions** |

Expected air temp: 50-70 Expected water temp: 68 Wetsuits: Not allowed

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 328

Course: Open - non-event watercraft allowed near swim course

If open course, please indicate the agency used to control the traffic while swimmers are on the course.

Agency name: Truckee Police Department How to contact during event: Cell number of officer received prior to event

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards) none

How is the course marked?

Turn buoy - Height(s) None Color(s) Enter text Shape(s) Enter text

Guide buoy - Height(s) None Color(s) Enter text Shape(s) Enter text

Approximate distance between Guide buoys: None

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| **Feeding Stations** |
| Designated area that nourishment may be passed on to swimmers. It is recommended that the feeding station be a boat, series of boats, or barge. |

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.

## Event Safety

| **Medical Personnel** |
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Lead medical personnel (emergency trained) on site: First aid tent with RN, MD, APRN and/or PA, Qualification

Experience in extreme events (Marathon, Triathlon, Open water swim, etc.): No

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? 6

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| **First Responders/Lifeguards** |

Indicate the qualifications of the first responders: Other

Number on course: 2 Number on land: 4

Indicate their location on the Race Plan Map.

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| **Ambulance/Emergency Transportation** |

Ambulance(s) onsite: Truckee Fire Protection District On Call: 530-582-7854

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

| **On Site Medical Care** |
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Describe the onsite set up for medical care, such as medical treatment tent, heating or cooling tent or facility. And indicate the location on the Race Plan Map. Medical tent with blankets and hot drinks to warm up swimmers at finish.

| **Medical Facilities** |
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Closest medical facility: Tahoe Forest Hospital Phone: (530) 587-6011

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

Distance to closest medical facility: 5-10 miles Approximate transport time: 14 minutes

| **Water Craft** |
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Motorized craft to cover the course:

* Owned/operated by Coast Guard, police, fire and rescue, or other government agencies: 1
* With propeller guards: 0 With propellers fore of the rudder: 4-6
* With impeller motor (jet ski, jet boat): 2-3
* With swimmer monitor on board: 4-6 Anchored from start to finish: 0

Safety watercraft:

* Motorized 1st Responders 1 Non-motorized 1st Responders 0
* Motorized 2nd Responders 6-9 Non-motorized 2nd Responders 20-30

Water craft for race officials: Motorized 1 Non-motorized 2

Water craft for race supervision: Motorized 6-9 Non-motorized 20-30

Water craft for race supervision: (Boats, Jet Skis, Kayaks, paddle boards, etc) 30-35

Water craft for feeding stations 0

Additional water craft for escorted events: Motorized Number Non-motorized Number

 Emergency Signal Flag Color for all water craft: Orange

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| **Swimmer Accountability** |

Describe method of swimmer body numbering: ClickLeft shoulder

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

Describe different cap colors for the various divisions (Recommended):One color cap for all swimmers

Describe method of accounting for all swimmers before, during and at conclusion of race(s):This is done with collaboration between the race director, safety coordinator, and timing company. Prior to the start of the race, the timing company will have a list of all the swimmers who checked in with a total number of swimmers that will be entering the water.

Describe method of accounting for swimmers who do not finish: ClickDuring pre-race instructions participants will be directed to go to the timing tent at the finish if they fail to start or finish the race. The start will have the Safety Coordinator and one board member on the beach observing for any swimmers who do not start the race or start and who come back to shore. This Safety Coordinator will write the non-starting swimmer’s name and race number on a list. This list will be given to the timing company at the finish. If a swimmer is pulled from the water during the race, the boat will call the Safety Coordinator via cell phone to report the swimmers name, race number and condition. The safety coordinator will in turn give this information to the timing company and ambulance if EMS care is needed. If the swimmer is experiencing a medical emergency boaters are instructed to call 911. One monitor will be placed at the finish by the timing company tent to monitor for swimmers being dropped off or swimmers who approach the timing tent who did not start or finish the race.

| **Warm-up/Warm-down Plan** |
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Describe safety plan for warm-up/warm-down.A designated warm-up area will be provided for swimmers. The warm up area will be patrolled by 4 kayakers from 7:30 until 8:15. All swimmers wishing to warm-up prior to the race must do so in the designated warm-up area.

