



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: [Punch Buggy Productions, Inc](#)
Name of Event: Open Water Swim Challenge
Event Location: Cedar Hill State Park
City: Cedar Hill State: TX LMSC: NTX
Event Dates: 7/30/2023 through 7/30/2023
Length of Swim(s): 750M, 1500M, 2.4 mile
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: [Frank Cortese](#). Phone: 214-546-9568 E-mail: CoachFrank@Tri-Now.com
Referee: [name](#). Phone: 000-000-0000 E-mail: [Click to enter e-mail address](#)
Certified Safety Director: [name](#). Phone: 000-000-0000 E-mail: [Click to enter e-mail address](#)

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

Tentative date: 7/30/2023 Time: 6:00am

Tentative agenda: [EAP will have been distributed for all to read and have. Pre-Race Safety meeting will cover: any changes to course, monitoring swimmers, water temperatures, plan for pulled and DNF swimmers](#)

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

Tentative date: 7/30/2023 Time: 6:45a

Tentative agenda: Water temperature, any changes to course, signals for distress, protocol for stopping at kayaks

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 2 to: 50

Course: 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: Auxiliary Coast Guard How to contact during event: Radio channel : specific channel determined by HAM race morning

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): fish, silt, possible branches

How is the course marked?

- Turn buoy(s): Height(s) 5' Color(s) Yellow or red Shape(s) Pineapple or triangle
- Guide buoy(s): Height(s) 24" Color(s) bright orange Shape(s) tomato/round
- Approximate Distance between Guide buoys: 50-75M

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: 90-100 Expected water temp range: 79-82 Wetsuits: Not allowed

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 monitored with State Park and Core of Engineers who deem if water areas are open for public use

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: John Shields , Qualification **MED, ATC, LAT**

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

Will medical personnel be located on the course? Yes - lifeguards

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 also HAM radio network monitoring from land

Number on course: depends on # of swimmers – for this event we typically do 8 guards in kayaks
Number on land: 4-6

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. Baylro Sports Care is has tent and bags set up by finish but monitors swim extraction area during swim

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: 911 On Call: 911

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

Closest medical facility: PrimaCare or Charleton Medical Center Cedar Hill Phone: **972) 637-5100**

Type of medical facility (urgent care, hospital, etc.): URGENT CARE/ HOSPITAL

Distance to closest medical facility: 2-5 miles / 7.9 miles Approximate transport time: 7 minutes/ 13 minutes

Watercraft

Motorized Watercraft:

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

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: [Number](#)
- With impeller motor (jet ski, jet boat): 1
- Anchored from start to finish: [Number](#)

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: 1 Non-motorized: 8
 - 2nd Responders: Motorized: [Number](#) Non-motorized: [Number](#)
- Watercraft for race officials: Motorized: [Number](#) Non-motorized: [Number](#)
- Watercraft for race supervision: Motorized: [Number](#) Non-motorized: [Number](#)
- Watercraft for feeding stations: Motorized: [Number](#) Non-motorized: [Number](#)

- Watercraft for escorted events: Motorized: [Number](#) Non-motorized: [Number](#)
- Other event watercraft: [Click here to enter text.](#)

Emergency Signal Flag Color for all watercraft: TBD

Communications

Primary method between event officials: Radio and HAM radio network Secondary method: Cell Phone

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

Secondary method: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Body Marking on arm

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

Describe different bright cap colors for various divisions (Recommended): 750M – Pink, 1500M – green 2.4M yellow

Describe method of accounting for all swimmers before, during and after swim(s): Race Chip Timing, Kayaker/Guards monitoring

Describe method of accounting for swimmers who do not finish: Coast Guard or Head Guard will get chip from swimmers and alert RD

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. No official warm up allowed.

Swimmer Management

Maximum number of swimmers on course at a time: 100

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? Race day registration not allowed

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Safety Staff is on water. Head Guard/Kayaker monitors course and is connect To HAM operators and Coast Guard

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Head Guard and kayaker on jet ski

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? staged start times only allowing a specific number of swimmers in at a time

Describe your missing swimmer plan: Transition coordinator monitors area for left articles, if notified of possible missing swimmer HAM alerts on radio, Race timer is directed to look for in and out of water mat crossing. If no resolution is found and swimmer is deemed missing , Grand Prairie PD is called for water search and rescue

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: In the case of inclement weather, the race director will follow the below contingency plan. Three options have been given and will be implemented in order to try to cause the least disruption to the event. • Change of race start time on the schedule date • Modification of race format • Cancellation of event The weather conditions that may cause the contingency plan to go into effect will include: • Lightning • Heavy Rains • Wind/ Tornadoes • Extreme Heat • Ice/ Snow All of the above conditions may occur individually or in combination, but each situation will be addressed individually. Chain of Command: Race Director Event Personnel Volunteers The Race Coordinator will be the designated “weather watcher” and will notify the chain of command if conditions become unfavorable. They will also be responsible for checking weather reports a minimum of 10 days out from the event date. A weather radio and communication with local weather will be available on race day to monitor local weather forecasts and warnings. If internet and/or television is available, these means will be used as well to monitor warnings. If inclement weather arises, all parties will be directed out of the water and under shelter or sent to their cars. It will be the race director’s call to decide on the resumption or suspension of activities.

Communication In the event of inclement weather clear and concise communication with all parties involved with the event will take place. These parties include, but are not limited to: race participants, race staff, local law enforcement, volunteer groups, spectators and emergency services. If the possibility of inclement weather exists each of the above groups will know what will happen in the event of inclement weather. Communication to these groups before the event will take place through email, web page postings, phone calls and face to face meetings. The event will have several on-site means of communication including cellular phones, mega-phones & short-wave radio. **Lightning** If lightning is detected during the event, the safety of participants, spectators and staff is the top priority. **All decisions about the weather will come from medical personnel and the race director.** Lightening alerts will be broken down into the following 3 categories: Advisory – 30 mile radius Caution – 15 mile radius Warning – 8 mile radius If lightning is detected with the 8 mile radius, the race will be delayed until the race area has been cleared for 30 minutes after the last recorded lightning strike. The race director and medical personnel may decide that the race course is not safe and the race may be cancelled. *Evacuation Plans*

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: All parties will be evacuated out of the water & advised to return to their vehicles. They will be advised to stay 50 feet away from metal objects, trees and lake. NO athletes will be allowed to elave parking area without checking out with parking monitor.

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.

General Information

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: [Click here to enter text.](#)

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: [Click here to enter text.](#)

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: [Click here to enter text.](#)

Comment on how you will be prepared to care for multiple medical issues: [Click here to enter text.](#)

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:
[Click here to enter text.](#)

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:

General Information

“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: [Click here to enter text.](#)

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: [Click here to enter text.](#)

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

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

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations)
5. Increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.)
6. Make cool showers available on-site.
7. Make shade and cooling facilities (buildings, tents, etc.) available on-site.
8. Other: [Specify](#)

Specify what extra listed items you will need to provide: [Click here to enter text.](#)

Comment on how you will be prepared to care for multiple medical issues: [Click here to enter text.](#)

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

Yes