



# **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](#)  
Name of Event: CDA Kroc Masters Open Water Swim  
Event Location: Big Sanders Beach, Lake Coeur D Alene, Idaho  
City: Coeur D Alene State: ID LMSC: Inland Northwest LMSC  
Event Dates: 7/22/2023 through 7/22/2023  
Length of Swim(s): Choice One or Two Kilometers  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: Howard Burns. Phone: 949-343-8955 E-mail: burns\_crew@yahoo.com  
Referee: [TBD](#). Phone: [000-000-0000](#) E-mail: [Click to enter e-mail address](#)  
Certified Safety Director: [M. Bronson](#). Phone: 509-389-5108 E-mail: gr8white1965@yahoo.com

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

Tentative date: 7/22/2023 Time: 8:30 am

Tentative agenda: [Course review](#), [location of AED](#), [Kayaker protocol](#), [Water Temp/ cold water thermal protocol](#), [weather expected](#), [number of entries](#), [responsibility for tracking all swimmers in & out](#), [start finish process](#), [emergency event protocol \(who calls EMS, warming process if hypothermia\)](#) , [Lifeguard placement](#), [warm up oversight by lifeguards](#)

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

Tentative date: 7/22/2023 Time: [9 am](#)

Tentative agenda: Open Water risks, course map and buoy rounding /finish, what to do if having difficulty, weather and water to expect (will be visible as event start will be not too soon after meeting) Kayak support and hanging onto Kayak okay, swim to shore okay, how to know race has been stopped after start and what to do

## Course & Event Conditions

### The Course

Body of water: Lake Water type: Fresh Water Water depth from: 4 to: 60 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: NA How to contact during event: NA

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): Lake, marine life minimal, no significant current unless extremely windy, no underwater hazards, Weather and Water Temperature are main concerns: expected water temp in 65-69 degree range based on historic water temperatures for this week in July. Wind is a potential issue as it can be very windy, winds typically blowing (if active) from south to north creating significant chop. Since course is primarily west/east, the wind, if it happens would push toward shore, kayakers would be mostly be broadside to wind if parallel to course,

How is the course marked?

- Turn buoy(s): Height(s) 4 feet+      Color(s) RED   Shape(s) Cylinder
- Guide buoy(s): Height(s) 3 feet      Color(s) yellow      Shape(s) triangle
- Approximate Distance between Guide buoys: Buoys TBD

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): Not applicable, race too short

Number of people the structure(s) can safely hold: not applicable

### Water & Air Temperatures

Expected air temp range: 70-80  
day conditions

Expected water temp range: 65-69

Wetsuits: Optional based on race

### 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 of Lake does not vary greatly given lake size (Large) and event location has no large rivers entering anywhere nearby. Seasonal pollen, which sometimes is in abundance on water surface in early June has historically been gone by early July

# Event Safety

## Medical Personnel

Lead medical personnel (emergency trained) on site: At least one retired ER Doctor + at least six (6) certified American Red Cross Lifeguards.

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: 6 Number on land: 1

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. **None, Hospital not too far away. If water or air is abnormally cold, will set up 'warming station' but it is not assumed to be needed at this time but it is available with very short notice**

## Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: NO On Call: 911

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

Closest medical facility: Kootenai Health Emergency Phone: 208-625-5700

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

Distance to closest medical facility: 2-5 miles Approximate transport time: 10 minutes

## Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 0
- 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: 00
- With impeller motor (jet ski, jet boat): 0

- Anchored from start to finish: 0

#### Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 0 Non-motorized: 10-12
  - 2nd Responders: Motorized: **0** Non-motorized: **0**
- Watercraft for race officials: Motorized: 0 Non-motorized: 0
- Watercraft for race supervision: Motorized: 0 Non-motorized: 0
- Watercraft for feeding stations: Motorized: N/A Non-motorized: N/A
- Watercraft for escorted events: Motorized: N/A Non-motorized: N/A
- Other event watercraft: kayaks and Paddleboards. No motorized around event. One Motorized vessel(Pontoon boat) will be used to PLACE and then Remove buoys for event. Will not be on course during the race.

Emergency Signal Flag Color for all watercraft: orange flags for kayakers

### Communications

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

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

Secondary method: Megaphone/Bullhorn

### Swimmer Counting & Accountability

Describe method of swimmer body numbering: **Numbers marked on hands with permanent marker**

Describe method of electronic identification of swimmer (Recommended): **Electronic timing not used**

Describe different bright cap colors for various divisions (Recommended): **four color caps, M/F one K swimmers and M/F two K swimmers**

Describe method of accounting for all swimmers before, during and after swim(s): **Swimmers recorded on entry to water. Recorded upon exit.**

Describe method of accounting for swimmers who do not finish: **beach officials along course & Kayakers will identify all swimmers that decide to exit early. Any swimmer signing up for the two mile swim will have option of stopping at One Mile and be consider to have competed in 'that' event. Shore is in close proximity and beach officials can intercept all swimmers that decide to exit '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 up and warm down will be restricted to the area between beach east end of loop.

### 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? **No 'day of' entry anticipated**

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Two on beach, six certified lifeguards on paddleboards on the water to far side of course from the beach.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? **6-10 Kayakers will be evenly spaced along the course in addition to Lifeguards on paddleboards**

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? **Race will be cancelled if there are insufficient safety personnel/craft for the swim.**

Describe your missing swimmer plan: **Call out swimmer name and number on PA system. Call emergency contact to assess if swimmer did not follow procedures upon exiting the water. Notify county personnel on site. Recall any swimmers still in water. Have safety personnel on water search their areas.**

#### **Severe Weather Plan**

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

Describe your plan for severe weather or natural disaster: **Event will cancel in case of severe weather, natural disaster or severe breathing conditions brought on by wildfires.**

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: **Event personnel will record swimmers as they exit water/event. It will be compared to roster of swimmers who enter the water at start of event..**

## **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: Method #1

<b>What action will you take to reduce swimmer exposure to thermal issues:</b>
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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. Encourage wetsuits for all swimmers.
4. Require wetsuits for all swimmers.

Explain your plan of action: Time limits will be shortened and enforced and wetsuits will be encouraged should lake temperatures require.

<b>What extra medical care will you provide to mitigate &amp; treat symptoms of thermal issues:</b>
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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 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: [Click here to enter text.](#)

Comment on how you will be prepared to care for multiple medical issues: Event will have thermal treatment gear such as blankets and a warming facility on the beach for warming swimmers experiencing medical issues.

**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:**

Event will have thermal treatment gear such as blankets and a warming facility on the beach for warming swimmers experiencing medical issues.