

2019 OPEN WATER SAFETY PLAN





Open Water Safety Plan



▣ Requirements

1. Monitoring Swimmers During Race
2. Safety Communication Plan
3. Feeding Station (more than 5K)
4. Course Evacuation Plan
5. Medical Services
6. Accounting For Swimmers
7. Technical Meeting/Briefing
8. Safety during warm-up and warm-down
9. Water and Air Temperature
10. Water Quality



Open Water Safety Plan



1. Monitoring Swimmers During Race

2019 Plan:

1. ARC Certified Lifeguards (12 - 15), experienced in open bodies of water, and Certified Sierra Club Water Rescue Kayakers (10) 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, averaging 15- 20 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 12 -15 Lifeguards for the shoreline side. Each lifeguard will carry a Guard Rescue Tube (40 inch minimum”)



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1. Monitoring Swimmers During Race

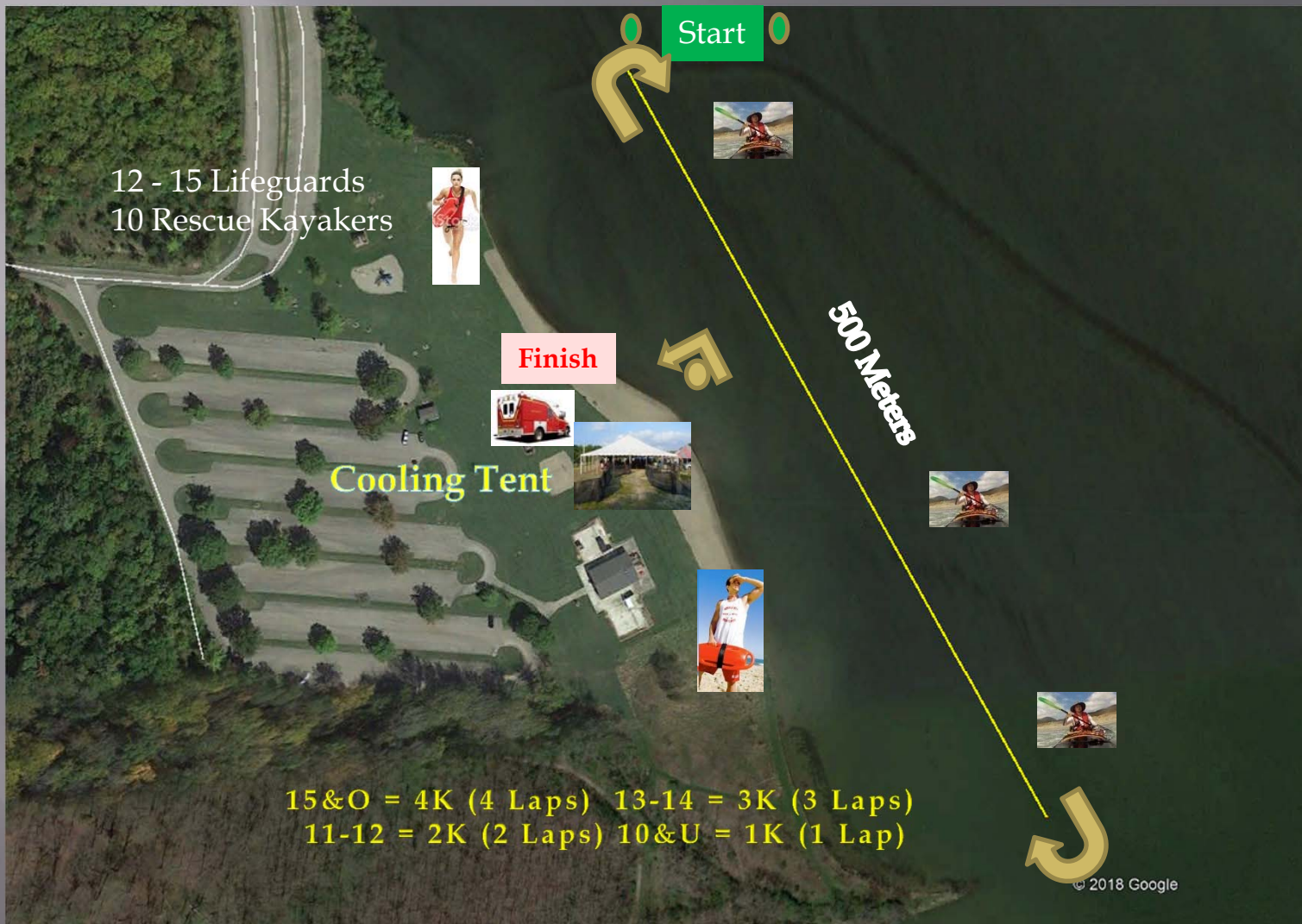
2019 Plan:

4. (Continued)

- 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. In 2018 there were 191 athletes on the course at the peak of competition, providing a gross ratio of one first responder per 9.10 athletes. A first responder ratio of one per 20 athletes is recommended. This does not include 4 - 5 additional boats for Officials (2 at turns, 2 on the outside of course, 1 transport for exchanging Officials).



