

## **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](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: [Kroc Masters Swim Team](#)  
Name of Event: Kroc Master Open Water Swim  
Event Location: Lake Coeur D'Alene  
City: Coeur D'Alene State: ID LMSC: INW  
Event Dates: 7/18/2026 through 7/18/2026  
Length of Swim(s): 1.3 miles  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: [Howard Burns](#) Phone: 9493438955 E-mail: [noturnswim@yahoo.com](mailto:noturnswim@yahoo.com)  
Referee: [David Groth](#) Phone: [2086608330](tel:2086608330) E-mail: [idahogroth@gmail.com](mailto:idahogroth@gmail.com)  
Certified Safety Director: [Mary Everett](#) Phone: 208-791-0745 E-mail: [marzeverett@gmail.com](mailto:marzeverett@gmail.com)

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

Tentative date: 7/18/2026 Time: 7:15AM

Tentative agenda: [TWO MEETINGS](#). Safety Personnel will be getting information prior to the swim via email. This info will include introduction of key safety staff, course description, instructions for managing swimmers and recognizing swimmers in distress and emergencies, how to communicate with other safety staff, and a description of zone coverage and what kayaker will cover what zones. Potential hazards will also be discussed and questions taken, if any. The pre race meeting the day of the event will provide detailed assignments to each kayaker in attendance, distribute radios, flags, radio channel numbers and weather /chop considerations. Swimmers will also have meeting as noted below

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

Tentative date: 7/18/2026 Time: 7:45AM.

Tentative agenda: Remind course directions, kayaker duties, must have swim buoy, what to do if not feeling well or too tired, how to signal if in trouble, oddities of the course (in some places water is shallow enough to stand, in others it is not)

## Course & Event Conditions

### The Course

Body of water: Lake Water type: Fresh Water Water depth from: 5ft to: 125 ft

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: [Phone # or radio channel](#)

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): **clear water, could be windy, choppy, or smoke from wildfires but typically reasonably calm. Main hazard for swimmers is not paying attention and getting too close to rocky cliffs that define Tubbs Hill and perhaps hitting hand on a rock? Kayakers will make sure swimmers to do not stray too far away from the optimum course line. No Tides or currents or marine life of concern.**

How is the course marked?

- Turn buoy(s): Height(s) N/A Color(s) N/A Shape(s) N/A
- Guide buoy(s): Height(s) **3 feet** Color(s) **Orange or Yellow** Shape(s) **cylinder**
- Approximate Distance between Guide buoys: **varies. See map JUST THREE BUOYS**

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: 55>65 at start

Expected water temp range: 66>70

Wetsuits: Optional

#### **USMS Water Temperature Index for sanctioned open water events:**

- **Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is REQUIRED**
- **57°F-60°F (Cold) - heat-retaining swimwear is required or a Thermal Plan for Cold Water Swims is REQUIRED**
- **60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is RECOMMENDED**
- **66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is ENCOURAGED**
- **72°F-78°F (Cool) - No Thermal Plan required**
- **78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.**
- **82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is RECOMMENDED**
- **85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is REQUIRED**
- **87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held**
- **Over 95°F (Extremely hot) - Any swimming is ill-advised**

**USMS Water Temperature Measurement Procedure:** Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.

### Water Quality

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

**Water in Lake CDA had not had issues of contamination although the sediments in the Lake (not water), mainly in the southern end (swim is in the north end, some 20 miles away) are contaminated from lead and zinc used in historic silver mining area to the east ("Silver Valley").**

# Event Safety

## Medical Personnel

Lead medical personnel (emergency trained) on site: **David Barnes or Joseph Abate, Retired MD's**

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

Will medical personnel be located on the course? **No**

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? **1**

## First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: **ARC Lifeguards**

Number on course: **3** <lifeguards on water or on shore waiting for swimmers to come by Course.

MONITORS on land Number on land: **2**

Indicate their location on the Race Plan Map.

