



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: Orca Swim Team
Name of Event: Fat Salmon Open Water Swim
Event Location: Lake Washington
City: Seattle State: WA LMSC: PNA
Event Dates: 07/15/2023
Length of Swim(s): 3.2 miles point-to-point
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Jim Lasersohn Phone: 425.686.9619 E-mail: racedirector@fatsalmonswim.com
Referee: Paul Verner Phone: 206.617.7107 E-mail: vernerpk@msn.com
Certified Safety Director: Barron Cato Phone: 206.930.3762 E-mail: barroncato@hotmail.com

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

Date: 07/15/2023 Time: 7:15am (boats, guards, kayaks)

Tentative agenda: Please see Supporting Documents

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

Date: 07/15/2023 Time: 7:05am

Tentative agenda: Please see Supporting Documents

Course & Event Conditions

The Course

Body of water: Lake, Lake Washington Water type: Fresh Water Water depth from: 5 to 300 Ft

Course: Point to point, straight line with 50yd left turn at finish

Open - non-event watercraft allowed near swim course

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

Agency name: Seattle Harbor Patrol How to contact during event: TBD

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Typically calm in the mornings, may be impacted by wind. No tides or major boat traffic at this hour.

How is the course marked?

- Turn buoy(s): Height(s) 4' Color(s) ORANGE Shape(s) TETRAHEDRON
- Guide buoy(s): Height(s) 4' Color(s) YELLOW/ORANGE Shape(s) CYLINDRICAL/TETRAHEDRON
- Approximate Distance between Guide buoys: 0.5mi

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): NA

Number of people the structure(s) can safely hold: NA

Water & Air Temperatures

Expected air temp range: 50-80 F Expected water temp range: 67-75F Wetsuits: Optional

There are two divisions, wetuit, and non-wetsuit

Should water temp be above 78 wetsuits will be disallowed.

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 is measured by King County; results can be found here:

<http://green2.kingcounty.gov/lakes/ConventionalsGraphs.aspx?Locator=0826>

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Grady Paden MD

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? 1 volunteer MD, 2 EMS

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: 24 lifeguards, 4 harbor patrol police officers, 2 EMS

Number on course: 24 guards, 4 police Number on land: 2 EMS

Indicate their location on the Race Plan Map. Police on roving Harbor Patrol boats

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. Tent with volunteer checkin and HAM radio will serve as medical tent. There will be first aid supplies and warming supplies (towels, hot beverages)

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: City of Seattle EMS On Call: TBD

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

Closest medical facility: Swedish Hospital Phone: 844.419.9000

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

Distance to closest medical facility: 0-2 miles Approximate transport time in minutes: 10

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2
- Owned/operated by volunteers or hired individuals: 7-10

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: 1

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: NA (Harbor Patrol) Non-motorized: kayaks/SUPS 1-24
 - 2nd Responders: Motorized: Boat #10 Non-motorized: lifeguards (paddleboards) 1-24
- Watercraft for race officials: Motorized: 1 Non-motorized: 0
- Watercraft for race supervision: Motorized: 1 Non-motorized: 0
- Watercraft for feeding stations: Motorized: NA Non-motorized: 0
- Watercraft for escorted events: Motorized: NA Non-motorized: 0
- Other event watercraft:

Emergency Signal Flag Color for all watercraft: Red flag

Communications

Primary method between event officials: HAM.Radio, all volunteer power boats will have volunteer operator aboard as well as the harbor patrol boat that has the sergeant in command.

Secondary method: .Cell Phone

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

Secondary method: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Marked caps and hands

Describe method of electronic identification of swimmer (Recommended): Electronic chip, checked 2x at start and finish

Describe different bright cap colors for various divisions (Recommended): 5 divisions with separate cap colors

Describe method of accounting for all swimmers before, during and after swim(s): electronic chip, manual count with 2 sets of verifiers on the finish line.

Describe method of accounting for swimmers who do not finish: Report of swimmer number returns to race director via HAM radio via safety director who is on the water, this is reconciled with electronic timing ASAP.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. 2x guards in the area immediately around the start (<50yds from start line) for warm up.

Swimmer Management

Maximum number of swimmers on course at a time: 350

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? Will cap at 350 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? See details about swimmer rescue in the Patrol and Rescue Plan in Supporting Documents.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? See the Patrol and Rescue Plan in Supporting Documents.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Boats will be reassigned to larger section of course; this detail to be monitored and managed by safety director.

Describe your missing swimmer plan: 1. Check manual roster for entry across finish line that was not electronically recorded 2. Announcement at finish area for this swimmer to present to medical tent and call contact phone numbers for swimmer 3. Initiate search and rescue, to be led by Harbor patrol which will have 2 dive officers aboard one of their boats.

Severe Weather Plan

Is a lightning detector or weather radio available on site? .Yes Aboard Harbor Patrol

Describe your plan for severe weather or natural disaster: Possibly postponing 30 minutes at most; any greater will require cancellation.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: See the Course Evacuation Plan in Supporting Documents. We will err on side of caution and cancel event if circumstances are suspect.

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: 1 + 4; registration info lists expected water temp; should individual be woefully unprepared a refund will be offered in advance or they will be refused entry on race day if it is apparently only at the last minute.

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: Very unlikely that this is an issue; if it were we would require wetsuits first, then cancel the swim second.

