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 David Miner will send you a copy of the approved safety plan. Contact David at openwateradvisor@usmastersswimming.org or 941-545-9709.

Open Water Safety Plan Application

Event Information

General Information

Name of Host: Reston Masters Swim Team (RMST)

Name of Event: Jim McDonnell Lake Swim (JMLS)

Event Location: Lake Audubon

City: Reston State: VA LMSC: PV

Event Dates: 5/25/2025 through 5/25/2025

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

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Tom Broderick. Phone: 703-901-3801 E-mail: tbroderick451@gmail.com

Referee: Andrea Pattison Phone: 703-346-4982 E-mail: pattison_andrea@yahoo.com

Certified Safety Director: Marc Israel Phone: 804-370-1640 E-mail: mki319@gmail.com

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

Tentative date: 5/25/2025 Time: 0700

Tentative agenda: 1) Introduction (include key personnel) 2) Goals – One Team focused on Safety 3) Course – Review the course map/layout, course zones, guide and boundary buoys, Emergency Medical Services (EMS zodiacs) placement and staging, pontoons, paddleboards and watercraft, safety director/ lifeguard placement, referee and marshal placement, timing and shore personnel associated with finish and swimmer tracking, COVID-19 safety procedures (if needed) for start/finish 4) Lifeguard equipment and staging (Rescue Floatation Device (RFD), fanny packs, Standup paddleboards (SUPs), throwables) 5) Communication (walkies, phone, flag, whistle, horn) 6) Roles/Procedures (expected) 7) Safety Rules 8) COVID Policy (if needed) for race-Swimmers, Officials, Volunteers, Lifeguards and Safety personnel, as well as spectators. 9) Swimmer overview (race specifics, rules, cap colors) 10) Tracking swimmers and the flow of the race; scanning for issues (e.g., swimmer in distress, swimmer drowning, change in pace or stroke, tiredness) 11) Pulling swimmers when tired or past the cut off. 12) Swimmer rescue (United States Lifesaving Association (USLA) standards), to include

communication, changes in zone coverage and EMS engagement. 13) Procedures for course evacuation or missing swimmer (i.e., Emergency Action Plan).

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

Tentative date: 5/25/2025 Time: 0745 for 1-mile and 0915 for 2-mile

Tentative agenda: Swimmers will be given a safety briefing before each race. They will also receive safety reminders at check in. Generally, these briefings contain race conditions, position of lifeguards, Standup Paddleboards (SUPs), canoes, kayaks, pontoon boats and EMS zodiacs, course layout, race rules, description of hazards and emergency procedure (including EMS considerations), wave-start (or rolling-start) protocol, cut-off times for 1& 2 mile finish and mid cut-off time for 2-mile race to be strictly enforced. Times will be tracked by timer and color caps will help track pacing. Swimmers will need to check caps, markings and entry cards (no card, no entry rule). Race times will begin and end when each athlete crosses the timing mats. Swimmers will be reminded of the importance of early recognition of fatigue and other limitations, proactive request for assistance, and courtesy to competitors and race officials. This main briefing should last 15-20 minutes depending on the number of questions from participants. Key points will be recapped during registration check-in.

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 3ft to: 25ft

Course: Closed-only event watercraft allowed

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

Agency name: N/A How to contact during event: N/A

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Lake Audubon is an inland 43.5-acre man-made freshwater impoundment with an urban/sub-urban watershed. The lake is calm with minimal impact from wind. Snakeden Branch is the main tributary feeder providing little to no current to the lake. The lake has a mean depth of 9.5 feet with a primarily silt laden bottom accompanied by submerged natural debris. The course will traverse some of the deepest parts of the lake. The lake is home to natural fish and wildlife found in freshwater ecosystems of the Middle Atlantic States. Filamentous algae, hydrilla and spatterdock have been found in the lake and may be encountered the day of the race on the shallow end of the lake. Should this be the case they it will be indicated in the safety briefing materials. At no time should these naturally occurring flora obstruct the main race course. It is anticipated that the race day water temperature will be between 70 and 78 degrees Fahrenheit with a mean visibility of 2.5-3.5 feet. For race day conditions see: http://www.restonmasters.com/jmls-lake-swim/lake-temperature/ The course will remain closed to non-race traffic, including swimmers and watercraft, throughout the event.

