



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 Bill Roach will send you a copy of the approved safety plan. Contact Bill at wfroach@att.net or 317-989-3164.

Open Water Safety Plan Application

Event Information

General Information

Name of Host: Swim With A Mission
Name of Event: Swim With A Mission
Event Location: Wellington State Park
City: Bristol State: NH
LMSC: NEMSC
Event Date 7/13/24
Length of Swim(s): 1K, 5K and 10K
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Julie Taub	Phone: 603-759-5508	E-mail: julie@swam.org
Referee: Julie Taub	Phone: 603-759-5508	E-mail: julie@swam.org
Certified Safety Director: Philip Taub	Phone: 617-435-0777	E-mail: phil@swam.org

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

Date: 7/13/24 Time: 7:00 am.

Agenda: The event director and safety director will go through the event, the course and safety provisions. All safety paddlers and swimmers will be required to attend this meeting. Safety Boats will be briefed on safety protocol and procedures as well.

The following information will be reviewed during the pre-race safety meeting:

1. Roles of Support Staff and Craft:

- State Police Marine Patrol, Bristol Fire Boat and other private boats will be stationed at turnarounds and along course to restrict boat traffic during the event. Each boat will have at least one spotter in addition to the licensed operator.
- Bristol Fire/EMT will be at the race site with an ambulance.
- A minimum of 10 safety kayakers to accompany each group (grouped by distance) of swimmers. Kayakers will be assigned a distance (see below). There will be one lead kayaker and one rear kayaker for each distance. Safety Boats will be assigned an area.

- The Race Director and Safety Director will be positioned on land at the finish line.

2. Review of Briefing Information: Emergency procedures, water conditions, any known hazards

- Swimmers are required to wear the fluorescent caps as provided by the race organizer. Each distance will have their own color
 - In the case of a latex allergy, this requirement will be waived safely due to the additional
 - provision of timing chips and body marking.
- Swimmers are briefed on the course, conditions, temperature, start and finish and emergency procedures.
- Swimmers are told to raise their hand, wave and yell if they need assistance.
 - A safety kayaker and boat support will respond and provide assistance rescuing the swimmer or will guide the swimmer to shore.
 - Each kayaker will be equipped with an emergency whistle, map and non-emergency contact. They will signal for assistance from the Safety Boat if needed and/or call 911.
 - If necessary, the Safety Boat will take the person onboard and return to beach for medical
 - assistance if necessary.
- Should it be necessary to cancel the race after it has begun, the Race Director will notify the Safety Director, State Police Marine Patrol unit, Bristol Police or Fire personnel, and Safety Boat of this via cell phone or radio.
 - The Safety Boat (s) will assist with notifying the safety kayakers to clear the water.
 - The safety kayakers will blow their whistles for a prolonged period.
 - They will guide the swimmers to the closest shore.
 - A headcount will be conducted as the swimmers arrive.
- Neither warm up nor warm down will be allowed.
- In case swimmers need non-emergency medical assistance, they will be directed to Spere Memorial Hospital, approximately 15 minutes away in Plymouth, NH.
- Swimmers are checked in and checked out to make sure everybody is accounted for after the race. This will be facilitated in part by electronic chip timing.
 - Swimmers will pass over a checkpoint upon entry to be checked in.
 - They will exit from the race course across the finish line timing pad to be checked out.
- SWAM has established and enforces a cut-off time of 4 hrs and 15 minutes. Swimmers who do not meet the cut-off time will be escorted to the shore.
 - Additionally, the race director and/or /safety director have full discretion to pull swimmers from the water who pose a safety risk or who do not appear able to complete the race course in a reasonable amount of time.
- Kayakers and safety boats with spotters will be equipped with whistles and cell phones in order to communicate with the Head Safety Boat and shore (Race Director, Safety Director).
- A P/A system is available for announcements.
- Only authorized personnel and volunteers are allowed in the finish line area during the duration of the race.

3. The following information will be specifically reviewed with kayakers and safety boats. It will be provided to them prior to race day such that they can review the included links. It will also be covered during the Pre-Race Safety Meeting.