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 already have plans for adequate emergency staff, warm beverages, blankets; hot showers are available at the finish.

Comment on how you will be prepared to care for multiple medical issues: Any non-lethal or non-critical medical events will be addressed first by the staff on site, reserving EMS staff and ambulance for any true emergency. In scenario involving need for 2nd ambulance, 911 will be called.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues: YES (see above).

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 .

This is nearly impossible for this body of water.

How will you assist swimmer preparation before the event:
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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:

What action will you take to reduce swimmer, official, and staff exposure to heat-related issues:
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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: See above

What extra medical care will you provide to mitigate & treat symptoms of heat-related issues:
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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:

Comment on how you will be prepared to care for multiple medical issues: See above

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

Until directed otherwise, all sanctioned events must complete this COVID-19 Safety Plan Addendum and email it to their LSMC sanctions chair in addition to completing the [standard sanction application on usms.org](https://usms.org/standard-sanction-application). Please copy events@usmastersswimming.org on correspondence so the National Office can gather comprehensive best practices and assist as needed.

Guidance and Recommendations

Event Directors

- The event director is responsible for researching and abiding by all current applicable federal, state, local, and facility orders related to COVID-19, clearly communicating protocols in published event information, and providing email updates to attendees as needed.
- Per [CDC guidance](https://www.cdc.gov/media/releases/2021/s0728-covid-19-guidance) (updated July 28, 2021), at indoor facilities in [areas with substantial or high COVID-19 transmission levels](https://www.cdc.gov/media/releases/2021/s0728-covid-19-guidance), it is recommended that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming.
- Limit spectators and nonessential attendees.
- Limit bathroom access (swimmers arrive and leave in their suits).
- Limit hospitality (attendees should bring snacks, water, etc.). If food or drinks need to be provided, use individually wrapped or sealed containers in a grab and go setting.
- Space out seating areas and preassign to groups or individuals if possible. Encourage swimmers to avoid congregating behind the blocks before or after races, in the warmup pool, or to cheer from the side of the pool.
- Provide hand washing stations and hand sanitizer.
- Sanitize common areas and surfaces frequently.
- Publish results online only to avoid crowds at results posted on-site.
- To eliminate the need for meetings that typically are held in-person (for officials, safety personal, open water safety briefings, etc.) publish information in advance and/or organize virtual meetings via Zoom.
- Avoid or minimize post-event socials and awards ceremonies.
- For larger events, consider splitting the event into sessions to minimize the number of attendees at the venue at any given time.
- If you become aware of COVID-19 exposure (i.e., an attendee tests positive shortly after the event and could have exposed other attendees), communicate to all attendees through email or other possible means the possible exposure times and locations so attendees may determine if quarantining and/or testing are needed. [Here are positive test protocol recommendations](https://www.aquaticscoalition.org/positive-test-protocol-recommendations) from the [Aquatics Coalition](https://www.aquaticscoalition.org/).
- Pool Meets:
 - Provide plenty of time between heats and events to avoid crowding behind the blocks.
 - Limit the number of swimmers allowed in each warmup lane to allow for physical distancing. Encourage swimmers to be flexible with their warmup routines and considerate of fellow swimmers.
 - Relays may be held if ample space for distancing and all other COVID-19 mitigation efforts can remain in place. Using only every other lane is a good way to provide additional space for relay swimmers.

Event Directors (continued)

- Open Water Races:
 - Avoid mass starts and use wave, time trial, or rolling starts instead to avoid crowding.

- Provide a receptacle for swimmers to discard masks as they enter the water and disposable masks for swimmers to wear as soon as they exit the water.

Officials and Timers

- The referee, starter, and stroke and turn officials should space out as much as feasible corresponding to various pool configurations.
- Sanitize any equipment before use (e.g., podium, microphone, etc.)
- Timers should keep ample space from the blocks at the start of the race and only move up to the pool's edge at the end of the race to stop their watch and/or push their button. Then they should move back to their original position.
- Consider using only one timer per lane.

COVID-19 Safety Plan Details (include additional pages as needed). Describe plans for each protocol as applicable for your area and venue.

Current applicable federal, state, local, and facility orders regarding size of gatherings, other COVID-19 protocols, etc. (include links where appropriate)
There are not any current or expected mask wearing mandates or vaccine verification requirements for events
Venue cleaning protocols for before, during, and after the event
Standard cleaning or restrooms provided by city of Seattle parks and portable restroom vendor
Face-covering requirements and enforcement
<p>No planned face covering requirement or enforcement for the outdoor event.</p> <p>If face coverings are required or recommended for indoor space (restrooms, carpool), we will provide disposable masks for attendees to use, make appropriate announcement.</p>
Modifications to registration and check-in area and process
We plan to have hand sanitizer available at various locations including check-in. There are not outdoor mask or social distancing requirements so no other modifications to check-in process.
Warm-up social distancing requirements and enforcement
None.

Venue facilities that are available and off-limits to participants
N/A
Swimmer requirements for races (entering and exiting the water)
None
Other participant interaction modifications (awards, results, etc.)
No modifications as this is done in an outdoor setting.
Post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19
<p>If the race director becomes aware of an event participant or volunteer testing positive for COVID-19, we will send an email advising that participants and/or volunteers advising of the potential exposure. We plan to have email address for all participants and volunteers.</p>