



U.S. Masters Swimming COVID-19 Safety Plan Addendum

Until directed otherwise, all sanctioned events must complete this COVID-19 Safety Plan Addendum and email it to their LSMC sanctions chair in addition to completing the [standard sanction application on usms.org](#). Please copy events@usmastersswimming.org on correspondence so the National Office can gather comprehensive best practices and assist as needed.

Guidance and Recommendations

Event Directors

- The event director is responsible for researching and abiding by all current applicable federal, state, local, and facility orders related to COVID-19, clearly communicating protocols in published event information and providing email updates to attendees as needed.
- Require all attendees (swimmers, volunteers, officials, and facility staff) to complete a USMS COVID-19 Participant Screening Form.
- Discourage travel. Attendees should travel from no farther than a 100-mile radius from the event venue. In areas where population density is greater (or the boundaries of the LMSC don't exceed a 100-mile radius), travel should be limited to within the LMSC.
- Require all attendees to wear face masks at all times, except while in the water. Provide disposable masks in case attendees forget to bring their own. Distributing Ziploc bags to participants (write their name with a Sharpie) can help facilitate compliance by providing a clean and dry place to place the mask while they are in the water and reduce the number of masks discarded throughout the venue.
- No spectators or nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- No hospitality (attendees should bring snacks, water, etc.). If food or drinks need to be provided, use individually wrapped or sealed containers in a grab and go setting.
- Space out seating areas and preassign to groups or individuals if possible.
- Provide hand washing stations and hand sanitizer.
- Check temperature of each attendee before entry to the facility.
- Sanitize common areas and surfaces frequently.
- Utilize plexiglass barriers to help protect volunteers and officials while interacting with attendees.
- Publish results online only to avoid crowds at results posted on-site
- To eliminate the need for meetings that typically are held in-person (for officials, safety personal, open water safety briefings, etc.) publish information in advance and/or organize virtual meetings via Zoom.
- Avoid or minimize post-event socials and awards ceremonies.
- To minimize the number of attendees in the venue at any given time, consider splitting the event into sessions
- If you become aware of COVID-10 exposure (i.e. an attendee tests positive shortly after the event and could have exposed other attendees, communicate to all attendees through email or other possible means the possible exposure times and locations so attendees may determine if quarantining and/or testing are needed. [Here are positive test protocol recommendations](#) from the [Aquatics Coalition](#).

Event Directors (continued)

- Pool Meets:
 - Limit event lineup to individual races (i.e. no relays).
 - Provide plenty of time between heats and events to avoid crowding behind the blocks.
 - Meet warm-up and post-race cool-down need to be tightly managed like a workout to maintain social distancing with limited number of swimmers in each lane starting from opposite ends.
- Open Water Races:
 - Avoid mass starts and use wave, time trial, or rolling starts instead to avoid crowding.
 - Provide a receptacle for swimmers to discard masks as they enter the water and masks for swimmers to wear as soon as they exit the water.

Swimmers

- At the end of each race, clear the area quickly to avoid crowding behind the blocks.
- Swimmers should not linger to ask for times once race is completed.
- Swimmers in the next heat should be positioned at least 6 feet behind the timers and not move up to the blocks until instructed to do so.
- Once races are completed, exit the venue without lingering to socialize or cheer on teammates.
- Swimmers should not congregate on the side or at the end of the pool to cheer for friends.
- Swimmers should remove mask just before entering the water and put a mask on as soon as race is completed. For pool meets, use a Ziploc bag to keep the mask dry. For open water races, check with race director to ensure masks will be available once you finish your swim.

Officials and Timers

- Referee and starter should be on opposite sides of the pool.
- Stroke & turn officials should remain in the middle of their jurisdiction at the ends of the pool.
- Stroke & turn officials should stand back from the starting block while the swimmers get up and take their position. Do not move to the edge of the pool until the swimmer is in the water.
- Sanitize any equipment before use (e.g., podium, microphone, etc.)
- There should be only ONE starter using the microphone. Do not share or switch off.
- Officials should wear masks, but the referee may lower for whistles and the starter may lower for starting commands.
- All officials should be equipped with radios.
- Physical DQ slips shouldn't be used and passed around. Call all DQs in over your radio and have the administrative official or Hy-Tek operator enter them into the computer. Mark the DQs on your heat sheet in case there are any questions.
- Timers should remain 6 feet back from the blocks at the start of the race and only move up to the pool's edge at the end of the race to stop their watch and/or push their button. Then they should move back to their original position.
- There should only be one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed)

Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)

Mass gathering restrictions for our 2020 events were limited to 250 entrants. I have an agreement with the state parks where our events are held limiting our registrations to 250 now, and it can be adjusted as mass gathering restrictions are changed by the state. The only protocol required by the state is that everyone needs to wear a mask at this time. Also, no spectators are permitted at our events at this time.