How is the course marked?

- Turn buoy(s): Height(s) 7ft Color(s) Yellow Shape(s) tetrahedron
- Guide buoy(s): Height(s) 6ft Color(s) Yellow Shape(s) cylindrical
- Guide buoy(s): Height(s) 3ft Color(s) Orange Shape(s) spherical
- Approximate Distance between Guide buoys: 100-150 meters

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: 59-78 F Expected water temp range: 70-76 F 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.

Reston Association (RA) will sample the water and have it tested at an accredited laboratory for appropriate water quality parameters associated with the local governing body's standards. Results will be available prior to the event. RA has the authority to cancel the event if water quality conditions warrant such action. Exceptional natural events prior to the JMLS event will be addressed per recommendations above in consultation with RA.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Dr. Chun Hong, M.D.

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? 5

Dr. Chun Hong, who serves as the Medical Director (MD), will be positioned at the race start/finish ramp. Fairfax County Fire & Rescue Department (FCFRD) personnel will be staged at a firetruck and/or ambulance parked approx. 40 feet away from the start/finish for quick venue access and departure. Emergency Medical Technicians (EMTs) will be staged in two zodiacs on the swim course. All FCFRD personnel are EMT certified. In addition, all lifeguards and many volunteers have advanced first aid and Cardiopulmonary Resuscitation/ Automated External Defibrillator (CPR/AED) training.

NOTE: FCFRD personnel must remain in service to the community. 1 Medical Doctor and 1 EMT will always be on site but it is possible the ambulance may need to respond to community emergencies. They have committed to stage at the race site for our needs. 911 permits access to an ambulance within 12-15 minutes or less if the staged ambulance is unavailable. Additional emergency medical personnel may be dedicated to the event as provided by Fairfax County Volunteer Fire and Rescue Association (FCVFRA) upon availability of that organization.

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 12 Number on land: 1

Indicate their location on the Race Plan Map.

Lifeguards will be primarily on SUPs evenly spaced in zones; Safety Director will be on a pontoon generally centered in the course; EMTs will be in two zodiacs on the upper and lower ends of the course; Volunteer monitors will utilize a minimum of 4 paddle craft to watch turn buoys and/or traverse the outer edges of the course keeping swimmers on track. Additional volunteer monitors will be on SUPs or stationary on pontoons or paddle craft to alert responders to trouble.

FCFRD personnel will be staged at a firetruck and/or ambulance parked approx. 40 feet away from the start/ finish for quick venue access and departure. EMTs will be staged in two zodiacs on the swim course. Should FCVFRA volunteer EMTs become available they will be staged at the finish line and/or first aid tent.

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. Primary medical care will be provided for the duration of the races by the MD and 1-2 volunteer assistants at a medical tent near the entrance/exit to the lake. It is clearly marked for first aid (see map at end of Plan). The tent will be medically equipped by the MD. Cots and chairs will be available for use. Ice and blankets, will also be available as needed. The FCFRD firetruck and/or ambulance will at minimum carry Basic Life Support (BLS) equipment, but likely will be Advance Life Support (ALS) equipped. Should FCVFRA EMT's become available they will bring an additional BLS ambulance and staff the first aid tent. Additional BLS bags will also be carried by EMTs in zodiacs and the Safety Director on a pontoon. All lifeguards will carry fanny packs stocked with CPR masks and personal protective equipment.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Fairfax County Fire & Rescue Department (1 or 2 ambulances and/or 1 fire engine)
On Call: 911 / (703) 437-7575

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

Closest medical facility: Reston Hospital Center Phone: (703) 689-9000

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 9-14 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 1-2 Zodiacs
- Owned/operated by volunteers or hired individuals: 2-4 pontoons

