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: Glens Falls YMCA

Name of Event: Loon Lake Into the Woods Open Water Swim

Event Location: Loon Lake

City: Chestertown, NY State: NY LMSC: ADMS

Event Dates: 8/9/2025 through 8/9/2025

Length of Swim(s): Click here to enter text.

Dual Sanctioned with USA-Swimming: Yes

Key Event Personnel

Event Director: Dennie Wilson	Phone: 5189557977	E-mail: dennie.wilson@srymca.org
Referee: Robert Singer	Phone: 518-791-1295	E-mail: n5442t@gmail.com
Certified Safety Director: Gary Slusher	Phone: 5187616863	E-mail: geslusher@gmail.com

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

Tentative date: August 9th 2025 Time: 8:15am

Tentative agenda: There will be a mandatory Pre-Race Briefing held 15 minutes before competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. **The safety patrol or lifeguards** reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions.

The following have the authority to independently pull the sanction (stop the meet) at any time for safety reasons: **Gary Slusher US Coast Guard Auxiliary, Bob Singer Referee and Dennie Wilson Event Director.**

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

Tentative date: 8/9/2025 Time: 8:45am

Tentative agenda: We will go over the course map. What we need to do if we need to call everyone out of the water. Go over the safety plan. Let them know where and what the safety kayaks and boats will be doing.

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 0ft to: 10ft

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: Click here to enter agency. How to contact during event: 16

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): The race may be cancelled or postponed at any time for any of the following reasons: • Presence of thunder/lightning • Excessively warm or cold water temperatures • Excessive currents or waves • Poor water quality • Any other unsafe course or other condition • If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event. Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The race may be cancelled or postponed at any time for any of the following reasons: • Presence of thunder/lightning • Excessively warm or cold water temperatures • Excessive currents or waves • Poor water quality • Any other unsafe course or other condition • If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event.

How is the course marked?

- Turn buoy(s): Height(s) 5ft Color(s) yellow Shape(s) tetrahedron
- Guide buoy(s): Height(s) 3ft Color(s) orange Shape(s) round
- Approximate Distance between Guide buoys: 500 ft

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: 75 Expected water temp range: 72 Wetsuits: Optional based on race day conditions

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.

We will contact the town of Chester for their water quality update.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Adam Kruse, EMT

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? 3

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 4 Number on land: 2

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. Qualifications of First Responders and Lifeguards are Red Cross waterfront certified guards. there will be 4 on the water and 1 in boat and 2 on land. There will be and EMT on land along with the Chestertown Ambulance

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: phone number On Call: 5184944317

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

Closest medical facility: Warrensburg Health Center Phone: 5186232844

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 20 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2
- Owned/operated by volunteers or hired individuals: 0

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): Number
- Anchored from start to finish: Number

Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized:
  - 2nd Responders: Motorized: Number Non-motorized: **8-10**
- Watercraft for race officials: Motorized: Number Non-motorized: Number
- Watercraft for race supervision: Motorized: NumberNon-motorized: Number
- Watercraft for feeding stations: Motorized: Number Non-motorized: Number
- Watercraft for escorted events: Motorized: Number Non-motorized: Number
- Other event watercraft: 8-10 Kayaks

Emergency Signal Flag Color for all watercraft: orange

Communications

Primary method between event officials: Radio Secondary method: Megaphone/Bullhorn

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

Secondary method: Megaphone/Bullhorn

Swimmer Counting & Accountability

Describe method of swimmer body numbering; We will be marking numbers on Caps and Shoulders with markers

Describe method of electronic identification of swimmer (Recommended): numbering via webscorer

Describe different bright cap colors for various divisions (Recommended): We will not have more than one division in the water at a time.

Describe method of accounting for all swimmers before, during and after swim(s): Counting in and out of each swim

Describe method of accounting for swimmers who do not finish: They must pass adjacent to the finish gate and will be labeled with a DNF

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Click here to enter text.An area adjacent to the competition will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.

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? There are no race day entries.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Lifeguards and volunteer crafts sprinkled through the course.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Safety staff will be distributed to maximize coverage of the area.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? We will shorten the course so that there are less safety personnel needed to cover the area.

Describe your missing swimmer plan: WITNESSED CONFIRMED SUBMERGED SWIMMER: o If a confirmed submerged swimmer is declared by a lifeguard during the race, a whistle will be given by the witnessing/declaring lifeguard and the closest safety personnel with Race Director and Safety Director to notify the need to stop the race. o The Lifeguard IC will assume life saving and extrication to shore at the incident. all competitors in the water will be instructed by lifeguards to STOP RACING immediately and to swim straight into shore to be accounted for by the Race Director. Water Division leaders will ensure swimmers in their division know to return to shore and check in with the event coordinator for accountability. All paddlers on the inside of the course will ensure racers safely make it to shore and cross the start/finish timing mat to be accounted for.

Severe Weather Plan

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

Describe your plan for severe weather or natural disaster: The race may be cancelled or postponed at any time for any of the following reasons: • Presence of thunder/lightning • Excessively warm or cold water temperatures • Excessive currents or waves • Poor water quality • Any other unsafe course or other condition • If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event. Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The race may be cancelled or postponed at any time for any of the following reasons: • Presence of thunder/lightning • Excessively warm or cold water temperatures • Excessive currents or waves • Poor water quality • Any other unsafe course or other condition • If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: Water Division leaders will ensure swimmers in their division know to return to shore and check in with the event coordinator for accountability. All paddlers on the inside of the course will ensure racers safely make it to shore and cross the start/finish timing mat to be accounted for

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: Requiring distance times for past swims

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: We will do one of the previous based on what the issue is.

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:

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

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

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.)."

General Information
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: The water temperature will not be below 72 or above 85 degrees.

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: We will have tents and chairs.

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:

Comment on how you will be prepared to care for multiple medical issues: We will call emergency services and EMT.

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