



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: [Oregon City Swim Team](#)
Name of Event: [Clackamas Cove Cruise](#)
Event Location: [16350 Main St, Oregon City, OR 97045 \(Clackamas River\)](#)
City: [Oregon City](#) State: [OR](#) LMSC: [OREG](#)
Event Dates: [6/15/2024 through 6/15/2024](#)
Length of Swim(s): [2000 meters and 4000 meters](#)
Dual Sanctioned with USA-Swimming: [No](#)

Key Event Personnel

Event Director: [Daniela Klaz](#) Phone: [317-789-5694 \(Daniela\)](#) E-mail: danielaklaz@gmail.com
Referee: [Bob Bruce](#) Phone: [541-317-4851](#) E-mail: coachbobbruce@gmail.com
Certified Safety Director: [Tim Waud](#) Phone: [503-341-3152](#) E-mail: timpwald@gmail.com

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

Tentative date: [6/9/2024 & 6/11/2024](#) Time: [7:00 PM – 8:00 PM](#)
Tentative agenda: [1. Overview of the race & safety plan. 2. Roles & Responsibilities. 3. Common issues/scenarios on the course 4. Communications. 5. Kayaker safety procedures. 6. Evacuation protocols.](#)

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

Tentative date: [6/15/2024](#) Time: [8:45 AM & 10:45 AM](#)
Tentative agenda: [1. Welcome. 2. Race Rules. 3. General instructions. 4. Safety. 5. Course kayaker instructions. 6. CoveCourse conditions, advice re. course, water temperature, etc. 7. Start, loops, and finish. 8. After the finish.](#)

Course & Event Conditions

The Course

Body of water: [River](#) Water type: [Fresh Water](#) Water depth from: [3 feet to 18 feet](#)

Course: [Closed](#) - non-event vessels are prohibited from entering the Cove and swim course

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

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards):
[Limited aquatic life, limited tide and no river current, some debris and rocks and aquatic plants in shallow water, no debris on course, steep banks](#)

How is the course marked?

- Turn buoy(s): Height(s) [3 feet - 4 feet](#) Color(s) [Orange](#) Shape(s) [Round](#)
- Guide buoy(s): Height(s) [4 feet](#) Color(s) [Green](#) Shape(s) [Round](#)
- Approximate Distance between Guide buoys: [200-300 meters](#)
- Number of Feeding Stations: [0](#)

Type of structure(s) used as feeding station(s): [Not Applicable](#)

Number of people the structure(s) can safely hold: [Not Applicable](#)

Water & Air Temperatures

Expected air temp range: [73-83](#) Expected water temp range: [63-71](#) 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.

Water conditions are monitored by checking the USGS monitoring data:
<https://waterdata.usgs.gov/monitoring-location/14211010/#parameterCode=00010F&showMedia=n=true&startDT=2022-06-01&endDT=2022-07-01>

To reduce exposure to chemical contaminants present in river mud, turbidity must be below 15 FNU for the race to take place. If the water temperature is above 78 degrees, wetsuits are banned. If water temperature exceeds 85 degrees F, the swim will be canceled.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: [American Red Cross Lifeguards \(First aid, CPR, AED\)](#), [Wildlife First Responder \(WFR\)](#), [Epinephrine Auto Injector Certified](#)

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

Will medical personnel be located on the course? No

Because the course is contained, and no motor boats are allowed in the Cove, a participant in distress will be removed from the water and emergency response will begin upon returning to shore.

How many medical personnel do you plan to have on site? Lifeguards: 4, CPR/AED/First Aid: 10

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: [Spotters will be experienced lifeguards, swimmers, kayakers.](#) [Rescuers are experienced jet-ski operators.](#) [Shore first responders are first aid & CPR trained.](#)

Number on course: 10

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.

[There will be warm changing tents and buckets with warm water for anyone with cold feet.](#)
[Tents will be monitored to ensure participant stability. For medical emergencies, there will be a](#)

covered area (canopy). All other care at the race finish will take place outside of a tent, most likely next to or in an ambulance.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: **none**

On Call: **503-231-6300**

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

Closest medical facility: **Providence Willamette Falls Medical Center, 1.5 miles, 6 minutes**

Phone: **(503) 656-1631**

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

Distance to closest medical facility: **1.5 miles** Approximate transport time: **6 minutes**

Watercraft

Motorized Watercraft:

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

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? **N/A - no boats other than jet-skis, marked below**

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: **0** Non-motorized: **8**
 - 2nd Responders: Motorized: **1-2** Non-motorized: **2**
- Watercraft for race officials: Motorized: **0** Non-motorized: **1**
- Watercraft for race supervision: Motorized: **0** Non-motorized: **8 (safety spotters paddling on course)**
- Watercraft for feeding stations: Motorized: **0** Non-motorized: **0**
- Watercraft for escorted events: Motorized: **0** Non-motorized: **0**
- Other event watercraft: **0**

Emergency Signal Flag Color for all watercraft: **Orange flags**

Communications

Primary method between event officials: [Radio](#) Secondary method: [Cell Phone](#)

Primary method between medical personnel, first responders & safety craft: [Radio](#)

Secondary method: [Cell Phone](#)

Swimmer Counting & Accountability

Describe method of swimmer body numbering: [Swimmer numbers on hands \(if sleeveless wetsuits\) or on arms \(for non-wetsuited participants\) in permanent marker](#)