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: 2-4

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 0 Non-motorized: 16-20 (SUPs, rescue boards, canoes, kayaks
  - 2nd Responders: Motorized: 3-6 (Zodiacs & pontoons Non-motorized: 0
- Watercraft for race officials: Motorized: 1 (pontoon)Non-motorized: 0
- Watercraft for race supervision: Motorized: 0 Non-motorized: 0

- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: All as noted above. Lifeguards will individually staff SUPs (or possibly in canoes or kayaks). An additional 4-8 canoes and/or kayaks will be staffed with volunteer monitors who may shadow weak swimmers. 2-4 pontoons will remain stationary as secondary rescue/observation platforms. 1-2 Zodiacs will serve as primary medivac watercraft.

Emergency Signal Flag Color for all watercraft: Orange

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: Megaphone/Bullhorn

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Shoulders or hands (if wearing a full-arm wetsuit) and cap

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

Describe different bright cap colors for various divisions (Recommended): 4-6 different cap colors based upon entry time

Describe method of accounting for all swimmers before, during and after swim(s): Entry/Exit checklist with entry card collection, body numbering, redundant chip reading, data entry upon entry/exit, and manual counting will all be used to account for swimmers. Athletes will check in at a registration table where they will receive an entry card and a colored swim cap with number and timing chip that are pre-assigned. They will proceed to body marking for numbering. Swimmers will hand their card to an accountability volunteer just prior to entering the water through a timing chute where the chip will register with timing software connected to two redundant timing mats. The exit will also be across separate timing mats connected to the same timing system. All swimmers must ingress/egress the course across the mats. Any early dropouts will either cross the mat or have their chip turned over to a race official to register at the mat. Each entering and exiting swimmer will be counted manually and identified by race number to match with the entry cards and checklist.

Describe method of accounting for swimmers who do not finish: Electronic and back up electronic systems will account for Did Not Finish (DNF) swimmers, plus body numbers will be matched to cap and card numbers. Any early dropouts will either cross the mat or have their chip and cap turned over to a race official to register at the mat. DNF swimmers collected mid-course without medical emergencies will be held on a pontoon craft until race end. The accountability manager will be notified of the drop out and DNF swimmers will be directed across the timing mat upon exiting the boat.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Swimmers will be able to use the 6-lane Lake Audubon community pool facility (adjacent the lake entry point) for warm-up. Per agreement with Reston Association (RA), they will provide at least one lifeguard to staff the Lake Audubon pool while it is open to the event participants.

Swimmer Management

Maximum number of swimmers on course at a time: 300

If more swimmers show up on the day of the swim(s), how will you adjust the safety plan to accommodate the increased number of entries? There is a cut off at 300 swimmers per race. No walk-on entries will be allowed except for personal swimming guides for disabled swimmers.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Most watercraft will flank the race course corridor (race course generally shaped like a narrow rectangle - see map). Pontoons and EMS Zodiacs will be used to recover swimmers. The Zodiacs will be used to medevac those with medical emergencies back to the start/finish line. A few canoe/kayak volunteers will be used to steer swimmers back onto the course. Lifeguards will be staged on SUPs in 3 quadrants, on the outside of each tetrahedron buoy, and by the drain at the finish end of the swim. All lifeguards will be assigned a zone. Positioning will be distributed evenly across the course. Zone assignments will overlap to ensure full coverage. As swimmers return, coverage may be shifted to adjust for progress along the course. All safety personnel will be reminded the characteristics of tired, distressed, and drowning swimmers at the pre-race briefing. The emergency action plan will be followed for each.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Lifeguards will be primarily on SUPs evenly spaced in zones; Safety Director will be on a pontoon generally centered in the course; EMTs will be in two zodiacs on the upper and lower ends of the course; Volunteer monitors will utilize a minimum of 4 paddle craft to watch turn buoys and/or traverse the outer edges of the course keeping swimmers on track. Additional volunteer monitors will be stationary on pontoons or paddle craft evenly spaced along the course to alert responders to trouble. Any authorized watercraft on the course may be deployed for a swimmer to hang onto. All safety personnel will be directed to query athletes of concern. Lifeguards on SUPs will be able to move easiest among pack swimmers to access troubled athletes. Lifeguards may initiate swimming rescues with a Rescue Tube if most efficient (Rescue-Signal-Save). Other watercraft may extend paddles or deploy throwables to initially access troubled swimmers. EMS zodiacs will medevac swimmers as necessary. Swimmers will be informed to use the universal “hand in air” signal for help during the pre-swim safety briefing. They will also be encouraged to float on their back if in distress.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? In the event the ratio of swimmers to lifeguards exceeds 50:1, the number of 1-mile and/or 2-mile swims may be increased from one to two in order to reduce the number of swimmers in each swim -thus reducing the ratio of swimmers to lifeguards. If this increase in swims is still insufficient to reduce the ratio to below 50:1 or if additional swims prove to be impractical, the event will be canceled.

