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: NextGen Triathlon Club

Name of Event: Shark Attack at Lake Longhorn

Event Location: Lake Longhorn

City: League City State: TX LMSC: Gulf

Event Dates: 6/2/2024 through 6/2/2024

Length of Swim(s): 0.6 mi, 1.2 mi, 2.4 mi

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Amanda Hoover Phone: 2819108814 E-mail: ahoover@alumni.utexas.net

Referee: Amanda Hoover Phone: 2819108814 E-mail: ahoover@alumni.utexas.net

Certified Safety Director: Chris Sustala Phone: 8324441670 E-mail: csustala@gmail.com

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

Tentative date: 6/2/2024 Time: 6:00

Tentative agenda: 1.) Safety procedures for all participants, 2.) Evacuation plan for course and site, 3.) any weather concerns are shared, 4.) course conditions are checked and support water craft locations are reviewed, 5.) 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: 6/2/2024 Time: 6:30

Tentative agenda: All race information is shared (weather conditions, changes to course, course map, safety regulations) and athletes can ask questions

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 25ft to: 35ft

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: Click here to enter agency. How to contact during event: Phone # or radio channel

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Fish, plant life, small rocks, turtles

How is the course marked?

- Turn buoy(s): Height(s) 5 ft Color(s) orange Shape(s) tetrahedron
- Guide buoy(s): Height(s) 5 ft Color(s) yellow Shape(s) tetrahedron
- Approximate Distance between Guide buoys: 100 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: 10

Water & Air Temperatures

Expected air temp range: 80-87 Expected water temp range: 80-84 Wetsuits: Not allowed

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 quality is tested yearly by the lake, and one week prior to the race by the race host.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Ally Medical ER Clear Lake, 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: 1 Number on land: 1

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. Ambulance will be located next to dock 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: 1 On Call: **000-000-0000**

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

Closest medical facility: Clear Creek Emergency Room Phone: 2814074887

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 7 min

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? Yes or No

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 1 Non-motorized: 1
  - 2nd Responders: Motorized: Number Non-motorized: **1**
- Watercraft for race officials: Motorized: Number Non-motorized: 1
- Watercraft for race supervision: Motorized: NumberNon-motorized: 8
- Watercraft for feeding stations: Motorized: Number Non-motorized: 1
- Watercraft for escorted events: Motorized: Number Non-motorized: Number
- Other event watercraft: Click here to enter text.

Emergency Signal Flag Color for all watercraft: orange

Communications

Primary method between event officials: Radio Secondary method: 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: The swimmers will be assigned a race number and it should be written on their upper right arm and on back left of shoulder in Sharpie or waterproof marker in 3–4-inch height. This will be confirmed during race check in. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet.

Describe method of electronic identification of swimmer (Recommended): Click here to enter text.

Describe different bright cap colors for various divisions (Recommended): Click here to enter text.

Describe method of accounting for all swimmers before, during and after swim(s): Each swimmer will be given a race number prior to meet arrival/check in phase of meet. Swimmers will check-in and race numbers verified during the temperature check prior to entry. Meet volunteers and officials will track and guide the swimmers from the staging area to the meet start and meet finish. These volunteers will be taking the total number of swimmers entering the water and their race numbers. During the finish phase of the competition, the swimmers will complete a beach exit on land and have their finish time, race number and order finish recorded.

Describe method of accounting for swimmers who do not finish: Swimmers that do not finish their event are accounted for by the timers. The 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. All swimmers will use swim buoys in the separate warm-up area. One lifeguard will be present on the dock, and at least one safety kayak will be in the warm-up area at all times.

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? 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. Safety personnel on a jet ski and in the safety command center on land watch for the 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.

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 at the entry dock and have their bib number and name recorded in the order that they enter the dock. This identifies participants that started the race. Participants swim their event and then finish by crossing the finish line where their time is recorded along with the bib number. 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 with the event director. 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 data is reviewed to see if the race number has been accounted for. If the swimmer is still not accounted for, the timer alerts the event director, safety director, and water rescue coordinator of the missing swimmer's race number. The race director will do a manual search of the area to determine if the missing swimmer's 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. Safety director and water rescue team will continue to patrol the course to determine if the swimmer is still in the water. All members of the event team (race director, safety director, timers, and water rescue coordinator) will remain in constant 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: The race will be swum under all conditions except thunder and lightning. If there is hazardous weather in the area, we will delay the meet by 30 minutes per occurrence. We will make every attempt to swim the races. There will be no entry fee refunds. Coaches or contact persons will be notified of any delays or cancellations through messaging with meet management and will be responsible for relaying this information to their athletes and families. All information regarding weather situations will be posted on Facebook/Instagram.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: If there is hazardous weather during a race, foghorns will be used to alert swimmers to exit the lake at the nearest point. Swimmers are to meet back at the registration area and proceed to their vehicles.

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: Click here to enter text.

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: Click here to enter text.

What extra medical care will you provide to mitigate & treat symptoms of thermal issues:

The following methods are among the ways you can do this:

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase warm beverages before the swim and at feeding stations.
5. Have special procedures (different than normal) for removing swimmers from the water & venue.
6. Increase warm beverages after the swim.
7. Increase thermal treatment gear (blankets, hot water bottles, etc.)
8. Make warm showers available on-site.
9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site.
10. Other: Specify

Specify what extra listed items you will provide: Click here to enter text.

Comment on how you will be prepared to care for multiple medical issues: Click here to enter text.

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

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!

General Information

- 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: Click here to enter text.

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: Click here to enter text.

What extra medical care will you provide to mitigate & treat symptoms of heat-related issues:

The following methods are among the ways you can do this:

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations)
5. Increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.)
6. Make cool showers available on-site.
7. Make shade and cooling facilities (buildings, tents, etc.) available on-site.
8. Other: Specify

Specify what extra listed items you will need to provide: Click here to enter text.

Comment on how you will be prepared to care for multiple medical issues: Click here to enter text.

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