



Open Water Championship Safety/Water Quality/Emergency/Contingency Plan

The following is being presented as compliance with the Open Water Review Commission recommendation report of 4-12-2011, and the Open Water Regulations passed by the USA Swimming Board of Directors on May 6, 2011

PART 2 – Safety Plan

A. Monitor Swimmers During Race

Status: Implementable

- Plan:
1. Certified Lifeguards, experienced in open bodies of water, and Certified Sierra Club Water Rescue Kayakers will be used.
 2. All athletes will be observed at all times in the race by a member of the safety team. Elimination of “blind spots” is the primary goal.
 3. The course is a 500 meter straight-line course, parallel to the beach, approximately 15 meters from the shoreline.
 4. The race course will be broken down into 10 zones of 50 meters each, with the following “first responders” as safety personnel:
 - a. Shoreline side: One certified Lifeguard for each 50 meters. There will be a total of 10 Lifeguards for the shoreline side. Each lifeguard will also carry a Guard Rescue Tube (40 inch minimum”)
 - b. Outside of Course: One certified Sierra Club Water Rescue Kayaker, or certified Lifeguard on a paddle board for each 50 meters. There will be a total of 10 Kayakers or Paddle-boarders on the outside of course.
 - c. All “first responders” shall have the capacity of to react to a need for assistance within 10 seconds, and are able to reach the swimmer within an additional 20 seconds.
 - d. All Open Water Events are “unescorted” races, comprised of 1K (10&U), 2K (11-12), 3K (13-14), 4K (15&Over). The course is 15 meters from the shoreline. There are 20 first responders along the course. In 2010, there we 190 athletes on the course at the peak of competition. This provides a gross ratio of one first responder per 9.5 athletes on the course during peak competition. Using only first responders on the outside of the course (Kayakers & Paddler-boarders), this provides a ratio of one first responder per 19.5 athletes for safety craft. A ratio of one safety craft per 20 athletes is required. This does not include 4 to 5 additional boats for Officials (2 at turns, 2 on the outside of course, 1 transport for exchanging Officials).



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B. Safety Communication Plan

Status: Implementable

Plan: Safety communications will have three elements:

1. Water to Water – All certified Sierra Club Water Rescue Kayakers, and all Officials in boats will be equipped with 2 ways radios, allowing efficient and immediate communications with the Safety Officer, and Meet Referee.
2. Water to Land – Same as above, with the lifeguards/paddle-boarders with whistles.
3. Land to Water – Same as above, with the addition of the public address system, and lifeguards with whistles.

C. Feeding Station

Status: No used at this meet, all events are less than 5K.

D. Course Evacuation Plan

Status: Implementable

Plan: The following priority will occur in this order, if the Safety Officer, Meet Referee, or Meet Director becomes aware of any situation requiring abandonment.

1. Radio Communication to Officials and Safety Personnel on Course.
2. All Lifeguards issue a 3 loud short blast whistle command, and instruct all swimmers to evacuate the course.
3. Announcer instructs all swimmers, safety personnel, and Officials, to exit the course. If the reason for abandonment is inclement weather, announcer will instruct all athletes, coaches, parents, and meet personnel to go to the shelter, team bus, or vehicles, until inclement weather passes.



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E. Medical Services

Status: Implementable

- Plan:
1. A Physician will be on-site with experience in providing medical care in endurance events.
 2. Two EMTs will be on-site from the Bethel-Tate Fire Department, as we have provided during the past six years. In 2010, there were 190 athletes on the course at the peak of competition. This provides an EMT ratio of one EMT per 95 athletes on the course during peak competition.
 3. An ambulance from the Bethel-Tate Fire Departments will be on-site, as we have provided during the past six years.
 4. Clermont Mercy Hospital, located at 3000 Hospital Drive, Batavia, OH 45103, is 11.3 miles from the meet location, and approximately 16 minutes away.
 5. The Bethel-Tate Fire Department EMTs and on-site ambulance has direct communications with the emergency room at Clermont Mercy Hospital.
 6. All recommended medical equipment will be available in the on-site ambulance with the Bethel-Tate Fire Department.