Describe your missing swimmer plan: If a swimmer is not recorded as finished (electronic records and/or the entry/exit checklists) or has not been recorded as a “DNF” by any race official and cannot otherwise be

accounted for, the missing swimmer emergency action plan will be initiated. The identity of the swimmer will be determined, the FCFRD incident commander will be alerted, and a coordinated search will be conducted by all persons on course and shore. Public address systems (megaphones, PA speaker, etc) will be utilized to announce name, age, gender, and bib number for all to assist with searching. The FCFRD incident commander in coordination with Fairfax County Police Department (FCPD) personnel will activate county resources as necessary. In addition, the swimmer's contact card will be called, including emergency contacts. The event will not be cleared and declared complete until ALL swimmers are accounted for.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: The Safety Director will monitor weather forecasts via weather radio, weather apps, and news media as well as on site observations. Witnessed lightning, audible thunder, and indication of electrical storms within 10 miles of the race site will initiate a weather action plan. Upon indication of this or other severe weather and/or natural disaster affecting the race, the Safety Director will immediately contact all relevant officials and safety observers to postpone, cancel, or suspend the race. Pre-race decisions will be posted on the JMLS website and social media. Race day on-site decisions will be communicated via public address systems. If the race is in progress the evacuation action plan will be implemented and safety personnel will clear the course using watercraft, whistles, and air horns. Accountability will be maintained through the collection of timing chips, data recording, and swimmer entry/exit checklists. Swimmers must transfer chips to a race official who will transfer that information to the start and finish recorders located at the Lake Audubon pool. Swimmers, spectators, and race officials will be directed to the nearest safety shelter. In most cases the Lake Audubon pool building, at the start/finish, will be the best shelter. Swimmer vehicles may be identified as alternative shelter locations. Every effort will be made to keep people safe and ensure swimmer accountability.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: When safe and feasible, all swimmers, lifeguards, race officials, and safety personnel will egress from the boat ramp so as to use a positive check-in/ check-out system of accountability. Should conditions warrant immediate evacuation, swimmers will be directed out of the water and/or onto water craft in the middle of the course. Athletes will be directed to follow the walking path back to the start/finish. Names and timing chips will be collected by race officials to be transferred to start/finish recorders. After accountability all race participants will be directed to the pool facility, personal vehicles, or the nearby South Lakes shopping center, which is ½ mile away.

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: The lake water temperature is measured daily the week before the event and posted on the JMLS website. Race-day water temperature will be posted at the event near the medical tent and announced during the swimmer briefing. Swimmers will be notified and encouraged to prepare for the colder weather/water e.g. stress response to cold shock, dizziness, cramps and hypothermia. Swimmers will be encouraged to consider using a wetsuit, neoprene cap (or double caps), neoprene socks, ear plugs, and pouring warm water into their wetsuit pre-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: We will encourage wetsuit use for all swimmers if the water is below 72 F. We will require wetsuits if water temperatures are below 60 F. If the water temperatures are below 57 F, the swim will be canceled. Post-race warming will be available in the Lake Audubon pool building.

