



# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: Charles River Swimming Club, Inc.  
Name of Event: Charles River One Mile Swim  
Event Location: The River Dock (On the Esplanade), Charles River (Near the Hatch Memorial Shell)  
City: Boston State: MA LMSC: NEMSC  
Event Date: 6/14/2025  
Length of Swim(s): 1 mile  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: Katharine Radville Phone: 617-365-5501 E-mail: kateradville@charlesriverswimmingclub.org  
Referee: Katharine Radville Phone: 617-365-5501 E-mail: kateradville@charlesriverswimmingclub.org  
Safety Director: Jennifer Downing Phone: 617-529-7347 E-mail: jen@charlesriverswimmingclub.org

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

Pre-Race Communication: Assignments, orientation to the race course and an instructional on how to spot a distressed swimmer will be distributed by email to each member of the Safety Team within the week prior to Race Day.

Senior Safety Team Meeting: The Safety Director, Zone Captains, Trailing Kayak, and the operator of each of the launches will meet during the week prior to the race. The purpose is to 1) confirm roles/ responsibilities; 2) review the safety plan and the logistics/ timeline of the deployment of the full safety team and 3) review the equipment used by the safety team.

Race Day: Pre-Race Safety Team Meeting: At 7:00 am, The Safety Director will lead the Safety Team through final instructions. The team includes the Senior Safety Team plus Lifeguards, Spotters and Paddlers. The meeting will occur on the dock, next to the race course. This is to orient the team to the scale and dimensions of the course. Final assignments will be made and the operation of zones reviewed. Spotting a distressed swimmer and what to do in the case of a distressed swimmer will be reviewed. The following information will be reviewed during the Safety Team Meeting on Race Day:

## 1. Roles of Support Staff and Craft

### A. On Land

- The River Dock (Start and Finish Lines): The Race Director, Safety Director and a lifeguard will be positioned on the River Dock.
- EMT, provided by EMS, will be stationed on a second dock immediately adjacent to the River Dock.

## B. On Water

- State Police Marine Unit and/or the DCR Park Ranger Boat: Will monitor boat traffic during the event. A clear channel for safe passage of boat traffic along the Cambridge shore will be designated during the swim. See map in later section.
- Safety Kayakers: Kayakers monitor the course and swimmers. They will be in 1 and 2-person kayaks. Some will be paired with certified lifeguards in 2-person kayaks. They will be assigned to zones of responsibility (see below).
- Safety Launches / Evacuation Craft (two minimum): Each with one certified lifeguard, a boat operator, and a spotter. The launches will have propeller guards.
- Trailing Kayak: A kayaker will trail the final swimmers in a single kayak to determine, in coordination with the Zone Captains, that each zone is clear of swimmers and then report the same to the Safety Director.
- Lifeguards: One will be stationed on the River Dock (Start and Finish Line) and one on each Safety Launch. The others will be on the course in double kayaks, paired with a paddler, for mobility. Each will be Red Cross or YMCA certified.
- Pre-Event Notification of Boaters: The Charles River Swimming Club, Inc. collaborates with The Charles River Association of Boaters (CRAB). In advance of the swim, CRAB will facilitate notification of area boating clubs and relevant organizations of the swim, such that boaters are aware of the event and are notified of the location of the vessel channel.

