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: Santa Cruz Masters

Name of Event: Santa Cruz Open Water Weekend

Event Location: Santa Cruz Wharf

City: Santa Cruz State: CA LMSC: PMS

Event Dates: 7/28/2018 through 7/29/2018

Length of Swim(s): 1 mile and 2 mile

Dual Sanctioned with USA-Swimming: No

Event Director: naScott Pattersonme. Phone: 831-706-7950 E-mail: scott_patterson@comcast.net

Referee: namJoel Wilsone. Phone: 000-831-295-4785000-0000 E-mail: openwatr@got.net

Certified Safety Director: naNed Hearn me. Phone: 831-420-5725 E-mail: nhearn@cityofsantacruz.com

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

Tentative date: 7/27/2018 Time: Enter7PM time.

Tentative agenda: Review support staff placements, communication radio frequencies, water temp and water quality expectations, evacuation procedures, and co-ordinate with Big Sky Timing.

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

Tentative date: 7/28/2018 Time: Enter15 minutes before the start time.

Tentative agenda: water temp and quality, caution when entering and exiting water, surf conditions and currents, course directions, timing details at the finish arch,help procedures, etc.

Course & Event Conditions

The Course

Body of water: Ocean Water type: Salt Water Water depth from: from6 inches to: to18 feet

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

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

Agency name: Santa Cruz City Beach Lifeguard Service How to contact during event: All communications are completed using the Lifeguard Services dedicated radio frequency, Lifeguard Gold. Routine communications can be completed through the telephone switchboard at LGHQ and at each lifeguard tower. Boat operations are coordinated on Marine Frequencies 9, 16, or 22 .

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Approx. 61 degrees F expected, sometimes rocky patches and dips in the surfline, kelp, all sea creatures (mostly sealions), visability in water usually limited to approx. 4 feet max.

How is the course marked?

- Turn buoy(s): Height(s) 5' Color(s) yellow Shape(s) marshmellow
- Guide buoy(s): Height(s) none Color(s) Enter text Shape(s) Enter text
- Approximate Distance between Guide buoys: Enter distance

Number of Feeding Stations: 1

Type of structure(s) used as feeding station(s): We don't have a feeding station for Saturday's 1 mile swim, but have hot beverages and food at the start/finish line during Sunday's 2 mile swim (for swimmers and volunteers). We use "EasyUp" canopies to keep things covered.

Number of people the structure(s) can safely hold: Click here to enter number.

Water & Air Temperatures

Expected air temp range: 58 to 78 Expected water temp range: 58 to 64 F 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.

Santa Cruz County closely monitors the water quality at all county beaches. We always discuss any water quality issues with our swimmers in the mandatory pre-race meeting.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: We won't know this until the schedule for that week is posted, but a senior city lifeguard, 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? 4

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: Choose an item.

Number on course: Number25 Sunday+13 Sunday Number on land: Numbe9 Saturday+6 Sundayr

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. At the lifeguard headquarters (first building on the wharf via adjacent landings or vehicles, the Santa Cruz Harbor rigid hulled boat anchored off the start for Saturday's swim, 3 4x4 beach vehicles Saturday, and 2 on Sunday, plus 2 lifeguard stations near the start and finish of both swims.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: **Phone # or radio channel** On Call: 911

Have you spoken with local emergency response agency regarding potential emergencies? No

Closest medical facility: Dominican Hospital Phone: 831-462-7700

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 8 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): Number3

- Owned/operated by volunteers or hired individuals: Numberminimum of 7 hired(3 boats) Saturday and minimum 4 hired Sunday.

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: Numbernone
- With impeller motor (jet ski, jet boat): Numberincluded above as rescue PWC jetski's
- Anchored from start to finish: Number1 on Saturday anchored off the starting line operated by Harbor District Patrol.

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: Number2 both Sat and Sun Non-motorized: Number25 Saturday and 12 Sunday
  - 2nd Responders: Motorized: **7 (3 anchored) Sat and 4 Sun**Number Non-motorized: **4 Sat and 3 Sun**Number
- Watercraft for race officials: Motorized: Number0 Non-motorized: Number0
- Watercraft for race supervision: Motorized: Number2 both days Non-motorized: Number2 both days
- Watercraft for feeding stations: Motorized: Number0 Non-motorized: Number0
- Watercraft for escorted events: Motorized: Number0 Non-motorized: Number0
- Other event watercraft: Click here to enter text.

Emergency Signal Flag Color for all watercraft: red

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: CMylaps Championchip sports timing system andlpernament marker race # markings on shoulders and wristsick here to enter text.

Describe method of electronic identification of swimmer (Recommended): chips around ankles w/ Velcro straps along w/ numbers markings on shoulders plus Sat wave specific colored caps

Describe different bright cap colors for various divisions (Recommended): orange, yellow and white

Describe method of accounting for all swimmers before, during and after swim(s): tracked on the timing computers before, during, and after the swim

Describe method of accounting for swimmers who do not finish: They are directed to turn in their timing chips if pulling out of the swim during the mandatory pre-race swimmer safety instructions, and lifeguards communicate all those assisted out w/ their race number. .

