



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: Granite State Health & Fitness Foundation
Name of Event: Glen Lake Swim
Event Location: Goffstown Recreation Department
City: Goffstown State: NH
LMSC: NEMSC Event Dates 8/17/2025 (rain date if necessary 8/24/2025)
Length of Swim(s): 1 mile, 2 mile
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Gary Girolimon	Phone: 603-494-8774	E-mail: gary@caramia.net
Referee: Dan King	Phone: 603-714-8652	E-mail: dan@kingcomputing.com
Safety Director: Bob Ouellette	Phone: 603-540-5485	E-mail: robobbyo@comcast.net
Co-Safety Director: Dr. David Lewis	Phone: 603-714-0861	E-mail: dblnh@comcast.net

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

Tentative date: 8/17/2025 Time: 8:00 am.

Tentative agenda: The pre-race safety meeting will take place on August 17, 2025 at 8:00 am. The safety director, safety personnel (EMS, lifeguards), as well as all volunteers stationed on the dock and on the water (kayakers, safety launch crew) will attend the meeting.

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

1. Roles of Support Staff and Craft

- ☐ The role of the State Police Marine Unit is to restrict boat traffic during the event. At least one motorized craft will be assigned to this role per availability.
- ☐ A physician or EMT at the race site. This individual will be stationed at the race site or on our safety boat.
- ☐ A minimum of 10 safety kayakers to accompany the swimmers. Kayakers and lifeguards will be assigned to zones of responsibility (see below).
- ☐ A minimum of two stand up paddle boards, to assist with swimmers' navigation and overall monitoring for safety.

- ☐ One lifeguard, a licensed boat operator and an additional volunteer on a boat serving as a Safety Launch/ Evacuation Craft. The boat will have a propeller guard.
- ☐ A minimum of 10 total lifeguards onsite (on land and in kayaks).
- ☐ The Race Director and Safety Director, 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.
 - 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 lifeguard will respond and provide assistance rescuing the swimmer or will guide the swimmer either to shore.
 - 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 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 unit, Goffstown Police or Fire personnel, and Safety Launch of this via cell phone or radio.
 - The Safety Launch will assist with notifying the safety kayakers to clear the water.
 - The safety kayakers will blow their whistles for a prolonged period and will sound their air horns.
 - They will guide the swimmers to the dock or 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 Catholic Medical Center, approximately ten (10) miles away in Manchester, 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.
 - They will return their timing chips to be racked in order by race number to augment ability to account for each swimmer.
- ☐ The club has established and enforces a cut-off time of forty-five minutes to round the final buoy (nearest to the finish line). 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 lifeguards will be equipped with whistles, air horns and cell phones in order to communicate with the Safety Launch/ Evacuation Craft 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 lifeguards. 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 a counter clockwise loop that starts and ends at the Recreation Center boat landing area.
- 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. Read this link describing potential behavior of a distressed swimmer: <http://mariovittone.com/2010/05/154/>
- If you find a swimmer in need of removal from the water, blow your whistle continuously and sound your air horn until the lifeguard (in the case that you do not have one with you) and the Safety Launch arrive.
- Lifeguards (a minimum of 10) are to be positioned as follows:
 - One at start/finish line
 - One on safety launch
 - The rest (a minimum of eight) on two person kayaks with another volunteer such that they can enter the water if need be while the other volunteer maneuvers the craft and whistles for help.
- Kayakers and lifeguards will be assigned to zones of responsibility. 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/lifeguards will be outside of the swimmers path to monitor them and keep them from veering off.
 - One kayaker/lifeguard assigned to assist stragglers. Specific job will be to ensure the back pack of swimmers have cleared each buoy.
 - Two kayaker/lifeguard between the start buoy and buoy #1
 - Two kayaker/lifeguards at the mid-point buoys.
 - One kayaker/lifeguard by the final buoy.
 - Other kayakers in addition to those assigned to these roles will be located centrally on the inside of the race course and will stay positioned throughout the course along with the swimmers.
 - One stand up paddle board will be assigned to the turnaround buoys and one will be stationed at the final turn buoy.