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

- Swimmers are required to wear the silicone, fluorescent caps provided by the race organizer.
- Swimmers are briefed on the course, conditions, temperature, start and finish and emergency procedures.
- Swimmers are told to wave their hand and yell if they need assistance.
  - A safety kayaker and lifeguard will respond and assist.
  - The kayaker will signal for assistance from the Safety Launch if needed.
  - If necessary, the Safety Launch will take the person onboard and return to dock for medical assistance.
- Should it be necessary to cancel the race after it has begun, the Safety Director will notify the Race Director, State Police/ Ranger Boat, and Safety Launch via portable emergency radio.
  - The Safety Launches will assist with notifying the safety kayakers to clear the water.
  - The safety kayakers will sound their air horn for a prolonged period, wave their emergency orange flag and guide the swimmers to the River Dock (start/ finish line).
  - A headcount will be conducted via the collection of timing chips as the swimmers arrive and are checked against the electronic registration list to ensure each swimmer is accounted for.
- Neither warm-up nor warm-down is allowed.
- If swimmers need non-emergency medical assistance, they will be directed to Massachusetts General Hospital, a few blocks from the race site.
- 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 complete the race by tagging a finish-line timing pad.
- They will return their timing chips to be racked, in order by race number as another control to account for each swimmer.
- The club enforces a cut-off time of forty minutes to round the final buoy (nearest to the finish line). Swimmers who do not meet the cut-off time will be escorted back to the dock or pulled from the water by the Safety Launch, at the Race Director's discretion.
  - Additionally, the Race Director has full discretion to pull any 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 lifeguards will be equipped with air horns and portable emergency radios to communicate with the Safety Launch/ Evacuation Craft and shore (Race Director, Safety Director).
- A PA system is available for announcements.

### **3. Information provided to the safety team before the race:**

- A. Email distribution: All pertinent information will be shared with safety team members a week before the race.
- B. Safety Team Meeting: One week before the race, key members of the safety team will meet to review roles, responsibilities, communication, equipment, and potential scenarios. This will include the Safety Director, Zone Captains, Trailing Kayakers, and launch operators.
- C. Pre-Race Safety Meeting: General Information, Positioning of Lifeguards, Zones of Responsibility.

#### *General Information*

- All safety-related volunteers will meet at 7am (before the race), as described above. The following information will be reviewed:
  - The race course, including a review of the course map.
  - The race is a clockwise loop that starts and ends at the River Dock.
- Swimmers have been instructed to wave their hand and yell 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. Read this link describing potential behavior of a distressed swimmer: <http://mariovittone.com/2010/05/154/>
- If you find a swimmer who needs to be removed from the water, use your radio and sound your air horn until a lifeguard (if you do not have one with you) and the Safety Launch arrive.
- Swimmers may occasionally veer off course. As necessary, kayakers will get into their field of view (notice which side they breathe from) and direct them back to the course. However, safety, not navigation, is the primary role of kayakers.
- Kayakers, particularly those assigned to paddle with a lifeguard, should do their best not to leave their zones of responsibility when assisting with swimmer navigation. They should assist with swimmer navigation only when a swimmer is clearly veering out of the race course and in an unsafe manner. Again, their primary role is safety, not navigation.
- In the unlikely event that the race is canceled due to lightning or other emergency: The Safety Director will inform the two Safety Launches and Zone Captains to clear the course. Zone Captains will inform all other Safety Personnel. Kayakers will continuously sound air horns to gain the attention of all swimmers. Swimmers will be directed to return to the dock as efficiently as possible.

#### *Positioning of Lifeguards*

- One on the River Dock
- One on each safety launch

- Remaining lifeguards on double kayaks so they can enter the water if needed while the paddler maneuvers the kayak.

### *Zones of Responsibility*

Safety personnel will be assigned to zones of responsibility. Roles will be assigned before race day and reviewed on race day.

- There will be five zones. Refer to the map for a visual of the zones. Each zone will be patrolled by:
  - A zone captain
  - A double kayak, with a lifeguard and paddler
- A paddler will trail the final swimmers in a single kayak to determine, in coordination with the relevant Zone Captain, that each zone is clear of swimmers then report the same to the Safety Director.
- Kayakers are to remain in their zones of responsibility until the zone is declared clear of swimmers by the agreement of the Zone Captain and the Trailing Kayak.
- Once the final swimmer finishes the race, the Zone Captain, the Trailing Kayak, the Race Director and the Safety Director will verify that all timing chips have been re-racked. Then, all Safety Team members will return to their point of entry to return kayaks and stow equipment. At that time, the Safety Director will lead a post-race debriefing.