## Onsite Medical Care & Facilities

Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. **At approximately 1/3 of the distance is the only easy beach access where there will be hot beverages, boat, blankets. If water temp under 65 degrees we will add a pop up tent/heater to provide warmth for anyone electing to exit the race at that point. After that point, exiting the water to land will be limited to jet ski pick up and take to finish line for warming and/or EMT/ambulance. 2 Jet Ski with Marine Sheriff deputies on the course to take to shore (finish).**

## Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: no On Call: 208-769-2340 / 911

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

Closest medical facility: Kootenai Medical Center Phone: (208) 625-4000

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

Distance to closest medical facility: **2-5 miles Approximate transport time: 9 minutes NOTE: Fire Dept fire boat is housed almost at the starting point of the race and the Fire Dept Boat Team has expressed a willingness to monitor the event UNLESS they are on an emergency call (unlikely at 8 am in the morning but still possible)**

## Watercraft

Motorized Watercraft:

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

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 Non-motorized: 2
  - 2nd Responders: Motorized: Non-motorized: 7
- Watercraft for race officials: Motorized: 0 Non-motorized: 1
- 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
- TOTAL event watercraft: 1 pontoon boat, 2 jet ski, 7 kayakers, 3+ paddleboards

Emergency Signal Flag Color for all watercraft: Orange/ red

**Every other kayaker will all have FRS walkie talkie that floats/waterproof. lifeguards on water will have same. Land based will have standard FRS Walkie talkies that sync with kayakers. Due to terrain issue (hill) officials at start and Finish and at half way mark will communicate with Cell Phones if radios are not available or do not make the range.**

### Communications

Primary method between event officials: **Cell Phone** Secondary method: Radio

Primary method between medical personnel, first responders & safety craft: **Radio (separate channel from Meet Officials)**

Secondary method: Radio (separate channel from Meet Officials)

### Swimmer Counting & Accountability

Describe method of swimmer body numbering: **CAP AND HAND**

Describe method of electronic identification of swimmer (Recommended): **NONE, note only 68 swimmers last year**

Describe different bright cap colors for various divisions (Recommended): **None unless entrants exceed 100 in which case there may be two start waves and caps would delineate which wave.**

Describe method of accounting for all swimmers before, during and after swim(s): **Count going in, at start, account for all exiting prior to end and count at end. Swimmers cannot enter with water without first being checked off at start.**

Describe method of accounting for swimmers who do not finish: **communication along course with # of swimmer getting out early.**

### Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated Watercraft: **Warm down at finish where depth shallow, smooth beach access and 'no boating designated buoy line always in place. One lifeguard on beach at finish. Before Swim Warm up is the 150 yard swim from the water entry point at beach to the start line at the 'log boom'. Anyone wishing a longer warm up will be told to enter in the first group and swim extra on the way to the start.**

## Swimmer Management

Maximum number of swimmers on course at a time: 125 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? **Add kayaker> note that our highest # to date is 68 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? **All swimmers will be required to wear bright cap AND tow a swim buoy (which is also a safety device). Kayakers will be space out along the course and there will be observers/monitors on shore (part cliffs) along the course too.**

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

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? **either cancel the event or wait until the required minimum are obtained.**

Describe your missing swimmer plan: **In case of a missing swimmer, any remaining swimmers will be signaled to evacuate the water. Emergency services will be called and kayakers and lifeguards will begin the search for the swimmer in a systematic zone method until the swimmer is found or further instructions are given by the first responders.**

## Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: **cancel event**

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: **This is only if lightning or 'natural disaster' strikes while in the water. Lightning is really the only event that historically would happen suddenly that would require the race to be stopped while in process. The race, being only 1.3 miles (1.5 if a swimmer can't 'sight' well and swims an erratic course) and having a only 'qualified swimmers' (must stipulate they can swim 1500 yards in under 40 minutes without stopping in their entry), any other known Idaho concern, mainly wildfire smoke or very high wind from the south, would be a recognized problem by start time and dealt with before swimmers enter the water. Evacuation would be to get swimmers up onto the shore at the various points where this is possible via Kayakers pointing out the access points but this would be only phase one, as getting out of the water is much easier than getting back to the start finish lines as Tubbs Hill has trails but they are, in most places, up a significant grade from the water level.**

## 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: **Entry form will make clear the variability of water temperature that time of the year. Wetsuits are welcomed and there is no differentiation in award categories wetsuit vs non-wetsuit. We will offer two weekend opportunities prior to race weekend to anyone that wishes to come down and swim on part of the course to acclimate/etc. and make it clear that swimming is permitted in Lake CDA at a number of locations. Note that the IRONMAN group has an annual event in Lake CDA in late June of each year (for 2025 it was June 24) and the water by July 20 is significantly warmer. 2025 Around Tubbs Hill swim at had water temp range over the course of 69-71 degrees but was windy.**