F. Accounting For Swimmers

Status: Implementable

- Plan: The following “accounting for swimmer system” has been in place for the past six years:
1. Advance registration is required for this LSC Open Water Championship meet. No deck entries or day-of-meet entries are allowed.
 2. All competitors are pre-assigned Competitor Numbers.
 3. All swimmers must check-in at Clerk Of Course, and be marked with their competitor numbers. Any swimmer not checking in is scratched.
 4. After scratches, a final Event Start List is created for each of the eight races.
 5. After mandatory pre-race Instruction (Technical) Briefing, all athletes are checked in by the Referee & Starter Team, re-confirming the Name & Competitor Number, as designated on the Event Start List.
 6. Any swimmer that decides not to compete, after checking in, is marked on the Event Start List, as a post check-in scratch.
 7. The Event Start List is positively marked by the Referee for all swimmers starting each race.
 8. During each race, all swimmers who abandon prior to the finish are DQ'd, and the DQ is posted to the Event Start List.
 9. The Event Start List is moved to the finish area.
 10. As each swimmer completes the race, their competitor number is recorded on the Order of Finish Sheet, by the Finish Officials.



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11. The Order of Finish Sheet is immediately reconciled back to the Event Start List, accounting for all competitors that started, and actually finished.
12. Any “unaccounted for” swimmers are immediately investigated by the Admin Referee back to the Coaches and/or Parents.
13. Both the Event Start List and the Order of Finish sheet are archived as part of the permanent meet records.

G. Technical Meeting

Status: Implementable

Plan: The pre-race (technical) meeting will contain the following:

1. Course Layout
2. Rules of the swim
3. Water conditions
4. Marine Life
5. Weather Conditions
6. The Safety Plan
7. Emergency Conditions
8. The Safety Communication Plan
9. The Evacuation Plan for clearing the race course (abandonment)
10. Safety Craft & Safety Personnel (lifeguards, paddle-boarders, kayakers)
11. On-site EMTs & ambulance – Bethel-Tate Fire Department
12. Emergency Phone Numbers (park rangers, police, emergency room, etc)
13. Local Hospital – Clermont Mercy Hospital

H. Safety during pre-race warm-up and post-race warm down

Status: Implementable

Cost: None

Plan: A designated warm-up/warm-down is available to the left side of the competition course. Certified lifeguards on shore and on paddleboards will be on-duty during all warm-up/warm down sessions, and is closed to all boating traffic during these times.



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PART 3 – Other Requirements for Open Water Races

A. Water & Air Temperature

Status: Implementable

Plan: Three Thermometers (with both marking in Celsius and Fahrenheit) will be used before & during competition:

1. Two Water Temperature Thermometers, located on the Turn Judge Boats, will be used to monitor Water Temperature.
2. One Air Temperature Thermometer, located in the Administration Tent, will be used to monitor Air Temperature.
3. Temperatures will be recorded by Safety Officer (or designee):
 - a. One hour before competition (9:00 a.m.)
 - b. Hourly throughout the competition (beginning at 10:00 a.m.)
 - c. Posted on Whiteboard at Competition for all Athletes, Coaches, and Parents.
4. Follow Requirements:
 - a. If the water temperature is below 16 C (60.8 F), no race can be held.
 - b. For races of 5K and above, if the water is above 31 C (87.8 F), no race can be held.
 - c. If the air temperature and water temperature added together (in Celsius) are less than a total of 30, no race can be held.
 - d. If the air temperature and water temperature added together (in Celsius) are greater than 63, no race can be held.

B. Water Quality

Status: Implementable

Plan: The venue, East Fork Lake (Harsha Lake) is a water reservoir for Clermont County, Ohio. Water quality monitoring is performed by the [US Army Corp of Engineers](#), and the [Ohio/Clermont County EPA](#).

1. The organizing committee will request a certificate from the Clermont County EPA on June 27, 2011 stating that the water quality is acceptable. This certificate will be posted at the meet.



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PART 4 - Other Recommendations

A. Tracking Swimmers During Races

Status: Not Implementable.

Plan: From Garmin “GPS units typically will not work indoors, underwater or underground”. We will continue to monitor this technology, as a commercial system is developed and is economically feasible.

B. USA Swimming Support for Open Water. Not applicable for this meet.

C. Medical Screening of Athletes. Not applicable for this meet. Refers to “where the swimmer is entered by USA Swimming”, and applies to FINA Open Water Events.

D. Equipment List (Minimum)

Status: Implementable.

Cost: Included in cost of hiring on-site Bethel-Tate EMTs & Ambulance.

Plan: This meet has both certified EMTs and Ambulance on-site from the Bethel-Tate Fire Department, containing everything on the list.