- Familiarize yourself with the race course - a map is available at the end of this document. The race is out and back with large buoys and safety boats marking the turnaround.

- Swimmers have been instructed to remove their caps and wave them if they need help. **However, it is not always the case that a distressed swimmer can do so!** Someone in trouble may be spending all their energy simply trying to keep their head above water.
- If you find a swimmer in need of removal from the water, blow your whistle continuously and wave your arms until the Safety Boat arrives.
- Safety Spotters are to be positioned as follows:
 - At start/finish line
 - On Every Safety Boat
 - There will be several spotters in kayaks along the course.
- Kayakers will be assigned to a race distance. Safety Boats will be assigned to different areas on the race course. Roles will be assigned prior to race day by the Volunteer Director and reviewed/approved by the Certified Safety Director and Race Director. All kayakers/safety boats will be outside of the swimmers path to monitor them and keep them from veering off.
 - One kayaker assigned to assist stragglers in each distance. Specific job will be to ensure the back pack of swimmers have cleared each buoy and get back to shore safely.
 - At least 10 Kayakers will be assigned to each distance and will remain with the swimmers until they finish the race.
 - One kayaker will lead the front of each race distance
- Swimmers may occasionally veer off course. As necessary get into their field of view (notice which side they breathe from) and direct them back to the course. Kayakers/safety boats should only assist with swimmer navigation when a swimmer is clearly veering out of the race course.

- In the unlikely event that the race is cancelled due to lightning, you will be informed by the safety boat. Continuously blow your whistles and wave your hands. Direct swimmers to immediately return to shore. Immediately thereafter, return to shore yourself and seek shelter.
- Kayakers should remain with their swimmers for the duration of the event. As previously stated, these volunteers that are assisting those in the back will monitor the back of each group to ensure that no swimmers are left unmonitored at the back of the field of competitors.
- Kayakers may also leave their initially assigned distance once it is fully clear that all swimmers have finished the race. They may then proceed to assist in monitoring other distances when necessary.

Pre-Race Swimmer Meeting (required): A

All officials & swimmers must attend to participate in race

Date: 07/13/24 Time: 7:00am

Agenda:

All swimmers will be briefed on the following safety considerations and requirements:

- Swimmers are required to wear the bright colored caps provided by the race organizer.
- Swimmers should have their timing chips firmly attached to their ankles.
- All swimmers must pass over the timing mat to enter the race course (positive check in) and must cross the finish line upon completing the swim course.
- Body marking should be completed for each swimmer (hand only) prior to the race start and is mandatory.
- No diving.
- Start times will be staggered based on distances. The time will begin for each swimmer as they cross the start/finish line.
- At registration, it will be made fully clear that swimmers should have experience swimming in open water and that they should be able to comfortably swim in less than 4 hrs and 15 min.
- Cut-off times will be strictly enforced and swimmers can also be pulled from the water per the discretion of the Race and/or Safety Director.

- Slower swimmers should take caution to start near the back of the group to avoid collisions/ unnecessary difficulty.
- Swimmers are briefed on the course, conditions, temperature, start and finish procedures (e.g. start, immediate exit from the water upon race completion) and emergency procedures.
- Raise your hand and wave and yell if you need assistance. A safety kayaker will respond and, if necessary, guide you to shore or away from other swimmers, where the Safety Boat can take you onboard and return you to the dock for medical assistance, if necessary.
- Should it be necessary to cancel the race after it has begun, the safety boaters will blow their whistles for a prolonged period and guide the swimmers to the dock or the closest shore. A headcount will be conducted as the swimmers arrive.
- In-water warm up and warm down are not allowed. A dry-land pre-swim stretch/warm up will be offered.
- In case swimmers need non-emergency medical assistance, they will be directed to Speare Memorial Hospital located approximately 15 minutes away in Plymouth NH.
- Swimmers will be checked in and checked out to make sure everybody is accounted for after the race via use of electronic chip time.