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Swimmers that want to do a warm up are told at the end of the mandatory pre-race safety meeting that they will have approx 15 minutes to do so, and the 3-minute, 1-minute , and race start flags and their colors are described. They have been warned to take care entering and exiting the water (uneven bottom, possibly rocky, etc). Those who want to "warm down" are asked to check in with us before re-entering the water, and to please stay out of the way of still-finishing competitors. We would already be in possession of their ankle braclet timing chips at that point.

Swimmer Management

Maximum number of swimmers on course at a time: Number400 max over two days (300 Sat and maybe 100 Sunday)

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? May shorten the course if we had to adjust on that end, but we've always had more than enough paddlers to be in compliance w/ a safe paddler to swimmer ratio. If that ratio were ever to get pushed, we would delay the start until we could put more paddlers in the water.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Paddlers to PWC jetskis to appropriate medical site(s)

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Radio communication, flags, and hand signals, to coordinate rapid response by both paddlers, PWC jetski's, and 2nd responders tracking swimmers along the Wharf.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? would cancel if not complying w/ safety standards

Describe your missing swimmer plan: We at that point would check their entry info, identify friends or teammates who might know their whereabouts or situation. We work closely with our timers on keeping track of all our swimmers during the race, constantly up-dating any DNF's, and doing a countdown during the later stages of the swim (matching the balance of chips still "out" w/ headcounts of swimmers in the water. Lifeguards let us know all swimmer race numbers for those DNF's assisted out."Spashes" are reconciled early in the race process (after checkin) to understand how many "entries" are actually swimming.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: We have delayed the start due to fog, altered courses due to water quality issues, and cancelled the swim in the past due to safety concerns.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The paddlers in the water would direct swimmers to the quickest and most direct route to safety depending on conditions and their position on the course. In order, the Main Beach, wharf landings, the medical platform Harbor Patrol Boat (on Sat), Cowell's Beach, the surf stairs (land), or onto PWC jetski sled(s).

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: SCOWW Thermal Plan Our swims historically experience temperatures anywhere in the range of 57 degrees to 64 degrees Farenheit. We always discuss these conditions and their danger during our pre-race meetings w/ required attendance by all participants. The cold water conditions are noted in our entry forms, talked about before the races, and the Roughwater's logo includes a dripping wet polar bear. More recently we have become more and more encouraging to participants to wear wetsuits (especially first time swimmers). While not impossible, acclimation to these cold water conditions are highly un-likely unless swimmers live near, or travel consistently to the Northern California Coast, and immerse themselves for the amount of time needed to complete the courses entered. As noted above, in cases like these we strongly recommend the wearing of a wetsuit (and have started to include wetsuit swimmers as eligible for awards). If conditions warrant, we can (and have), changed the course, reduced the distance, or even cancelled the race. Our races always have Santa Cruz City Lifeguards on hand, as well as hot showers at lifeguard headquarters on the wharf. Sunday's 2 mile swim includes the stocking of sleeping bags,

solar reflectors, and blankets, the availability of hot beverages, and cold-water savy volunteers. We always have recent temperature information for the swims (as well as water quality information), and discuss this in the pre-race meetings.

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: SCOWW Thermal Plan Our swims historically experience temperatures anywhere in the range of 57 degrees to 64 degrees Farenheit. We always discuss these conditions and their danger during our pre-race meetings w/ required attendance by all participants. The cold water conditions are noted in our entry forms, talked about before the races, and the Roughwater's logo includes a dripping wet polar bear. More recently we have become more and more encouraging to participants to wear wetsuits (especially first time swimmers). While not impossible, acclimation to these cold water conditions are highly un-likely unless swimmers live near, or travel consistently to the Northern California Coast, and immerse themselves for the amount of time needed to complete the courses entered. As noted above, in cases like these we strongly recommend the wearing of a wetsuit (and have started to include wetsuit swimmers as eligible for awards). If conditions warrant, we can (and have), changed the course, reduced the distance, or even cancelled the race. Our races always have Santa Cruz City Lifeguards on hand, as well as hot showers at lifeguard headquarters on the wharf. Sunday's 2 mile swim includes the stocking of sleeping bags, solar reflectors, and blankets, the availability of hot beverages, and cold-water savy volunteers. We always have recent temperature information for the swims (as well as water quality information), and discuss this in the pre-race meetings.

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: Our whole swim historically has been geared around detecting and responding to participants suffering cold water issues.