<b>Pre-Race Swimmer Meeting (required): all officials &amp; swimmers must attend to participate in race</b>
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Date: 6/14/2025

Time: 7:40am

### *Agenda*

- Swimmers are required to wear the fluorescent caps provided by the race organizer.
- Swimmers should have their timing chips firmly attached to their wrists. A fee will be assessed for lost chips.
- Keep the buoys on your right. You will swim around two large buoys and three smaller, intermediary buoys in a clockwise triangle. See attached map for swimmers.
- All swimmers must pass over the timing mat to enter the race course (positive check-in) and must tag the finish line upon completing the swim course (in-water finish)
- Body marking should be completed for each swimmer (one hand marked with race number) before the race start and is mandatory.
- A feet-first entry into the water (or use of the dock ladder) is required.
- We will have an in-water start. Two, event (~110 person) self-seeded waves. Swimmers will submit approximate mile times at registration. Faster swimmers in wave one, slower in wave two. This will prevent stronger swimmers from overtaking and colliding with slower swimmers. The waves will start 3 minutes apart:
  - Wave one swimmers must round the final buoy by 8:40am.
  - Wave two swimmers must round the final buoy by 8:43am.
  - Swimmers who do not meet those time cutoffs can also be pulled from the water at the discretion of the Race 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. in-water start, immediate exit from the water upon race completion), and emergency procedures.
- Wave your hand 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 Launch can take you onboard and return you to the River Dock for medical assistance (if indicated).

- Should it be necessary to cancel the race after it has begun, the safety boaters will blow their air horns for a prolonged period, wave their emergency orange flag and guide the swimmers to the River Dock or the closest shore. A headcount will be conducted as the swimmers arrive via timing chip collection.
- When exiting the water after racing, they are to use one of the ladders affixed to the River Dock. Exiting from the shore is not permitted.
- Warm-up and warm-down are not allowed.
- If swimmers need non-emergency medical assistance, they will be directed to Massachusetts General Hospital, a few blocks away from the race site.
- Swimmers will be checked in and checked out to ensure everybody is accounted for after the race via the use of electronic chip timing.

## Course & Event Conditions

### The Course

*Body of water:* River

*Water type:* Fresh Water

*Water depth from:* 12 to 30 feet

*Course:* Open Course

*If an open course, indicate the agency used to control the traffic while swimmers are on the course. Agency name:* Massachusetts State Police Marine Unit and/ or Massachusetts Department of Conservation and Recreation Ranger Boat

*How to contact during event:* Cellular Telephone

**Note:** Vessel traffic cannot be fully blocked from traversing the river during the event. Therefore, all vessel traffic will be notified of the swim and directed to the vessel channel (see attached map).

*Expected water conditions for the swimmers:*

The Charles River One Mile Swim uses an in-water start and finish adjacent to the River Dock, where the water is relatively deep, to avoid any potential hazards at the bottom of the river. Swimmers are required to use a foot first jump off the dock to get to the starting line. There is no expectation of any interference or danger from marine life or any significant impact of tides or currents on swimmer performance or safety. There is little to no current.