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The Open Water Championship 2018 Ohio / AM / LE / KY / IN / MI Open Water Championship

Event	Gender	Age	Distance	Total	Start Time	1st Finish	50% Finish	Last Finish
1	Boys	15 & O	4K	70	10:00 AM	10:46 AM	10:58 AM	11:16 AM
2	Girls	15 & O	4K	90	10:10 AM	11:00 AM	11:09 AM	11:21 AM
3	Boys	13-14	3K	64	11:00 AM	11:35 AM	11:41 AM	11:55 AM
4	Girls	13-14	3K	87	11:10 AM	11:47 AM	11:55 AM	12:05 PM
5	Boys	11-12	2K	48	12:00 PM	12:25 PM	12:28 AM	12:36 PM
6	Girls	11-12	2K	60	12:10 PM	12:36 PM	12:40 PM	1:03 PM
7	Boys	10 & U	1K	40	12:45 PM	12:58 PM	1:00 PM	1:16 PM
8	Girls	10 & U	1K	49	12:55 PM	1:08 PM	1:09 PM	1:19 PM
Total				508				



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The Open Water Championship 2018 Ohio / AM / LE / KY / IN / MI Open Water Championship

Time	In Water	In Water Ratios			Time	In Water	In Water Ratios	
		FR	MED				FR	MED
10:00 AM	70	3.33	17.50		11:50 AM	90	4.29	22.50
10:10 AM	160	7.62	40.00		12:00 PM	61	2.90	15.25
10:20 AM	160	7.62	40.00		12:10 PM	108	5.14	27.00
10:30 AM	160	7.62	40.00		12:20 PM	108	5.14	27.00
10:40 AM	160	7.62	40.00		12:30 PM	79	3.76	19.75
10:50 AM	155	7.38	38.75		12:40 PM	79	3.76	19.75
11:00 AM	169	8.05	42.25		12:50 PM	91	4.33	22.75
11:10 AM	191	9.10	47.75		1:00 PM	55	2.62	13.75
11:20 AM	157	7.48	29.25		1:10 PM	12	0.57	3.00
11:30 AM	151	7.19	37.75		1:20 PM	0	N/A	N/A
11:40 AM	136	6.48	34.00		1:30 PM	0	N/A	N/A

FR = First Responder (21)

MED = Medical Responder (4)



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2. Safety Communication Plan

2019 Plan:

Safety communications will have three elements:

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, Meet Referee, and Independent Safety Monitor.

Water to Land – Same as above, with the lifeguards/paddle-boarders with whistles.

Land to Water – Same as above, with the addition of the public address system, and lifeguards with whistles.



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3. Feeding Station

No Feeding Station

All Events are less than 5K



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4. Course Evacuation Plan

2019 Plan:

The following priority will occur in this order, if the Safety Officer, Meet Referee, Meet Director, or Independent Safety Monitor becomes aware of any situation requiring abandonment (including inclement weather).

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.
4. Everyone will be instructed to go to vehicles, until safe conditions return.



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Course Evacuation Plan



© 2018 Google



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5. Medical Services

2019 Plan:

1. Two EMTs will be on-site from the Oxford Fire/EMT Department, as we have provided during the past years.
2. One additional EMT will be located at the Finish, observing and evaluating all finishing athletes.
3. In 2018, there were 191 athletes on the course at the peak of competition. This provides an MED ratio of one MED per 48 athletes on the course during peak competition.
4. An ambulance from the Oxford Fire/EMT Departments will be on-site, as we have provided during the past 14 years.



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5. Medical Services (Continued)

2019 Plan:

4. McCullough-Hyde Memorial Hospital, located at 10 N Poplar St, Oxford, OH 45103, is 5.2 miles from the meet location, and approximately 10 minutes away.
5. The Oxford Fire Department EMTs and on-site ambulance has direct communications with the emergency room at McCullough-Hyde Memorial Hospital, and other EMT/Rescue county personnel.
6. All recommended medical equipment will be available in the on-site ambulance with the Oxford Fire Department EMTs.



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6. Accounting For Swimmers

2019 Plan: The following “accounting for swimmer” system will be used.

1. Advance registration is required entry into The Open Water Championship. 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, receive their Race Ticket, and be marked with their competitor numbers. Any swimmer not checking in, is scratched.
4. All scratches are sent to Admin 30 minutes before each race.
5. After mandatory pre-race Instructional Briefing (Technical Meeting), all athletes enter the Pre-Race Assembly Area. Referee collects each Race Ticket re-confirming the Athlete Name & Competitor Number markings.
6. Any swimmer that decides not to compete, after checking in, the Race Ticket is collected by a Referee, sent to Admin, as a post check-in scratch.