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: A medical doctor will be stationed at the lake

Specify what extra listed items you will provide: A medical doctor will be at the race site with 1-5 EMTs. These personnel have backup resources on call to be available as needed. The pool facilities will be used to shield people from the elements and provide warming. Warming can be provided through hot showers, hot drinks, and blankets.

Comment on how you will be prepared to care for multiple medical issues: Mass Causality triage will be utilized to prioritize medical issues. Additional fire and EMS resources are available from nearby FCFRD stations and can be on site in less than 10 minutes. The FCFRD on-site duty officer will assume incident command, while the Medical director will have medical command, and the safety director will handle operations command until relieved by FCFRD battalion command. Multiple BLS assets with equipment will be on site to address immediate medical needs. Reston Hospital Center is a level II trauma center less than 10 minutes away. INOVA Fairfax Hospital is the closest level I trauma center located 16 miles to the southeast and is a 25-minute drive. A helicopter Landing Zone (LZ) for medevac purposes could be established as necessary in any number of nearby open spaces.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: If the temperature is below 72, swimmers will be notified and encouraged to prepare for the colder water (e.g. stress response to cold shock, dizziness, cramps and hypothermia). They will also be advised that they should consider using a wetsuit, neoprene cap under their race cap or wearing double caps.

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: The lake water temperature is measured daily the week of the swim and posted on the website. It is anticipated that the lake race day temperature will be in the 70s. There is a chance that the water temperature will be above 78 F, and in that case no wetsuits will be allowed. Swimmers will be made aware of the hazards of overheating and dehydration. Swimmers will be encouraged to keep hydrated. Coolers of water will be available at the race start/finish and on pontoons. Volunteer monitor watercraft will also carry bottles of water for the purpose of swimmer hydration.

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: We will keep open the option to implement some of the above based on conditions. Swimmers will be encouraged to "flush" caps with cool water or ice. Athletes and race support staff will have access to drinking water and ice. Shade tents will be made available at the start/finish. Misting devices could be implemented as necessary using the hose bib at the pool facility. Typical late May weather in Reston VA makes the implementation of these measures unlikely.

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:

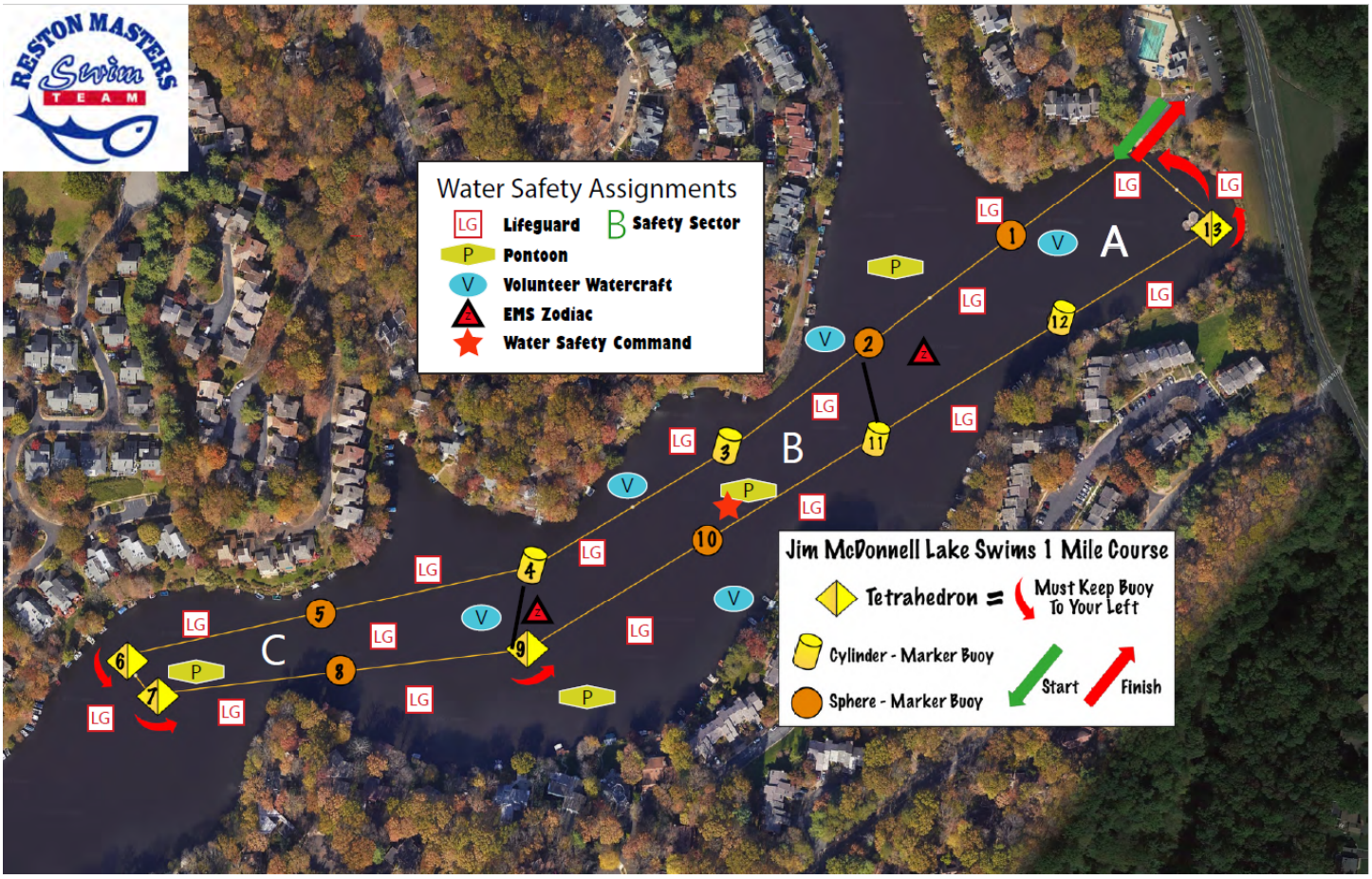
1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool 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: Ice will be provided

Specify what extra listed items you will need to provide: A medical doctor will be at the race site with 1-5 EMTs. These personnel have backup resources on call to be available as needed. The pool facilities and tents will be used to shield people from the sun and provide cooling. Cooling can be provided through cold showers, cold drinks, ice packs, shade tents, and fans.

Comment on how you will be prepared to care for multiple medical issues: Mass Causality triage will be utilized to prioritize medical issues. Additional fire and EMS resources are available from nearby Fairfax County Fire and Rescue Department stations and can be on site in less than 10 minutes. The FCFRD on-site duty officer will assume incident command, while the Medical Director will have medical command, and the safety director will handle operations command until relieved by FCFRD battalion command. Multiple BLS assets with equipment will be on site to address immediate medical needs. Reston Hospital Center is a level II trauma center less than 10 minutes away. INOVA Fairfax Hospital is the closest level I trauma center located 16 miles to the southeast and is a 25-minute drive. A helicopter LZ for medevac purposes could be established as necessary in any number of nearby open spaces.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues: We will utilize the above stated plan. When the water temperature is over 87, the event will be canceled.

Map of Jim McDonnell Lake Swim – Reston VA


RESTON MASTERS Swim TEAM
Water Safety Assignments
LG Lifeguard
B Safety Sector
P Pontoon
V Volunteer Watercraft
EMS Zodiac
Water Safety Command
A
B
C
Jim McDonnell Lake Swims 1 Mile Course
Tetrahedron = Must Keep Buoy To Your Left
Cylinder - Marker Buoy
Sphere - Marker Buoy
Start
Finish