**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: **encourage wetsuits and swims in lake in weeks before event.**

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

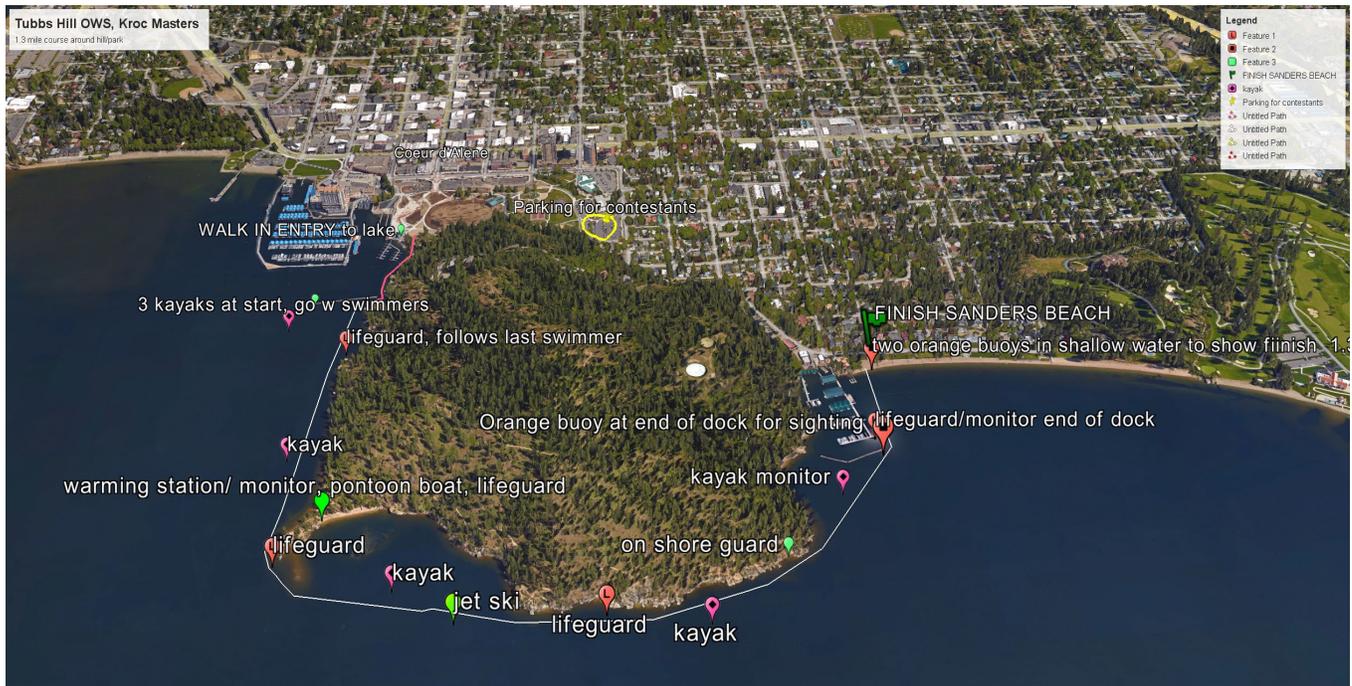
**The following methods are among the ways you can do this:**

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 two stations (one at the Beacon area, one at the finish line) with warm blankets. The beacon site will warm the swimmer while arranging transportation to the finish line where the medical staff will be located. The finish line area will have staff on hand.**

Comment on how you will be prepared to care for multiple medical issues: **We will have multiple staff members at each location who are backed up by lifeguards, kayakers, and boats.**

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: **Yes, we will have a warming station at 4/10 mile plus one at finish and ensure swimmers are educated about the temperature of the swim, the risks involved, how to recognize hypothermia symptoms and that exiting at 4/10 mile warming station is a sign of sanity and intelligence if not feeling good/competent**



## Thermal Plan for Warm Water Swims ***NOT APPLICABLE***

**Comment on how you will be prepared to care for multiple medical issues:** We have multiple staff on hand that can deal with multiple medical issues at each site, supported by kayakers, lifeguards, and boaters.

**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:** We will have water on site. *It is extremely unlikely that the water temperature will reach this level as this is unprecedented in Lake CDA. Water temperature has not exceeded 77 degrees in any records on any date to the best of our knowledge.*