Describe venue cleaning protocol for before the event, during the event, and after the event

Before:

- Porta-potties are delivered sanitized to the event.
- All food storage devices are sanitized before the event.
- All tables and chairs are sanitized before the event.

During:

- Porta-potties are sprayed with disinfectant throughout the event and the doors are left open when they are not in use.
- After a table or chair is used, they are disinfected before being used again.

After:

- Porta-potties are collected and clean by company responsible for them.
- All equipment used at the event is clean and disinfected before being sorted and stored for transport.

Describe screening of attendees (swimmers, volunteers, officials, staff) for entry to venue

All race attendees must:

- Complete a USMS COVID-19 Participant Screening Form no more than 24 hours before the event.
- Have a temperature less than 100.4 before entering the event area.
- Use hand sanitizer before entering the secured Bag Drop area.

Describe face-covering requirements and enforcement

All race attendees must:

- Wear a mask at all times (except when swimmers are in the water)
 - All swimmers will be provided with a disposal mask in their Athlete Packet to be worn from their vehicle to the start of their swim. Swimmers will dispose of their mask before entering the water and will be required to put on their own mask from the Athlete Bag after exiting the water.
- If an attendee does not have a mask, one will be provided for them.

Describe modifications to registration and check-in area and process

- All registrations are completed online, and there is no race day registration.
- Swimmers that are traveling more than 100 miles away to attend the event are discouraged from participating.
- All Athlete Packets are distributed the morning of the event during specific pickup windows based on the race distance check-in time. (Ex: 3 mile – 8:00 AM, 2 mile – 9:00 AM)
- All Athlete Packets are distributed in a no connect, drive through format. Swimmers have their race number posted on a piece of paper in their vehicle’s front windshield when arriving at the event, and their Athlete Packet is placed in the vehicle to reduce contact with the swimmers.
- All participants will remain in their vehicle until their race distance is called via the PA system.
 - These times are posted in the Athlete Guide and are shared during the Facebook Live Athlete Briefing the week before the event.
- All participants must have their body marking complete (race number on both hands) before entering the Bag Drop area.
- Participant may only bring the bags (large white drawstring) that contained their Athlete Packets into the Bag Drop area. All bags are marked with the participant’s race number on the outside of the bag.

Describe warm-up social distancing requirements and enforcement
<ul style="list-style-type: none"> - Only dry land warm-ups are permitted at this time. - All dry land warm-ups are complete individually by the swimmer's vehicle before their race distance is called.
Describe venue facilities that are available and off-limits to participants
<ul style="list-style-type: none"> - Only event staff and participants are able to enter the Bag Drop area. - No participants are permitted in the race operations tent, timing tent, or food distribution tent.
Describe participant deck space usage requirements and enforcement
<ul style="list-style-type: none"> - All participants will remain 6 feet apart (signs will be posted) in the Bag Drop area. - Participant utilizing the Bag Drop area will place their race number marked bags in the designated (spaced out) bag drop area. <ul style="list-style-type: none"> - To remove a bag from the Bag Drop area, participants must show the number on the bag matches the race number marked on the participant's hand. - When an event start is announced, participants will self-seed six feet apart in the fenced entrance chute around the outside of the Bag Drop area. Markers will be placed on the ground to ensure participants are 6 feet apart.
Describe swimmer requirements for races (entering and exiting the pool)
<ul style="list-style-type: none"> - All participants will enter the water in a rolling start format. - All participants are required to wear the disposal mask given to them until they reach the timing mat before entering the water. - Participants will enter the water every 10 second to ensure spacing between them. - All participants exiting the water will follow the fenced exit chute to the Bag Drop area where they will reclaim their bags from the Bag Drop area and put on their masks.
Describe other participant interaction modifications (awards, results, etc.)
<ul style="list-style-type: none"> - There will be no award ceremonies until further notice. All awards will be mailed to participants. - Results will be posted on our registration website. <p>https://runsignup.com/Race/PA/Quakertown/SteelmanRacingNockamixonSwimChallenge?remMeAttempt=</p>
Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
<ul style="list-style-type: none"> - If Steelman Racing becomes aware that an attendee tested positive for COVID-19 after our event, all attendees will be notified via email to allow attendees to determine if quarantining and/or testing are needed.