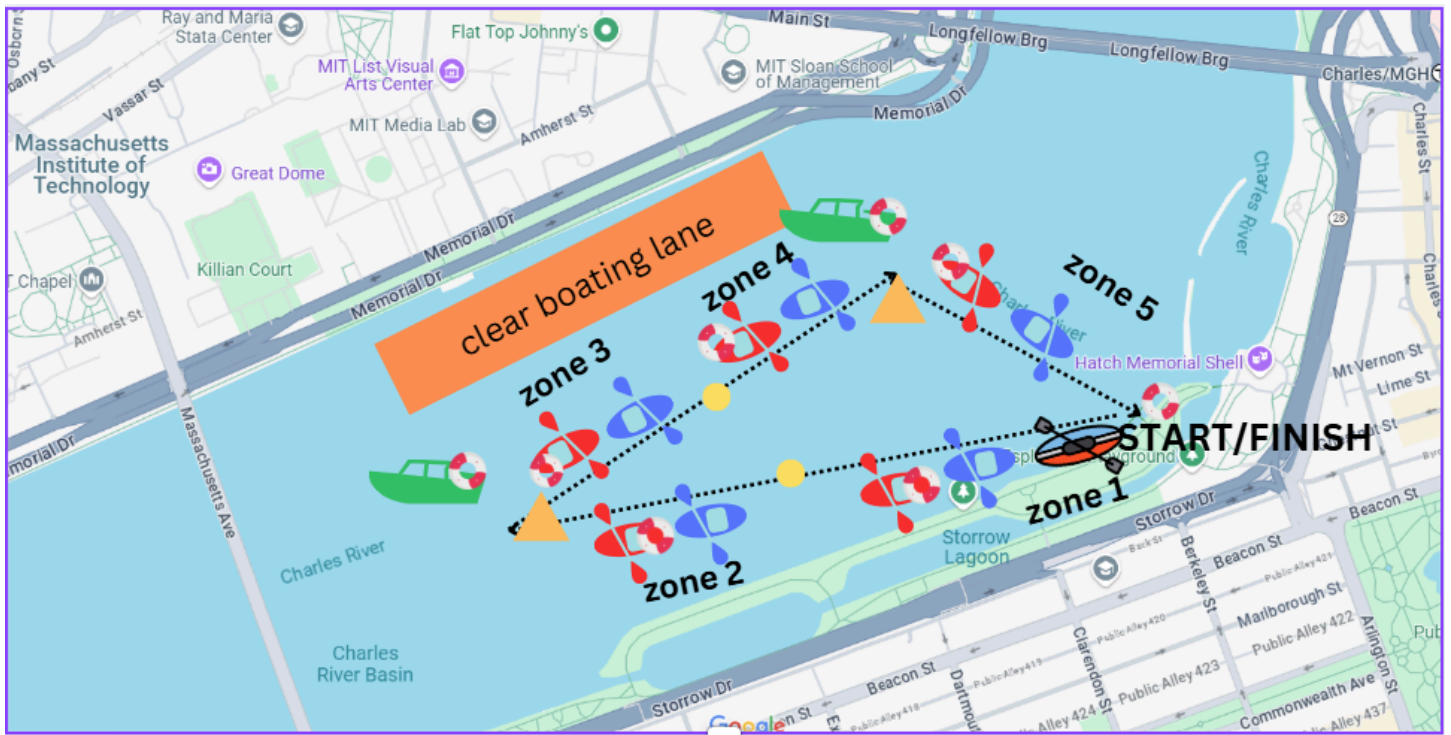
*How is the course marked?*

- Turn buoy(s): Height(s) 3 feet Color(s) Orange Shape(s) Tetrahedron
- Guide buoy(s): Height(s) 2 feet Color(s) Yellow Shape(s) Cans
- Approximate Distance between Guide buoys: Turn buoys are  $\frac{1}{4}$  to  $\frac{1}{2}$  miles apart (additional guide buoys will be used on the longest leg of the course, see map).

*Number of Feeding Stations:* 0

*Type of structure(s) used as feeding station(s):* 0

*Number of people the structure(s) can safely hold:* n/a



## LEGEND



Launch with lifeguard and spotter



Trailing Kayak



Kayak with paddler and lifeguard



Zone Captain



Turning Buoy



Passing Buoy

### Water & Air Temperatures

*Expected air temp range:* 65-75 degrees

*Expected water temp range:* 68-72 degrees

*Wetsuits:* Optional (not permitted if the water temperature is above 78 degrees)

### Water Quality

*Water quality:*

- Although the water quality of the Charles River has improved significantly over the past decade, many sections of the river still experience bacterial concentration variability that sometimes exceeds the swimming standard. The variations in bacteria levels are typically tied to prior levels of rainfall. Our event permit, issued by the MA Department of Conservation and Recreation (DCR), is contingent upon water quality meeting high standards for safe swimming. We work with the MWRA and DPH on pre-race water quality testing. The race will only take place if the applicable state standards are met. Water quality will be assessed during the week leading up to the swim.

*Debris and bottom sediment:*

- The Charles River One Mile Swim uses an in-water start and finish adjacent to the River Dock, where the water is relatively deep, to avoid any potential hazards at the bottom of the river. Swimmers must avoid diving off the dock to get to the starting line. They must avoid touching the bottom of the river.