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/lifeguards 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 launch. Continuously blow your whistles and sound your air horns.
 - ☐ Direct swimmers to immediately return to shore. Immediately thereafter, return to shore yourself and seek shelter.
- ☐ Kayakers should remain in their zones of responsibility for the duration of the event, with the exception of the kayaker assigned to assist stragglers. As previously stated, these volunteers 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 zone once it is fully clear that all swimmers have passed through the zone. They may then proceed to assist in monitoring the subsequent zones/ the end of the race course.

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

Tentative date: 8/17/2023 Time: 8:15am

Tentative 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. A fee will be assessed for lost chips.
- ☐ All swimmers must pass over the timing mat to enter the race course (positive check in) and must cross the finish line mat 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.
- ☐ In water start in five, approximately 30-40-person speed-seeded waves. Swimmers will submit approximate mile times at registration and faster swimmers will be assigned to swim in the earlier waves. This will address safety concerns related to stronger swimmers overtaking/ colliding with slower swimmers as they pass. The waves will start 3 minutes apart.

- Swimmers will be required to complete the one mile swim in 45 minutes (90 minutes for the two mile course). 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 one mile in 45 minutes.
- 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. in water start, immediate exit from the water upon race completion) and emergency procedures.
- Raise your hand and wave (remove cap) 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 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 Catholic Medical Center approximately 20 minutes away in Manchester, 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: 70 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: Megaphone and Cellular Telephone

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Glen Lake uses an in-water start and finish at the Goffstown Recreation department's boat landing. At the start the water is relatively shallow and swimmers will be asked to avoid diving. 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): Height(s) 5 feet Color(s) Orange Shape(s) Triangular
- ☐ Guide buoy(s): Height(s) 6 Color(s) yellow Shape(s) Triangular
- ☐ Approximate Distance between Guide buoys: approximately 200 yards apart

Number of Feeding Stations: N/A

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: 65-80 degrees Expected water temp range: 68-72 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

It is recommended that one week before the event, check water quality. If results returned are inconsistent with the local governing body's standards, notify swimmers who participated in the event of any known exposures post-race. If an exceptional event such as heavy rain or flooding affects the water quality, the Event Director, Referee, or Safety Director shall have the authority to postpone or cancel the race. It is recommended to take and retain water samples on race day and retain for reference.

Water quality:

Water quality at Glen 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 Glen Lake Swim uses an in-water start and finish adjacent to the Goffstown Recreation department boat landing where the water is very shallow. Prior to the event the bottom conditions will be cleaned to prevent injuries.

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 as well as a minimum of 10 lifeguards, and an ambulance.

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: YMCA/Goffstown Recreation department lifeguards.
Number on course: A minimum of 10 (8 on kayaks, 1 on the Safety Launch, 1 at the finish line. .

Based on the course map below, lifeguards and kayakers will be assigned to zones. This information is also provided above, within the section titled “Pre-Race Safety Meeting”. The assignments will be as follows:

- ☐ One paired kayaker/ lifeguard assigned to assist stragglers. Specific job will be to ensure the back pack of swimmers have cleared each buoy.
- ☐ Two paired kayaker/ lifeguard between the start buoy and buoy #1
- ☐ Two paired kayaker/lifeguards at buoys #2-#8.
- ☐ One paired kayaker/ lifeguard between buoy #9 and the finish buoy/ line
- ☐ Any additional kayakers (1-2) in addition to those assigned to these roles will be located centrally on the inside of the race course and will stay positioned throughout the course along with the swimmers.
- ☐ One stand up paddle board will be assigned to the turnaround buoys (#5) and one will be stationed at the final turn buoy (#9).



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.