Course & Event Conditions

The Course:

Body of water: Lake Water Type: Fresh Water

Water depth from: 1 to: 100 feet

Course: Open Course

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

- Agency name: NH Marine Patrol
- How to contact during event: Cellular Telephone

Expected water conditions for the swimmers:

- At the start the water is a gradual entry and shallow. Swimmers will be able to walk/run in. There is no expectation of any interference or danger from marine life or of any significant impact of tides or currents on swimmer performance or safety. There is little to no current in the lake.

How is the course marked?

- Turn buoy(s) at 1K, 5K and 10K tournaments: Height(s) 5 feet Color(s) Orange (Green in Relay) Shape(s) Triangular
- Guide buoy(s): 8Buoys Color(s) yellow Shape(s) Triangular
- Approximate Distance between Guide buoys: approximately 1/2 K

Number of Feeding Stations: 2 (5K and 10K turnaround)

Type of structure(s) used as feeding station(s): Pontoon Boats

Number of people the structure(s) can safely hold: 8

Water & Air Temperatures

Expected air temp range: 65-80 degrees Expected water temp range: 70-80 degrees
 Wetsuits: Optional (not permitted if the water

temperature is above 78 degrees)

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:

Water quality at Newfound Lake generally meets the standards set forth by the State of New Hampshire. On occasion it has been closed for poor water quality but it is not very common. Water quality will be assessed one week prior to the event and each day thereafter to ensure that it is safe for all participants.

Debris and bottom sediment:

The lake has a sandy bottom and should pose no problems for swimmers.

Event

Safety

Medical Personnel:

Lead medical personnel (emergency trained) on site: EMS, specific name of EMT on site TBD per race day availability.

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? Two

One EMT on land and one on water.

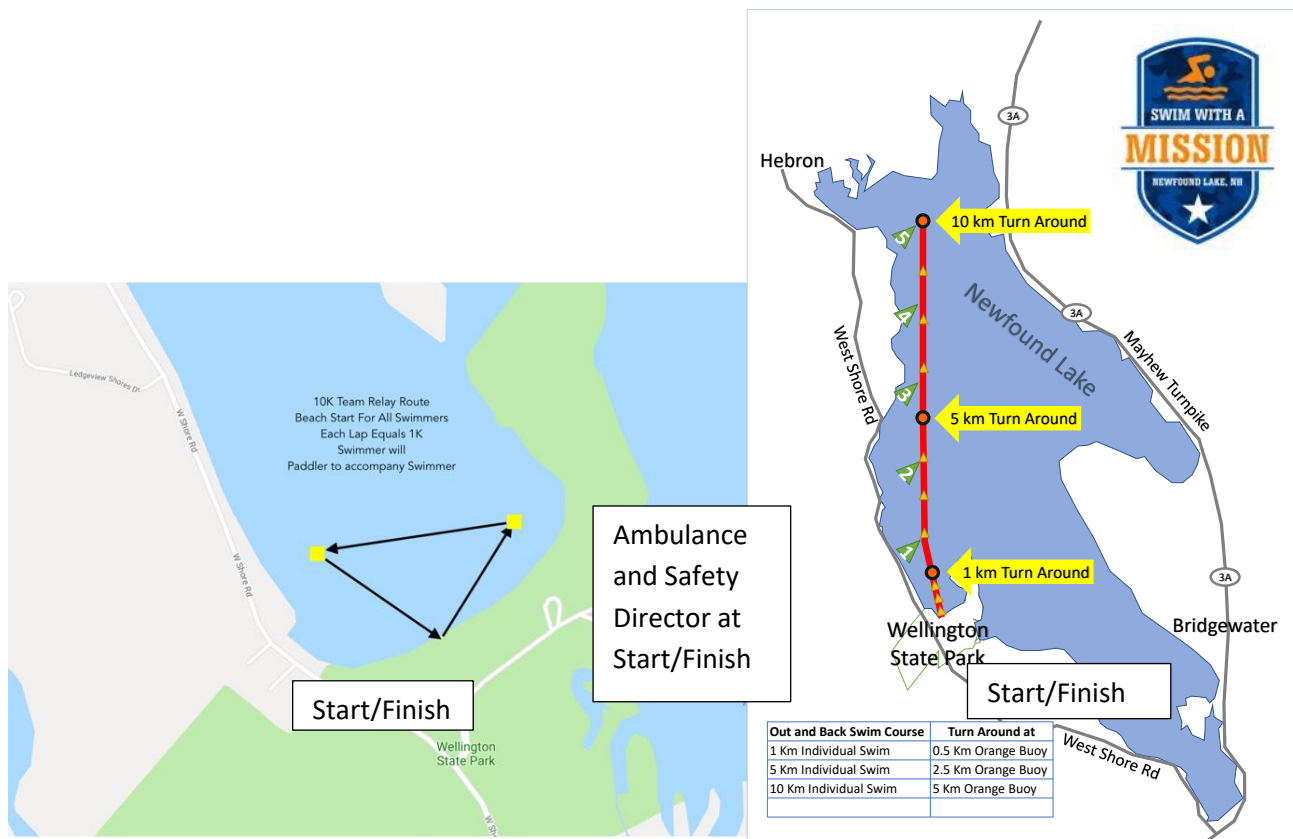
First Responders/Lifeguards & Monitors:

Indicate the qualifications of the first responders: Bristol Fire and State Park Lifeguards.

Number on course: There will be 12-15 Safety Spotters on boats on the course.

Based on the course map below, safety boats will be assigned to zones and safety kayakers will be along course with the swimmers. This information is also provided above, within the section titled "Pre-Race Safety Meeting". The assignments will be as follows:

- One kayaker assigned to assist stragglers in each distance. Specific job will be to ensure the back pack of swimmers have cleared each buoy.
- At least 10 Kayakers will be assigned to each distance and will remain with the swimmers until they finish the race.
- One kayaker will lead the front of each race distance.



Onsite Medical Care & Facilities:

EMS (at least 1 EMT) along with an ambulance will be on-site. In case swimmers need non-emergency medical assistance, they will be directed to Speare Memorial Hospital, approximately 15 minutes) from the race site. EMS will be located on the shore of the lake approximately 20 feet from the finish line.

Ambulance/Emergency Transportation & Nearby Medical Facilities:

Ambulance(s) onsite: YES Phone number TBD On Call: TBD

Have you spoken with local emergency response agency regarding potential emergencies? Yes (will meet with fire and police closer to race day)

Closest medical facility: Spear Memorial Plymouth, NH Phone: 603-

Type of medical facility (urgent care, hospital, etc.): Urgent Care/ Hospital/ Trauma Center

Distance to closest medical facility: Approximately 15 minutes via ambulance

Watercraft:

Motorized Watercraft:

- Owned/operated by government agencies ((State Police Marine Unit and Fire Boat)
- Owned/operated by volunteers or hired individuals: 12 Safety Boats

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:

- o With propellers fore of the rudder: 0

- With impeller motor (jet ski, jet boat): 0
- Anchored from start to finish: 2

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: 12 (Safety Boat) Non-motorized: 0
 - 2nd Responders: Motorized: 0 Non-motorized: 50+ (kayaks, paddle boards)
- Watercraft for race officials: Motorized: 1 (Safety Boat) Non-motorized: 0
- Watercraft for race supervision: Motorized: 2 Non-motorized: 50+ (kayaks, paddle boards)
- Watercraft for feeding stations: Motorized: 2 (anchored) Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: 0
- Emergency Signal Flag Color for all watercraft: Orange

Communications:

Primary method between event officials: Cell Phone Secondary method: whistles

Primary method between medical personnel, first responders & safety craft: Cell Phone

Secondary method: whistles

Swimmer Counting & Accountability:

Describe method of swimmer body numbering:

- Volunteers will be recruited to mark all swimmers at check-in with their respective race numbers.
- Caps will be numbered to match body marking.
- Upper arms as well as hands will be marked with use of a permanent marker.
- Hands only will be marked for those swimmers wearing full wetsuits.

Describe method of electronic identification of swimmer (Recommended):

- Electronic chip timing will be provided by Millenium Running.
- This will help to facilitate safety via positive check-in and check-out.
- At the time of check-in, swimmers will be provided with timing chips in the form of ankle bands that correspond to their race numbers.