## Event Safety

### Medical Personnel

*Lead medical personnel (emergency trained) on site:*

- Boston EMS, specific name of EMT on-site TBD per day availability.

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

- Where possible but always certified

*Will medical personnel be located on the course?*

- Yes (EMT)

*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?*

- One EMT provided by Boston EMS

### First Responders/Lifeguards & Monitors

*Indicate the qualifications of the first responders:*

- American Red Cross or YMCA Certified Lifeguards Number on course: 8

*Indicate their location on the Race Plan Map*

- Lifeguards and kayakers will be assigned to zones (five total). This information is also provided above, within the section titled “Pre-Race Safety Meeting”. In each zone, there will be:
  - 1) A double kayak with a paddler and a lifeguard
  - 2) A minimum of one additional kayak with a Zone Captain
- A Trailing Kayak, not assigned to a single zone
- A lifeguard and spotter on each motorized safety launch
- A lifeguard at the River Dock (start and finish lines)

### Onsite Medical Care & Facilities

*Describe onsite setup for medical care, such as medical treatment tent, heating/cooling tent, or facility. etc., and indicate locations on the Race Plan Map.*

- EMS (an EMT) on site. EMS will be located adjacent to the River Dock of the race course. The River Dock appears on the course map, and is labeled as “START/FINISH.”

### Ambulance/Emergency Transportation & Nearby Medical Facilities

*Ambulance(s) onsite: Phone number:*

- TBD On Call: TBD

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

- Yes

*Closest medical facility:*

- Massachusetts General Hospital Phone: 617-726-2000

*Type of medical facility:*

- Urgent Care/ Hospital/ Trauma Center

*Distance to closest medical facility:*

- 1/4 mile

*Approximate transport time: 2-3 minutes via ambulance.*

## **Watercraft**

### **Motorized Watercraft:**

- *Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.):*
- One State Police Marine Unit and/or DCR Park Ranger Boat
- *Owned/operated by volunteers or hired individuals: 2 Safety Launches: Owned by Community Boating Inc. and operated by trained, volunteer staff*

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: 2 Safety Launches; Non-motorized: 0*
  - *2nd Responders: Motorized: 1 State Police Marine Unit and /or the DCR Park Ranger Boat, Non-motorized: 9 kayakers*
- *Watercraft for race officials: Motorized: 0 (Safety Launch) Non-motorized: 0*
- *Watercraft for race supervision: Motorized: 3 (State Police and/or DCR Park Ranger Boat and 2 Safety Launches), Non-motorized: 11 kayakers*
- *Watercraft for feeding stations: 0*
- *Watercraft for escorted events: Motorized: 0 Non-motorized: 0*
- *Other event watercraft: We will have mandatory assistance from kayaks, some with lifeguards and some without. We will also have mandatory assistance from two Safety Launch/ Evacuation Craft with a lifeguard and spotter aboard. In addition to this, we will have a State Police Marine Unit and/or DCR Ranger patrol boat available to monitor boat traffic during the swim.*
- *Emergency Signal Flag Color for all watercraft: Orange*

## **Communications**

*Primary method between event officials:*

- Portable Emergency Radios

*Secondary method:*

- Cell phones and air horns.

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

- Portable Emergency Radios and air horns.

*Secondary method:*

- Cell Phone



## Swimmer Counting & Accountability

*Describe method of swimmer body numbering:*

- All swimmers will have one hand marked at check-in with their race numbers with a permanent marker.

*Describe method of electronic identification of swimmer (Recommended):*

- AllSportsEvents, Inc. will provide electronic, chip timing.
- This will help to facilitate safety via positive check-in and check-out.
- At check-in, swimmers will be provided with timing chips in the form of wrist bands that correspond to their race numbers.

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

- Fluorescent caps in orange and yellow will be provided to all swimmers based on waves.