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6. Accounting For Swimmers (Continued)

2019 Plan:

7. The Race Tickets for each event are sent to the Chief Finish Judge.
8. During each race, all swimmers who abandon prior to the finish are DQ'd, the DQ is sent to the Chief Finish Judge, and the Race Ticket is pulled and handed to the swimmer.
9. As each swimmer completes the race, their competitor number is recorded on the Order of Finish Sheet, by the Finish Judges.
10. As each swimmer completes the race, their Race Ticket is handed to the swimmer.
11. The Order of Finish Sheet is sent to Admin by the Chief Finish Judge immediately following the conclusion of each event, accounting for all competitors that started, and actually finished.
12. Any remaining Race Tickets (unaccounted for swimmers) are immediately investigated by the Chief Finish Judge and/or Administrative Referee back to the Coaches and/or Parents.



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6. Accounting For Swimmers (Continued)

2019 Plan:

	<p>Denigan, Chase Northern KY Clippers</p>	<p>517</p>
<p>2018 The Open Water Championship Ohio, Allegheny Mountain, Indiana Kentucky, Lake Erie, Michigan</p>	<p>Event 5 Boys 11-12 2K</p>	



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7. Technical Meeting/Pre-Race Briefing

2019 Plan:

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

1. Course Layout
2. Rules of the swim (Officiating – Yellow/Red Flag)
3. Water conditions
4. Marine Life
5. Weather Conditions
6. The Safety Plan
7. Emergency Conditions



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7. Technical Meeting/Briefing (Continued)

2019 Plan:

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 – Oxford Fire Department EMTs
12. Emergency Phone Numbers (park rangers, police, emergency room, etc.)
13. Local Hospital – McCullough-Hyde Memorial Hospital



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

2019 Plan:

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



Open Water Safety Plan



9. Water and Air Temperature

2019 Plan:

1. Three Thermometers (with both marking in Celsius and Fahrenheit) will be used before & during competition.
 - A. Two Water Temperature Thermometers, located on the Turn Judge Boats, will be used to monitor Water Temperature.
 - B. One Air Temperature Thermometer, located in the Administration Tent, will be used to monitor Air Temperature.
2. Temperatures will be recorded by Safety Officer (or designee):
 - A. 30 Minutes before competition (9:30 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.



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9. Water and Air Temperature (Continued)

2019 Plan:

3. 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 29.5° C (85° F), no race can be held.
- C. If the air temperature and water temperature added together are less than a total of 30° Celsius (118° F), no race can be held.
- D. If the air temperature and water temperature added together (in Celsius) are greater than 63° Celsius (177.4° F), no race can be held.



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9. Water and Air Temperature (Continued)

2018 Actual Measurement:

4. Water Temperature

A. The water was measured at 74° F (23° C) at 9:30 AM on race day.

5. Air Temperature

A. The Air Temperature was measured between 68° F and 78° F (20° C and 26° C).

6. Combined Water & Air Temperature ranged from 142° F to 152° F (43° C to 49° C)



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9. 2018 Actual Water Temperature

Measured Water Temperature was 74°F.



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9. 2018 Actual Air Temperature

Ohio/Allegheny Mountain/Lake Erie Open Water Championship June 27, 2018

Time	Day	Temp F	Dew Point	Humidity	Pressure	Visibility	Wind	Weather
8:53 AM	Wed	61°	57°	63%	29.94in	Unlimited	3mph	Scattered
9:53 AM	Wed	68°	61°	63%	29.96in	Unlimited	6mph	Clear
10:53 AM	Wed	72°	69°	65%	29.94in	Unlimited	7mph	Clear
11:53 AM	Wed	75°	69°	65%	29.93in	Unlimited	8mph	Clear
12:53 PM	Wed	76°	69°	65%	29.92in	Unlimited	7mph	Clear
1:53 PM	Wed	78°	69°	69%	29.90in	Unlimited	5mph	Clear

data source: www.intellicast.com



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10. Water Quality

2019 Plan

1. The venue, Hueston Woods (Acton Lake) is a water reservoir for Preble County, Ohio. Water quality monitoring is performed by the Ohio Board of Health.
2. The Water Quality Report is published on-line by the Ohio Department of Health each week.
3. The Water Quality Report will be monitored & published for the two weeks prior June 26, 2019, the day of the meet, and the week after the event.
4. If the Water Quality exceeds Ohio standards of 235 cfu per 100 ml, the event will be canceled.



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10. Water Quality – Actual – Week Of Meet

Location: Hueston Woods Monitoring Location

Date: 06/27/2018

Time: 11:45 AM Individual

Result: 23.1

Legend: Ohio Water Quality recommendations for public beaches of less than 235 per 100ml of water.



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Recommendations

- Local Governmental Authorities are very helpful & cooperative
- Document Everything
- Publish Your Data
- Use Meet Evaluations