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: [Steelman Racing LLC](#)
Name of Event: Steelman Racing Open Water Classic
Event Location: Marsh Creek State Park
City: Downingtown State: PA LMSC: DV / 086
Event Dates: 5/16/2021 through 5/16/2021
Length of Swim(s): 1,2, and 3 mile distances
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: David Michener Phone: 267-784-9493 E-mail: info@steelmanracing.com
Referee: [David Michener](#) Phone: [267-784-9493](tel:267-784-9493) E-mail: info@steelmanracing.com
Certified Safety Director: Mike Kehrlle Phone: 610-357-2471 E-mail: mkehrle01@gmail.com

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

Tentative date: 5/16/2021 Time: [6:30](#)

Tentative agenda: 1) All safety procedures are review 2) any weather concerns are shared 3) course condition are checked and support water craft locations are reviewed 4) radio communication is checked to ensure everyone is connected

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

Tentative date: 5/16/2021 Time: [7:00 PM](#)

Tentative agenda: All Athlete Briefings are a Facebook Live broadcast. During the live event, all race information is shared (i.e. weather conditions, changes to course, Packet Pickup procedures, course map, safety regulations) and athletes can ask questions via the chat. The videos are also recorded so athletes can view them at any time if they are not able to watch the live broadcast. Please see the example below from 2020.
<https://www.facebook.com/Steelmanracing/videos/3143891592366443>

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 15 to: 30

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: Lionville Fire Company How to contact during event: Radio Channel 1

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Water temperature typically in the mid to upper 60's. Entrance / Exit to the water is from a sand beach. There is no underwater plant growth in this area. Lake bottom is sand and a mix of small smooth rocks. The water depth goes from grade to 15' deep over a distance of 30'.

How is the course marked?

- Turn buoy(s): Height(s) 5 foot Color(s) yellow Shape(s) tetrahedron
- Guide buoy(s): Height(s) 5 foot Color(s) orange Shape(s) tetrahedron
- Approximate Distance between Guide buoys: 200 meters

Number of Feeding Stations: 1

Type of structure(s) used as feeding station(s): Boat dock

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

Water & Air Temperatures

Expected air temp range: 80's Expected water temp range: high 60's 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.

Water is tested yearly by the DCNR, and the week prior by DCNR and by Steelman Racing LLC.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Lionville Fire Company, 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? 3

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 6 Number on land: 2

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. EMS tent and ambulance will be located next to boat ramp used by swimmers to enter and exit the water. Ambulance has clear road to leave race venue if needed.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Radio channel #1 On Call: [610-363-7663](tel:610-363-7663)

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

Closest medical facility: Tower Health Brandywine Hospital Phone: [\(610\) 383-8000](tel:610-383-8000)

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

Distance to closest medical facility: 10 miles Approximate transport time: 20 minutes

Watercraft

Motorized Watercraft:

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

Other motorized watercraft:

- With propellers fore of the rudder: 2
- With impeller motor (jet ski, jet boat): 0
- Anchored from start to finish: 1

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: 1 Non-motorized: 0
 - 2nd Responders: Motorized: **1** Non-motorized: **0**
- Watercraft for race officials: Motorized: 1 Non-motorized: 1
- Watercraft for race supervision: Motorized: **0** Non-motorized: 8
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- 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: **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: **Race number written on both hands**

Describe method of electronic identification of swimmer (Recommended): **Each swimmer will be given a timing chip to be worn on their ankle.**

Describe different bright cap colors for various divisions (Recommended): **3 mile = yellow, 2 mile = green, 1 mile = pink**

Describe method of accounting for all swimmers before, during and after swim(s): **In all Athlete Packets, participants are given a specific colored swim cap based on their event with their race number on it, a timing chip with their race number on it, and two Tyvek race number tags. Lin Mark computer chip timing will also be used to account for the athletes as they enter the swim start staging coral and as they exit the water to enter the finish chute. Swimmers will enter the water in a rolling start format every ten seconds. Before all swimmers enter the water, they will put one of the Tyvek tags under their swim caps for the duration of the race, and the other tag is turned into the timer monitoring the starting line timing mat. The tags are used as another means of accounting for all the swimmers in the water in case the timing equipment fails.**

Describe method of accounting for swimmers who do not finish: **Swimmers that do not finish their event, or turn in their chip due to unforeseen circumstances, are accounted for by the race timer. The race timer communicates the athletes' race distance and race numbers with the event director, safety director, and water rescue coordinator to ensure all members of the race team are aware of the DNF so the participant is not considered a missing swimmer.**

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. **No in-water warm up.**

Swimmer Management

Maximum number of swimmers on course at a time: 200-250

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 is no race day registration.**