*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 conclusion of the race.
- Swimmers will check in by walking onto the River Dock and over the entry timing pad while wearing the timing chip on their wrist.
- This will provide an accurate list of swimmers who enter the water.
- When the race ends, all swimmers will be required to tag a timing pad with the hand on which the timing chip wristband is attached. This will register their finishing time.
- Volunteers will then guide swimmers to exit the water at a ladder and deposit their timing chip with a volunteer who will re-rack the chip as an additional check to ensure all swimmers have exited the water.
- Swimmers will not be allowed to enter the water during the event for warm-up or warm-down.

*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 River Dock via either the motorized support craft or via assistance of a kayaker with or without a lifeguard, 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 been accounted for.
- A time of “DNF” will be recorded for the swimmer by the timing crew.
- The timing chip will be returned to the volunteer race staff and organized via racking it with its corresponding number.
- The missing swimmer plan is described below.

## Swimmer Management

*Maximum number of swimmers on course at a time:*

- 220

*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?*

- No race day registration or bandits. Not applicable.

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

- Lifeguards will be positioned in kayaks and assigned to zones of responsibility. Please see above for additional information on how lifeguards will be instructed to patrol the swim course and how kayakers will be trained to guide swimmers to remain within the boundaries of the course.

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

- Swimmers are told to wave their hand 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. A safety kayaker (with a lifeguard aboard) 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 a safety launch can take the person onboard and return to dock for medical assistance. Should it be necessary to cancel the

race after it has begun (such as due to a weather-related issue, or another emergency), the safety boaters will sound their air horns for a prolonged period, wave their emergency orange flag, and guide the swimmers to the River Dock or the closest shore.

*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, positive checkout will be expedited and emergency procedures will be triggered by notifying the lifeguards, EMS, and the State Police.
- Emergency contacts for the missing swimmer will be called (this information is collected at registration).

#### Severe Weather Plan

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

- Yes, weather radio.

*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 the safety team and the motorized crafts via a single, long blast of an air horn.
- Lifeguards and kayakers will be instructed as follows: “In the unlikely event that the race is canceled due to lightning, you will be informed by the safety launch and are to continuously blow your air horn, wave your emergency orange flag, and direct swimmers and immediately return to the dock. Thereafter immediately return to dock yourself and seek shelter.”

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

- All swimmers will access the course for entry and exit via the River Dock (such as 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 and to Massachusetts General Hospital in the case of a true, severe emergency.

## 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: All of the above. Our pre-race information, emailed to all swimmers and covered during the swimmer safety meeting on race day, covers the necessity of swimmer preparedness as well as the potential effects of becoming both cold and hot during a swim race.

**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: Should the water be below the estimated temperature range, we will encourage wetsuits for all swimmers and will place extra emphasis on the importance of preparedness prior to participation in cold water events.

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

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

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

Specify what extra listed items you will provide: We will have multiple first responders on the course regardless of the water temperature. We always have thermal blankets available regardless of weather conditions.

Volunteers are available at the race finish to distribute thermal blankets regardless of water temperature.

Comment on how you will be prepared to care for multiple medical issues: Presence of lifeguards, EMS, State Police, and/or DCR Rangers (e.g. multiple trained individuals at the race course/ site).

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Yes. Our comprehensive safety plan is fully adequate to address cold water medical issues regardless of the water temperature. We are aware that swimmers can become cold during a race in a wide range of weather and water temperature situations.

## **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.)."

### General Information

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: All of the above. Our pre-race information, emailed to all swimmers and covered during the swimmer safety meeting on race day, covers the necessity of swimmer preparedness as well as the potential effects of becoming both cold and hot during a swim race.

### 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 the appropriate pace.

Explain your plan of action: Should the water be warmer than expected, we will remind participants to stay well-hydrated and select an appropriate pace.

### 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: We always staff our swim with extra volunteers. Regardless of the weather and water temperature, it is fully staffed by EMS, lifeguards, the State Police, DCR Rangers and extra volunteers at the start/ finish. A cool, fresh water hose is available. Should the weather be excessively hot, we will use tents to provide shade although trees provide ample shade adjacent to the swim site.

**Comment on how you will be prepared to care for multiple medical issues:** Multiple first responders including EMS and Red Cross or YMCA-certified lifeguards will be at the race regardless of weather conditions.

**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:**  
Yes, via the methods described above.