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| **Communications** |

Primary method between Meet Officials: Cell Phone Secondary method: Megaphone/Bullhorn

Primary method for communicating between medical personnel, first responders & safety craft:Radio (separate channel from Meet Officials) Secondary method: Cell Phone

| **Swimmer Management** |
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Maximum number of swimmers on course at a time: 400

If more swimmers show up on race day, what is the procedure for adjusting the safety plan to accommodate the increased number of entries? No more than 400 swimmers will be allowed

How are the lifeguard staff and safety crafts distributed to supervise this event to maximize the recognition, rescue and treatment of any swimmer? Motorized and non-motorized boats are placed with the lead, middle and back swimmers. The water craft move with the swimmers during the race.

How is the safety staff deployed to maximize the rapid response to a troubled swimmer? The swimmer is first approached by a non-motorized craft. If swimmer is in trouble non-motorized craft will raise orange flag. If possible swimmer will be brought out of the course. Motorized boat will take to finish.

How will the event be altered if insufficient safety personnel/craft are available race day? We would have to cancel the event.

Describe your missing swimmer plan: If s a swimmer is found to be missing, police boat will be notified, swimmers name will be announced over PA at finish. If swimmer is not found on shore motorized and non-motorized boats will be dispatched back on the water if not already. We will attempt to call swimmer’s emergency contact to make them aware of missing swimmer.

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| **Severe Weather** |

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

Describe your severe weather plan: The Safety Coordinator and/or Race Committee members (Clay, Cory, Gwen, Laura, and Steve) may cancel the event. This could be due to thunder, lightning, and/or turbulent water due to wind.

Describe your course and site evacuation plan: In the event that the swim is cancelled during the race, motor boats and wave-runners will be notified via cell phone. The motor boats and wave-runners will then pass the cancellation notice on to the kayakers. The motor boats (staying out of the race course) and kayakers will work together to evacuate swimmers to the shore on the north side of the lake. The shuttle bus will leave the finish and drive east on Donner Pass Road and pick up evacuated swimmers and bring them to the finish. Two volunteers will wait at the finish for the shuttle and write down race numbers as participants exit the shuttle. If swimmers are closer to the finish then to exiting the north side of the lake they will exit via the finish and be accounted for by the timing company.

## 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: (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.(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 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 (1 Cold Shock Response, 2 Cold Incapacitation, 3 Hypothermia and 4 Circum-rescue Collapse) and hypothermia. Be Prepared! |
| If your swim has a remote chance of having 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 has a chance of having water temperature on the course less than 64° F., you are **URGED STRONGLY** to complete the thermal plan. |

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| **To increase swimmer preparation before the event, we will...** |

1. Emphasize & stress cold water swim conditions. Yes

2. Require prior cold water swim experience. No

3. Require swimmer cold water preparation plan. No

Specify details for the above responses: Cold water conditions are announced in our flyer and online registration. We do not require prior cold water experience or swimmer cold water preparation plan.

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| **To reduce swimmer exposure to thermal issues, we will...** |

1. Cancel the swim(s). Yes

2. Shorten swim(s). No

3. Encourage wetsuits for all swimmers. No

4. Require wetsuits for all swimmers. Yes

Specify details for the above responses: If lake temperature requires wetsuits and time to swim is short event may be canceled. We are unable to shorten our swim. If wetsuits are indicated due to water temperature all swimmers will be required to wear wetsuits.

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| **To mitigate & treat symptoms of thermal issues, we will...** |

1. Bring in more emergency trained medical personnel and/or ambulances. Yes

2. Bring in more volunteers to assist medical personnel. Yes

3. Bring in more emergency craft & first responders on the course. Yes

4. Increase warm beverages before the swim and at feeding stations. No

5. Have special procedures for removing swimmers from the water and venue No
 (different than normal trauma rescues).

6. Increase warm beverages after the swim. Yes

7. Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.) Yes

8. Make hot showers available on-site. No

9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site. No

10. Other #1: Specify

11. Other #2: Specify

Specify details for the above responses: Click here to enter text.

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| **To understand event thermal issues we will...** |

Complete recommended thermometer readings as follows: Yes

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.

If you answered No above, describe how and where water temperature will be measured: Click here to enter text.

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| **Attach course map below** |