Describe method of electronic identification of swimmer (Recommended): [None](#)

Describe different bright cap colors for various divisions (Recommended): [Swimmers will be asked to provide their own brightly-colored cap.](#)

Describe method of accounting for all swimmers before, during and after swim(s): (1) [At check in, all swimmers sign a waiver so we know they are present.](#) (2) [swimmers will check in with the Referee & start/finish crew as they enter the water.](#) (3) [Swimmers will be checked in as they finish or abandon the swim and leave the water.](#)

Describe method of accounting for swimmers who do not finish: [Swimmers who do not finish will exit the course earlier than their final loop, or will be removed by vessel from the course. Swimmers are not allowed to exit the course anywhere except for the start/finish area due to the lack of walkable shoreline. Water safety personnel will radio to the on-land personnel that there is a swimmer being removed or exiting the water early, and the on-land personnel will confirm the swimmer has exited the water by identifying them based on their hand or arm number. Their removal will be noted on the timing/record keeping sheet. Swimmers who do not complete the swim \(exiting themselves or aided by safety staff\) will be listed on the accounting sheet at the finish line.](#)

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. [Swimmers will be allowed to warm up in a small designated area while being monitored by safety spotters. Swimmers will be required to wear tow floats while warming up. After each race, once the swimmers have exited the water at the finish, they must remain out of the water.](#)

Swimmer Management

Maximum number of swimmers on course at a time: [100](#)

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? [Registration is capped at 100 total swimmers. If there are spots open, swimmers will be permitted to enter on race-day up to the 100-swimmer limit. Any swimmers over 100 already registered, no race-day registrations will be permitted.](#)

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? [There will be monitoring zones that safety personnel will be assigned to watch and guard. If a swimmer is in distress or unresponsive, the safety kayaker in that area will alert other safety personnel with one sharp whistle blow. Those](#)

responders will keep the swimmer at the water's surface if possible. An on-shore safety person will paddle to the area to assist however necessary after radioing the other officials of an emergency situation. The jetski will be instructed to respond. First responders will help move the person toward shore using the jetski and keep their airway clear. (1) Spotters will be assigned zones spaced around the perimeter of the loop course. (2) Jet-ski operators will be assigned positions on the inside of the loop course to deploy for emergencies quickly.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? (1) Spotters will be in zone coverage evenly around the course. (2) rescuers on Jet-skis will be positioned to get anywhere on the course quickly. (3) First aid personnel will be located at the exit point from the water.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? If too few safety personnel are present, we'll delay the start until sufficient safety personnel are present.

Describe your missing swimmer plan: Call Emergency Services and follow their emergency plan. Clackamas County Sheriff's River Patrol will be sent out to take over and conduct search & rescue operations.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: If lightning is predicted on the day of the race, we can adjust the race start time or cancel outright. If lightning is approaching the area or is sighted in the area, the course will be evacuated. we will evacuate the course.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: If an evacuation is ordered, safety spotters will signal using whistle blasts and instruct swimmers will be instructed to return to the start/finish area where they entered the water, which is less than 400 meters away from the furthest point of the course (other exit points are not possible due to the lack of a pathway on other sides of the cove). We will take appropriate action in case of injury and/or hypothermia.

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!

General Information

- 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:

We will post the average water temperature on the website and in the registration form information. Swimmers must affirm during their registration that they have done sufficient cold water acclimatizing for the expected water temperature.

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:

We will email the expected water temperature the night before the race and encourage wetsuits for swimmers if the water temperature is below their safety & comfort range.

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:

We will have warm water and beverages available at the start/finish, have mylar blankets available, have warm changing tents with chairs and warm water buckets for feet, and volunteers trained in recognizing signs of hypothermia. In serious cases, we will call for EMTs.

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

Having multiple safety spotters patrolling the same area means that other vessels can move in to cover an area while a vessel/jet ski is performing an evacuation.

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

Spotters and rescuers will be instructed on signs of hypothermia and will monitor swimmers for such signs and can remove swimmers when necessary at the decision of the Safety Director. The warming station and warm beverages are available at the race finish and, if necessary, calling EMT crews.

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:

Not Applicable to this event. We expect water temperatures under 70 degrees.

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: There will be heat risk only if the day is hot and sunny. If so, we will remind all swimmers, kayakers, officials and staff to stay cool and hydrated, ensure that safety paddlers can be rotated off the water to grab cool beverages in the shade, and ensure that all paddlers, participants, and volunteers are using sun protection.

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: Shade and cold drinks available at race start/finish

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

Having multiple safety paddlers patrolling the same area means that other vessels can move in to cover an area while a vessel/jet ski is performing an evacuation.

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

Not applicable to this event.

Appendix: Swim Course



There are 6 coverage areas:

- Area 1 - shore to buoy 1
- Area 2 - buoy 1 to buoy 2
- Area 3 - buoy 2 to buoy 3
- Area 4 - buoy 3 to buoy 4
- Area 5 - buoy 4 to buoy 1
- Area 6 - area inside the swim course

Appendix: Shore Logistics & Map



The entrance to Clackamas Cove is narrow, and shoreline is limited, so the majority of race infrastructure will need to be uphill (roughly 150 feet from the water's edge) closer to the bike path. If EMS is called, we will instruct them to 16350 Main St, Oregon City, OR 97045, and alert them that there is access to the water via the bike trail.