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? **Kayak water support will be positioned around the entire swim course. Kayak water support personnel hold up and wave an orange signal flag if a swimmer needs help. Fire fighters in motorized boats and in the Safety Command Center tent on land monitor the course watching for flags to assist swimmers.**

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? **A designated radio channel for water safety staff is used. Radio communication is between the Safety Command Center and Safety Patrol boats positioned around the course in the lake.**

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? **The event would be cancelled if there were insufficient safety personnel.**

Describe your missing swimmer plan: **To start the race, swimmers check-in over a mat (chip read) and surrender a tear off tag. These are two methods to identify participants that started the race. Participants swim their event and then finish by crossing the finish line where their chip is read. A second manual entry system is in place at the finish as well to record the race numbers of each finisher – again two forms of accountability. Throughout the event an ongoing report is produced during the swim of all swimmers who started, but have not finished their event. This ongoing report is shared continuously by the timer with the event director, water safety director, and rescue team coordinator. When the last swimmer has finished the race, the last accountability report is given to ensure all swimmers are accounted for. If anyone is on this list, the timer double checks with the race staff reviewing all of the pulled swimmers. Also, the manual back up data is reviewed to see if the race number has been accounted for. If the swimmer is still not accounted for, the timer alerts event director, safety director, and water rescue coordinator of the missing swimmer's race number and swim cap color. The race director will do a manual search of bag drop area to determine if the missing swimmer belongings are there, and also use the master Athlete Information List to attempt to contact the athlete via cell phone to find out if they have finished the race without surrendering their timing chip. Safety director and water rescue team will continue to patrol course to determine if the swimmer is still in the water. All members of the event team (race director, safety director, timer, and water rescue coordinator) will remain in constant radio contact during this time to ensure all information about the missing swimmer is shared in a timely manner.**

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: **Weather is closely monitored the week leading up to the event. Participants will receive a pre-race email if severe weather is predicted to affect the race. Information will be shared at the Athlete Briefing three days before the event if any changes need to be made, and all changes will be also posted on all social media outlets.**

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Site evacuation plan: **1) Race Director uses PA system to direct all swimmers in the water to swim back to nearest shoreline or start finish area. 2) Safety director and Water Rescue Coordinator will use all available watercraft to remove participant from the water. 3) All participants exiting the water will**

surrender their timing chips and tags so all athletes can be accounted for. 4) The timer will use electronic timing record and tag system to confirm all swimmers are out of the water. 5) Once all swimmers have been accounted for, use PA system to direct participants to exit the park using main exit in an orderly fashion.

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: Emphasize & stress on entry information of possible cold water swim conditions.

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 temperature will be check one week before race day to find approximate temperature for race day. Communication of predicted water temperature will be shared with participants via email and social media outlets. Any changes to the course or possible recommendation / requirement of wetsuit will be done at this time. A final temperature check will be completed on race day morning, and information regarding any changes / recommendation will be made via the PA system at the event.

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: Blankets and access to the staff mobile command center will be made to participants that need assistance.

Comment on how you will be prepared to care for multiple medical issues: Multiple EMS personnel on site will assess medical issue, and if more support is needed, additional EMS support will be called to the event.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: Yes, EMS personnel will be made aware of the water temperature concern, along with all water support staff and volunteers. Cold water medical issues will be treated in the EMS tent.

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: Water temperature will be check one week before race day to find approximate temperature for race day. Communication of predicted water temperature will be shared with participants via email and social media outlets. Any changes to the course or possible recommendations / requirements of no wetsuits will be done at this time. A final temperature check will be completed on race day morning, and information regarding any changes / recommendation will be made via the PA system at the event.

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 reduce heat-related issue, all race attendees will reminded to stay hydrated and additional beverages will be made available. In extreme cases, the swim distance may be decreased.

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: Extra cold beverages and tents will be available to swimmers.

Specify what extra listed items you will need to provide: Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations), and make shade and cooling facilities (buildings, tents, etc.) available on-site.

Comment on how you will be prepared to care for multiple medical issues: Multiple EMS personnel on site will assess medical issue, and if more support is needed, additional EMS support will be called to the event.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues: Yes, EMS personnel will be made aware of the water temperature concern, along with all water support staff and volunteers. Warm water medical issues will be treated in the EMS tent.



40-04'-08" N, 75-43'-38" W

40-04'-19" N, 75-43'-30" W

Marsh Creek State Park

Marsh Creek Reservoir





Course Map Key

- Marking buoy
- Turn buoy
- Lap Buoy
- Start / Finish
- Safety Personnel
- Emergency Med.

1 loop = 1 mile

2 & 3 mile swimmers will go around the large red buoy to continue their additional loops

EMS

Marsh Creek State Park