EMS (1 EMT) along with an ambulance will be on-site. In case swimmers need non-emergency medical assistance, they will be directed to Catholic Medical Center, approximately 10 miles (twenty 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: Phone number TBD On Call: TBD

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

Closest medical facility: Catholic Medical Center-Manchester, NH Phone: 603- 669-3545

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

Distance to closest medical facility: Approximately 10 miles- 15 minutes via ambulance

Watercraft

Motorized Watercraft:

- ☐ Owned/operated by government agencies ((State Police Marine Unit)
- ☐ Owned/operated by volunteers or hired individuals: 1 (Safety Launch)

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 (Safety Launch) Non-motorized: 0
 - 2nd Responders: Motorized: 1 Non-motorized: 10-12 (kayaks, paddle boards)
- ☐ Watercraft for race officials: Motorized: 1 (Safety Launch: Pontoon boat) Non-motorized: 0
- ☐ Watercraft for race supervision: Motorized: 2 Non-motorized: 10-12 (kayaks, paddle boards)
- ☐ Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- ☐ Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- ☐ Other event watercraft: We will have mandatory assistance from 10-12 one and/or two person kayaks. Two person kayaks will have one lifeguard and one paddler. One person kayaks will have only a paddler. This is the case in order to ensure that lifeguards are available to make rescues without having to also manage their kayaks alone. We will also have mandatory assistance from a Safety Launch/ Evacuation Craft with a lifeguard and additional staff member/ volunteer aboard. In addition to this, we will have a State Police Marine Unit patrol boat available to close the course from boat traffic during the swim. Lastly, 2 Stand Up Paddle Boards will assist with extra/ supplementary monitoring of the race course/ in guiding swimmers to remain on the course.
- ☐ Emergency Signal Flag Color for all watercraft: Orange

Communications

Primary method between event officials: Cell Phone Secondary method: Megaphone, air horns and whistles
Primary method between medical personnel, first responders & safety craft: Cell Phone
Secondary method: Megaphone, air horns and 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 color coded to match event distance.
- ☐ Hands only will be marked since many swimmers will be wearing full wetsuits.

Describe method of electronic identification of swimmer (Recommended):

- ☐ Electronic chip timing will be provided by New England Timing
- ☐ 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.

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 prior to entering the race course 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 swim past a finish buoy and 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 dock/ 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 and 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 in fact 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 race staff and organized via racking it with its corresponding number.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft.

Due to the nature of the event, neither an in-water warm-up period nor a warm-down period is permissible in order to maximize safety. A guided dry land warmup will be offered. Swimmers will enter the water and proceed to the start buoy to await the beginning of the race, but only upon receiving official clearance from the announcer.

Swimmer Management

Maximum number of swimmers on course at a time: 200

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?

- ☐ Strict limit on maximum number of swimmers No “bandit” swimmers. Therefore, 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 (at regular intervals between race buoys). Please see above regarding additional information in terms of how lifeguards will be instructed to patrol the swim course and as to 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 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 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 the Boston Whaler 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 dock 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 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 kayakers (volunteer paddlers + lifeguards) and the motorized craft via a single, long whistle blast.
- Lifeguards 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 launch and are to continuously blow your whistles and direct swimmers to 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, lifeguards and kayakers will access the course for entry and exit via the boat landing 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 the Catholic Medical Center in Manchester, NH in the case of a true, severe emergency.

Thermal Plan for Cold Water Swims: Not Applicable

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: the event website will contain language regarding preparations and prior experience with cold water swimming.

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: If needed, the course will be reduced or the swim will be cancelled. Water temperature will be announced and swimmers will be encouraged to use wetsuits if needed.

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 what extra listed items you will provide: N/A

Comment on how you will be prepared to care for multiple medical issues: If needed, the course will be reduced or the swim will be cancelled. Water temperature will be announced and swimmers will be encouraged to use wetsuits if needed.

**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

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: The event website will contain information about warm water safety

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: Ice and cooling tents will be available if needed.

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 what extra listed items you will need to provide: Ice and cold liquids will be provided as needed.

Comment on how you will be prepared to care for multiple medical issues: The Goffstown 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 should the water temperature be above 82 degrees.