Open Safety Water Plan

Application

Event Information

General Information

Name of Host: Massachusetts Breast Cancer Coalition

Name of Event: Against The Tide – Hopkinton

Event Location: DCR Hopkinton State Park, 164 Cedar Street

City: Hopkinton

State: MA LMSC: LMSC Abrv.

Event Dates: 6/14/2025

Length of Swim(s): 1-mile swim

Dual Sanctioned with USA-Swimming: N/A

Key Event Personnel

Event Director: Cheryl Osimo

Phone: 508-246-3047

E-mail: cherylosimo@comcast.net
Referee: Geoffrey Earls (Judy Flannery for contact by phone & email)

Phone: 774-230-1101

E-mail: JFLan66287@aol.com

Certified Safety Director: Art Murray

Phone: 774-994-7985

E-mail: vze4q52d1@comcast.net

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

Tentative date: 6/14/2025

Time: 7:30-7:45AM

Tentative agenda: Review staff, safety procedures and first aid, means of contact amongst staff, and event itinerary. Meeting to be held at on-site ambulance.

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

Tentative date: 6/14/2025

Time: 7:45-7:55AM

Tentative agenda: Safety procedures, emergency protocol, bibs caps, and tracking information.

Course & Event Conditions

The Course

Body of water: Lake

Water type: Fresh Water

Water depth from: 10’ to: 40’

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: Hopkinton Environmental Police, YMCA certified-lifeguards

How to contact during event: Cellphone. Environmental Police Main Dispatch: 800-632-8075. (specific details of contacts, which have not yet been assigned, at each agency not available until closer to the event)

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): N/A

How is the course marked?

- Turn buoy(s): Height(s) 10 large, 2 small, 5 additional Color(s) Orange Shape(s) Round
- Guide buoy(s): Height(s) 10 large, 2 small, 5 additional Color(s) Orange Shape(s) Round
- Approximate Distance between Guide buoys: 50-100 yards apart

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): N/A

Number of people the structure(s) can safely hold: N/A

Water & Air Temperatures

Expected air temp range: 68 Degrees F

Expected water temp range: Unknown – Water will be measured day before and day of event.

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.

Massachusetts DCR Parks tests the water quality; the results are shared one day before the event.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Ashland Fire Department for Hopkinton in the water. Two emergency technicians on the beach.

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? More than 7

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: Equivalent water certified first responder
Number on course: 7-8 Number on land: 3-4

Indicate their location on the Race Plan Map. (See Attached)

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 (See Attached) Ambulance on land/shore

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Ambulance will be on-site, contact information will not be available until the day of the event. On Call: **000-000-0000**

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

Closest medical facility: Milford Regional Medical Center Phone: 508-473-1190

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 23-25 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1-18 foot Boston Whaler
- Owned/operated by volunteers or hired individuals: 0

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? Yes

Other motorized watercraft:

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

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 1 Non-motorized: 6
  - 2nd Responders: Motorized: 1 total Non-motorized: 6 total
- Watercraft for race officials: Motorized: 0 Non-motorized: 2
- Watercraft for race supervision: Motorized: 0 Non-motorized: 2
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: Kayaks & Paddle Boards

Emergency Signal Flag Color for all watercraft: Radios used and boats are equipped with gear. Color not provided.

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 Water Safety Team, a group of two volunteers will be present to check in each swimmer, make note of their participant number, and both bodies and swim caps are marked. Swimmers wear electronic chip on their ankle to monitor number of swimmers.

Describe method of electronic identification of swimmer (Recommended): Swimmers wear electronic chip on their ankle.

Describe different bright cap colors for various divisions (Recommended): Two groups will be out swimming at the same time. The two groups will wear the same color caps, but will be distinguished between caps marked USMS.

Describe method of accounting for all swimmers before, during and after swim(s): The Water Safety Team are counting swimmers going in and out the water. Lifeguards and safety staff are monitoring swimmers in water. Electronic device is monitoring all swimmers during swim.

Describe method of accounting for swimmers who do not finish: The Water Safety Team will be present to check in each swimmer, make note of their participant number, and both bodies and swim caps are marked. Electronic tracking chip will account for swimmers who do not finish.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. No one is allowed in the water until briefed on safety procedures of the event. Warm-up on land takes place at 7:35AM prior to event.

Swimmer Management

Maximum number of swimmers on course at a time: 50

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? Enough lifeguards, Environmental Police and Ashland Fire Department staff along with EMT's have been hired to be present in case of additional participants.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Massachusetts Environmental Police are the primary, safety trained staff in Massachusetts and will be present on-site during the event monitoring swimmers both on land in water. All staff has been trained in these events prior to event day. Communication amongst safety staff will be through radio & cell phones for swift recognition and deployment of safety protocol.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Safety staff, including a lifeguard both in water and on land, Environmental Police, and Ashland Fire Department EMTs with radio communication to an on-site ambulance - they are prepared and ready to deploy first aid in case of an emergency.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Enough lifeguards and Ashland Fire Department staff have been hired to be present in case of additional participates.

Describe your missing swimmer plan: Massachusetts Environmental Police are the primary search and rescue organization for the state of Massachusetts. They have been trained to deploy rescue search both on land and in water.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: DCR State Park Rangers and Environmental Police will be present to make determination on weather conditions.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Massachusetts Breast Cancer Coalition staff and volunteers will be trained and required to monitor participant accountability, and Ashland Fire Department will be present to deploy emergency care in case of an emergency event.

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: Water and weather conditions will be monitored before the event by the Environmental Police and a communication will be posted on the event website and all event participants will be notified if conditions require wetsuit or other additional resources.

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: Park Rangers and Environmental Police will be on-site monitoring weather and water conditions and will conduct a risk benefit analysis to determine if event should be canceled, postponed or if additional measures are required to be taken.

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: First responders and EMTs who are well trained in treating thermal issues will be present on-site. Volunteers and staff will be checking all swimmers coming out of the water in case of potential concerns.

Comment on how you will be prepared to care for multiple medical issues: Various first responders and EMTs will be present on site on day of the event.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: Yes, and will take prompts from on-site Environmental Police.

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: Environmental Police will be monitoring event conditions and prompting us accordingly. First responders and EMTs are available in case of an emergency.

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: Environmental Police will be monitoring event conditions and prompting us accordingly. EMTs and first responders are available in case of emergency.

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: Environmental Police will be monitoring event conditions and prompting us accordingly. EMTs and first responders are available in case of emergency.
Comment on how you will be prepared to care for multiple medical issues: Environmental Police will be monitoring event conditions and prompting us accordingly. EMTs and first responders are available in case of emergency.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues: Environmental Police will be monitoring event conditions and prompting us accordingly. EMTs and first responders are available in case of emergency.