Describe different bright cap colors for various divisions (Recommended):

- Brightly colored caps will be provided to all swimmers and will be assigned based on waves. Caps will be marked with race numbers. Swimmers will be body marked with race numbers as well.

Describe method of accounting for all swimmers before, during and after swim(s):

- A positive check-in/ out system will be strictly enforced at the beginning and at the conclusion of the race.
- Swimmers will check in by walking over the entry timing pad while wearing their timing chip.
- This will provide an accurate list of swimmers who enters the water.
- Upon the conclusion of the race, all swimmers will be required to cross the finish line timing pad.
- Swimmers will not be allowed to enter the water during the event for warm-up or warm-down.
- As back up to the use of electronic timing chips to facilitate accounting for swimmers, volunteers will manually count swimmers as they enter the water and as they exit the race course.

Describe method of accounting for swimmers who do not finish:

- If a swimmer is unable to finish the race, they will be escorted/ assisted to the finish line via either the motorized support craft or via assistance of a kayaker, depending on the nature of the difficulty.
- Positive check-out will then be achieved via registering with the race volunteer staff that the swimmer has in fact been accounted for.
- A time of “DNF” will be recorded for the swimmer by the timing crew.

Warm-up/Warm-down Safety Plan

Due to the nature of the event, neither a warm-up period nor a warm-down period is permissible in order to maximize safety.

Swimmer Management

Maximum number of swimmers on course at a time: approx. 300

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?

- We will have limited number of same day sign ups to adhere to safety plan.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer?

- Safety Boats and stationary boats will be at locations before the 1st swimmers enter the water. The safety kayaks will also be in place before the race begins.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer?

- Swimmers are told to raise their hand and wave and yell if they need assistance. However, this will not always be possible for the swimmer to accomplish in the case of a true emergency. Regardless, a safety boat or kayaker will respond immediately to any emergency/ sign of a struggling swimmer and, if necessary, guide the swimmer either to shore or away from other swimmers, where the Safety Boat can take the person onboard and return to dock for medical assistance, if necessary. Should it be necessary to cancel the race after it has begun (due to a swimmer management or weather related issue), the safety boaters will blow their whistles for a prolonged period (single long whistle blast) and guide the swimmers to the start/finish or the closest shore. A headcount will be conducted as the swimmers arrive.

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

- The race will not be held should extenuating circumstances lead to insufficient availability of safety personnel/ craft on race day.

Describe your missing swimmer plan:

- Should it be determined at any time during the event that a swimmer might be missing, the emergency action plan will be implemented which will include clearing the course with a single, long whistle blast as well as via the sounding of air horns (as described above).
- Positive check-in will have been completed, and positive check out will be completed in full as swimmers exit the water.
- Then, a search will be conducted per the specific standards of the American Red Cross/YMCA lifeguarding curriculum/ guidelines. EMS and the State Marine Patrol will be present as well.
- Emergency contacts for the missing swimmer will be called (collected at registration).

Severe Weather Plan:

Is a lightning detector or weather radio available on site? Yes, weather radar. Describe your plan for severe weather or natural disaster:

- In the case of severe weather, the race course will be cleared of swimmers as quickly as possible under the direction of kayakers (volunteer paddlers + lifeguards) and the motorized craft via a single, long whistle blast.
- Safety Boats and kayakers will be instructed as follows: "In the unlikely event that the race is cancelled due to lightning you will be informed by the safety boat and are to continuously blow your whistles and direct swimmers to immediately return to the closest shore. Thereafter immediately return to shore yourself and seek shelter."

Describe your course and site evacuation plan, including accounting for all swimmers and other participants:

- All swimmers, safety personnel and kayakers will access the course for entry and exit via the start/finish to adhere to the use of a positive check-in/ check-out system and to maximize safety). Should the greater site need to be evacuated, participants will be directed to local establishments.

Thermal Plan for Cold Water Swims:

Not Applicable

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues? Water temperature will be announced and swimmers will be encouraged to use wetsuits if needed.

Thermal Plan for Warm Water Swims:

Not Applicable

The Bristol Fire/Police departments will be contacted if additional ambulance and EMS services are needed.

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

Yes, the safety measures noted above will be put in place.

•**General Information**