



Open Water

Officiating and Safety



- Open Water

- Officials Sub-committee

- Chip Carrigan, Denny Ryther, Herb Schwab, Ken Schuh, Paul Asmuth,
 - Jay Thomas, John Dussliere, John Julian, Mike Rice, Rick Walker,
 - John Kenny, John Kinney, Steven Munatones

- Open Water

- Development Committee

- Rick Walker (Chair), Denny Ryther, David Johnson, David Ferris,
 - Lynn Hazelwood, Madeleine Crippen, Alex Meyer, Chuck Kunsman
 - John Dussliere, John Kinney, Steven Munatones



- Points of Discussion:
 1. An overview of the latest issues facing Open Water Events
 2. Review of the Sanctions process for Open Water Events
 3. Review of the Safety plan from Ohio Swimming
 4. A summary of the impact of the OW tragedy in Dubai
 5. Questions?



- Before the LSC Sanction Chair is permitted to issue a sanction for an open water swimming event, approval of the meet plan must be obtained from USA Swimming. This application outlines the necessary elements of the meet plan. Completing the application does not automatically grant you approval of the meet plan. Failure to include all aspects requested in the application will automatically cause the application to be denied. The meet plan will be reviewed by a designated open water representative who will issue an approval or a denial within one week of receipt. If not approved, the reason(s) will be supplied so that the applicant can take the necessary remedial actions.
- The following items must be submitted:
 - Application for Sanction (per LSC)
 - Application for Open Water Meet
 - Meet Announcement
 - Water Quality Certification (website references are acceptable with URL)
 - Documentation from the LSC stating the name of the Independent Safety Monitor and his/her qualifications
 - Submit to LSC Sanction Chair per established local rules. The LSC Sanction Chair is required to submit the packet to the designated Zone representative for approval. Be certain to allow for the extra time this will take (approximately 1 week).
 - Local sanction fees apply.



- **Basic Information**

- Name of Host Club:
- Name of Event:
- Event Location:
- Event Date:
- City: State: LSC: Zone:
- Length of Race(s): Age Groups Participating:
- (circle all that apply) 10&U 11&12 13&14 15-18 Open

- **Key Personnel**

- Meet Director(s): Cell Phone: Home Phone: E-mail:
- Meet Referee: Phone: E-mail:
- Meet Safety Officer: Phone: E-mail:

- **WATER QUALITY**

- Step 1: Attach certificate or reference URL site with necessary information that shows the site meets local governing body requirements for bathing.:
- Step 2: One week prior to the event, check water quality again and submit certification to the independent Safety Monitor
- Step 3: On race day, submit additional water sample for certification. If negative results are returned, notify swimmers who participated in the event of any known exposure. If an exceptional event such as heavy rain or flooding affects the water quality, the Referee, the Meet Director, or the Independent Safety Monitor shall have the authority to postpone or cancel the race.



- **TECHNICAL MEETING/PRE-RACE MEETING**

- Recommend Technical Meeting within 24 hrs prior to the race. Athlete, coach or representative required. Technical Meeting may be combined with Pre-Race Safety Meeting.

- **MANDATORY** Pre-Race Safety meeting (athletes must attend or not participate):

Provide tentative agenda

- **Race Day conditions**

- Expected air temperature: Expected water temperature:

- Minimum Allowed: 60.8°F Maximum Allowed 5K+: 87.8°F

- Combined air & water temperature: Must be between 118°F and 177.4°F

- **Type of body of water: (circle one) Ocean, Lake, River, Other:**

- Water type: (circle one) Salt water Fresh

- Water Course: (circle one) Closed course (not accessible by boat)

Open course General water depth of course: *If open course, please indicate the agency used to control the traffic while swimmers are on the course.* Agency: How to contact during event

- Expected water conditions for the athletes: (marine life, tides, currents, underwater hazards)

- How is the course marked? Turn buoy height: Color/Intermediate buoy height:

- Color Starting Location: On Beach In Water Alternate Location:

- Finish Location: On Beach In Water Alternate Location:



- **FEEDING STATIONS**

- 5k or Less None Required
- Greater than 5k – Less than 10k At least 1 required: No.____
- 10k and over at least 1 required at each 2K interval: No. _____

- **Attach a Google Earth Map** (or equivalent) of race course.