Comment on how you will be prepared to care for multiple medical issues: Santa Cruz Open Water Weekend Safety Plan Safety Services Safety services for the Santa Cruz Roughwater Swim are provided by the Santa Cruz City Beach Lifeguard Service. Under the jurisdiction of the City of Santa Cruz Fire Department, the Service is responsible for water related life safety issues along the Santa Cruz coastline. Elements of the safety services are as follows: Staff: The SCBLS provides a ratio of one lifeguard trained person for every 25 swimmers in the ocean in any open water event, consistent with the standard of practice in the United States Lifesaving Association (USLA). Staff are strategically placed along the course to account for the pier contours and the number of waves in the swim. This is coordinated by the designated 'Ocean Safety' coordinator. In addition to the assigned in water guards, the Service maintains one guard in Lifeguard Headquarters, the central communications center and dispatch and a central observation tower for 66% of the race. The service also staffs its primary rescue craft with two senior lifeguards as the primary water rescue evacuation craft. Two mobile four wheel drive units are staffed each with two SCBLS staff. Two law enforcement personnel, rangers with communications, are assigned to patrol the deck area of the pier to remove fishing lines and other obstacles during the race period. Staff consists of members of the lifeguard staff, Marine Rescue Unit, and the Junior Lifeguard Program. In addition, the SCBLS is assisted by lifeguards on a volunteer basis from The City of Capitola Beach Lifeguards and from California State Parks. The SCBLS is assisted on a volunteer basis by rescue boats from California State Parks and the Santa Cruz Port District. Training: All SCBLS lifeguard, Marine Rescue and Junior Lifeguard Staff are trained according to USLA guidelines for open water lifeguards, a 69 hour course meeting all state regulations and USLA national standards. SCBLS is a certified Agency of the United States Lifesaving Association Agency Certification Program as of Fall 1995. Santa Cruz was among the first to complete this program with USLA. Medical: SCBLS is a primary responding agency under the Santa Cruz County 9.1.1 system and will coordinate all Advanced life Support based on these protocols. All lifeguard unit operators are EMT trained and have appropriate equipment. Santa Cruz Fire Department Paramedics and AMR Paramedic Ambulances Services respond at the request of the lifeguard units, if needed, generally in under 5 minutes. Equipment: Each lifeguard is equipped with a rescue board and a rescue tube meeting USLA standards. In addition, senior staff have some medical equipment attached to the rescue tubes. The vehicles are fully equipped EMT and water rescue units, with equipment suitable to mass rescue and major incident problems. Lifeguard headquarters has additional equipment and showers available for Hypothermia problems. Communications: All communications are completed using the Lifeguard Services dedicated radio frequency, Lifeguard Gold. Routine communications can be completed through the telephone switchboard at LGHQ and at each lifeguard tower. Boat operations are coordinated on Marine Frequencies 9, 16, or 22 . Evacuation or Cancellation: Pre event cancellation will be conducted by phone/email to all registered participants and through press release. In water evacuation or cancellation, or the removal of a swimmer are at the discretion of

the Beach Safety Coordinator and the Race Director and will be coordinated by the Lifeguard Headquarters communications center. Each rescue boat shall have the ability to transport rescued swimmers to the wharf landing for evacuation to Lifeguard Headquarters for medical aid. The City's primary rescue boat will coordinate rescues and can also deliver rescued swimmers to the beach and the vehicle medical units. ADENDUM #1 Timing services will be provided by Big Sky Endurance Sports Timing and will be using chips with Velcro straps. There will be two different numbering sequences for each of the two races' chips. Saturday's Roughwater Swim will use a three wave start set off at 3 minute intervals, with 39 years of age being the cut-off point for the first two waves, and under 18 year olds making up the last wave. Competitors in each wave will be spread out along a parallel line to the shore in the vicinity of Lifeguard Tower Two, swim to a buoy set several yards off the end of the wharf, finishing on the beach on the opposite side of the wharf (under Pacific Masters Swimming's inflatable finish arch). Basically starting and ending on the beach while swimming around the wharf clock-wise. Sunday's 2 Mile Swim will be a one wave start, again starting on the left (East) side of the wharf and swimming to a buoy several yards off the end of the pier, turning right, swimming at a safe distance but roughly parallel leg along the western side of the wharf to the second buoy, turning left for the shortest leg headed for buoy number three, and turning left again to head for the original first buoy at the end of the pier, where they'll turn left this time and finish along the path they started, finishing under the inflated arch on the beach just beyond the original starting line. Basically starting out like Saturday's swim, but after reaching the end of the pier, swimming a counter-clockwise triangle which leads swimmers back to the end of the pier, to return and finish at the original starting line. Saturday's Roughwater Swim will have the State Lifeguard boat at the start, and the Santa Cruz City Lifeguards' PWC to fend off any misdirected watercraft, as well as numerous lifeguards on paddleboards. Sunday's Cruz Cruise 2 Mile will has the manned PWC, lifeguards on paddleboards, and our Boston Whaler buoy boat monitoring the course at all times. The CC2M's earlier start time also lessens the occurrence of boat traffic. Water quality testing will be closely monitored by Santa Cruz County, the City of Santa Cruz, and Santa Cruz Masters. We will have access to testing results every two to three days if conditions are approaching un-safe levels. Any un-safe levels are usually confined to limited areas right at the shoreline (in 6" depth), and can easily be avoided. All swimmers will be completely advised as to existing conditions during the mandatory PRE-RACE INSTRUCTIONS for both swims. "Control" of the water quality is difficult in this environment, as birds are overwhelmingly traced as the culprit, as noted by several testing bodies. "PLEASE DON'T FEED THE BIRDS" signage and public education is probably the best method readily available to us currently in respect to water quality at the Santa Cruz Wharf and surrounding beaches.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: See our safety plan above…

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: n/a

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: n/a

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: n/a

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

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