- Indicate on the map the locations of the start/finish, turn buoys, intermediate buoys, all safety craft, Lifeguard/First Responders, onsite medical care, feeding stations, etc.

- **MEDICAL Personnel**

- Name of lead medical personnel (emergency trained) on site :
- Circle One: M.D. D.O. EMT-P EMT NP PA
- Prefer experience in extreme events (Marathon, Triathlon, etc): Yes No
- Will medical personnel be located on the course? Yes No
- The required number of medical personnel will be dependent on the course layout, number of athletes in the water, expected conditions, etc.
- How many medical personnel do you plan to have on site? (minimum 4 for closed 1K loop course)



- **FIRST RESPONDERS/LIFEGUARDS**

- Indicate the qualifications of the first responders (Prefer open water experience.)
ARC Lifeguards USLA YMCA
- Equivalent water certified first responder Number on Course: ____
- Indicate their location on the Race Plan Map.

- **AMBULANCE/EMERGENCY TRANSPORTATION**

- Required on site, 1 ambulance per 250 participants (with more on call): Yes No
- Have you spoken with the local emergency response agency regarding your event and potential emergencies? Yes No

- **ON SITE MEDICAL CARE**

- Describe what set up you will have on site for medical care, such as first aid tent, heating or cooling tent or facility. Indicate the location on the Race Plan Map.

- **MEDICAL FACILITIES**

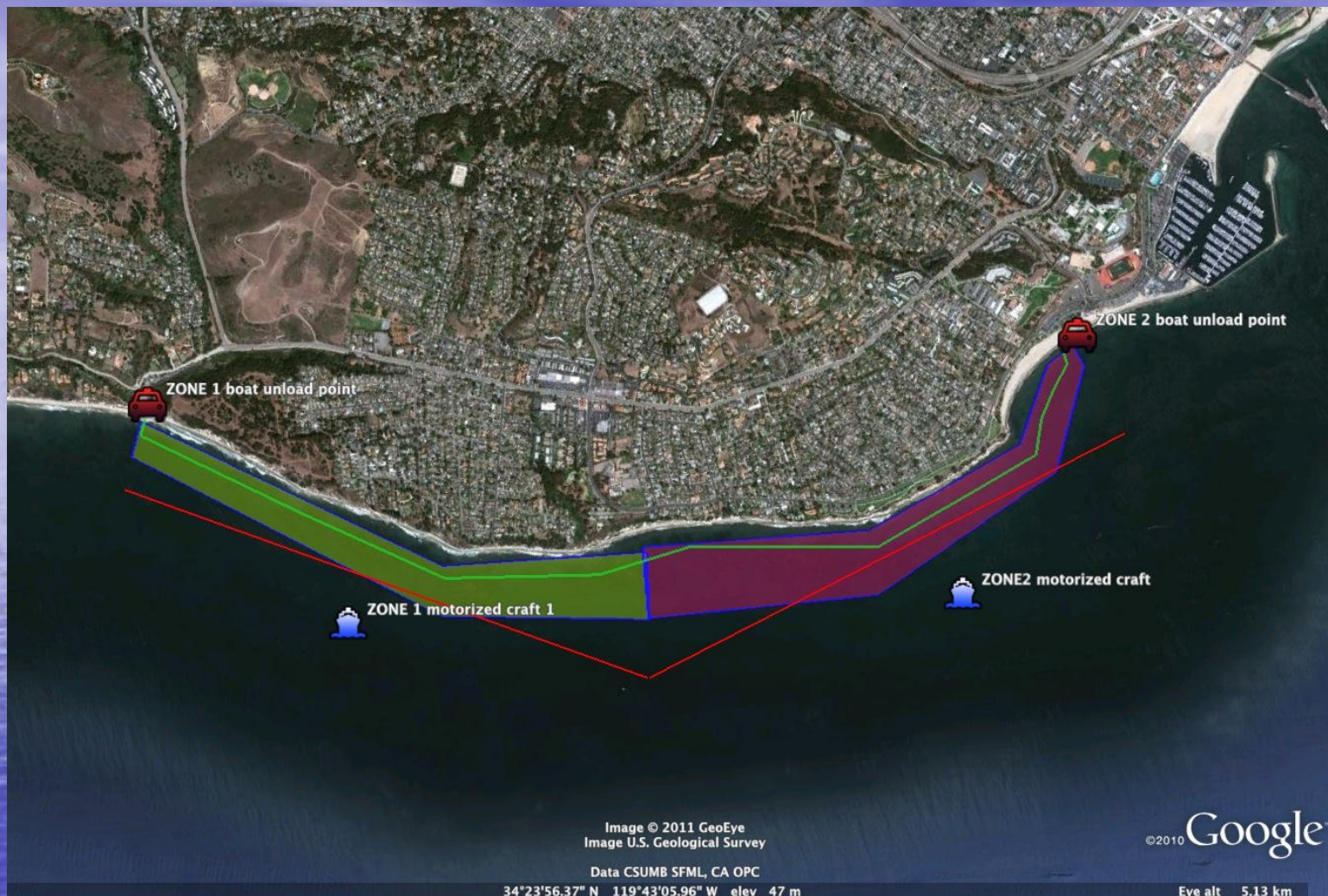
- Name of closest medical facility:
- Type of medical facility: (e.g. urgent care, hospital) Distance to closest medical facility:
- Approximate transport time:



- **WATER CRAFT –**

- Each craft required to have radio and emergency signal flag
- MANDATORY 1 motorized safety craft (includes driver and first responder) per 20 athletes in water:
- Number _____ Additional water craft for Officials (not counted as safety craft):
- Other water craft for race supervision: (Boats, Jet Skis, Kayaks, paddle boards, etc)
- Additional water craft for feeding stations:
- Additional water craft for Escorted events:
- Emergency Signal Flag: MANDATORY for all water craft (Boats, Jet Skis, Kayaks, paddle boards, etc): Color: Black

Motorized craft coverage guideline



Zone coverage: One motorized craft in the water ready for transport per 2500 meters of course.

The craft should also be able to unload swimmer within its' zone.

In this example, the green and red zones are 2.5k long as measured by the two solid red lines. Each has a point within its' zone to drop off a swimmer for evacuation or for on site evaluation.



- **ATHLETE ACCOUNTABILITY**

- Electronic Tagging (Waterproof Chips)
- Recommend: Athlete Body Numbering
- (MANDATORY): Colored Caps (By age-group/gender) (Recommended):
- Other: Describe method of accounting for all competitors before, during and at conclusion of race(s):

- **WARM-UP/WARM-DOWN PLAN**

- Explain safety plan for any warm-up/warm-down

- **COMMUNICATIONS**

- Primary method between Meet Officials: Radio Cell Phone Megaphone
Other _____
- Secondary method between Meet Officials: Radio Cell Phone Megaphone
Other Primary method for communicating with safety craft: Radio Cell
Phone Megaphone Other _____
- Secondary method: Radio Cell Phone Megaphone Other _____



- **SAFETY PLAN:**

- Maximum number of swimmers on course at a time:
- If more participants show up on race day, what is the procedure of accepting or rejecting these entries?
- How is the lifeguard staff distributed to supervise this event to maximize the recognition, rescue and treatment of any athlete?
- How is the safety staff deployed to maximize the rapid response to a troubled athlete?
- If safety craft ratio of 1:20 is altered, provide rationale:
- How will the event be altered if insufficient safety personnel/craft are available race day?
- Missing Athlete plan:

- **SEVERE WEATHER**

- Is a lightning detector or weather radio available on site?
- What is the severe weather plan?
- What is the site evacuation plan?



- **SIGNATURE**

- Signed: Title: Date:
- Return Sanction to: Address: City: State: Zip:

- **Mail Application to:**

- LSC
- LSC Address
- City, State Zip

- **TO BE COMPLETED BY LSC**

- Approved: No Yes
- Sanction # Signed: Title: Date:

- **INDEPENDENT SAFETY MONITOR**

- Name: Phone: E-mail:
- Qualifications (Check one): Experienced Open Water Meet Director, Experienced Open Water Referee, Position in Lifeguard/Water Safety Management (prefer open water experience) Please list; _____



Ohio LSC / Kentucky LSC / West Virginia LSC
Age Group Open Water Championship
June 29, 2011 Sanction # 3382-OH



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10.09.0300

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 were 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 & Paddle-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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Open Water Championship Safety/Water Quality/Emergency/Contingency Plan

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

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, as 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.

April 21, 2011



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

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

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

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.



- A general discussion of the events in Dubai, October 2010
- Please refer to your copy of the FINA report.



- QUESTIONS?
- Thank you All!!