



## **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](mailto:openwateradvisor@usmastersswimming.org) or 941-545-9709.

# Open Water Safety Plan Application

## Event Information

### General Information

Name of Host: [Todd Bequette, John Ejnik, Sherie Ejnik](#)  
Name of Event: Swim of Legends  
Event Location: Geneva Lake, Wisconsin  
City: Fontana State: WI LMSC: [LMSC Abv.](#)  
Event Dates: 7/27/2025 through 7/27/2025  
Length of Swim(s): 8 miles  
Dual Sanctioned with USA-Swimming: No

### Key Event Personnel

Event Director: [John Ejnik](#) Phone: 920-650-2340 E-mail: [ejnikj@gmail.com](mailto:ejnikj@gmail.com)  
Referee: [John Ejnik](#) Phone: [920-650-2340](tel:920-650-2340) E-mail: [ejnikj@gmail.com](mailto:ejnikj@gmail.com)  
Certified Safety Director: [Todd Bequette](#) Phone: 262-203-6414 E-mail: [tbequette248@gmail.com](mailto:tbequette248@gmail.com)

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

Tentative date: 7/26/2025 Time: [5:00 PM](#)

Tentative agenda: 1. Overview of the race & safety plan. 2. Roles & Responsibilities. 3. Common issues/scenarios on the course 4. Communications. 5. Boat safety procedures. 6. Evacuation protocols.

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

Tentative date: 7/26/2025 Time: [5:30 AM](#)

Tentative agenda: 1. Welcome. 2. Race Rules. 3. General instructions. 4. Safety. 5. Escort kayaker instructions. 6. Lake conditions, advice re. course, water temperature, etc. 7. How the start works. 8. What to expect approaching the finish & what to do at the finish. NOTE: Race officials are briefed & trained separately, as they are on the water during the pre-race swimmer meeting. This event is geographically too large to gather all officials, swimmers & safety personnel. submitted

## Course & Event Conditions

### The Course

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 40 ft

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: Town of Fontana – Stop light at channel; Geneva Lake Water Safety Patrol, Town of Linn Police, DNR How to contact during event: radios

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): wind is typically from the South West, so likely a tail wind for the swimmers. No appreciable current, the course is between the no-wake buoys and the south shore. We have not encountered any underwater hazards in this lake. Expected water temperature is 75 to 78 -F. Each swimmer will have a kayaker for feeding and guidance.

How is the course marked?

- Turn buoy(s): Height(s) none Color(s) orange Shape(s) round
- Guide buoy(s): Height(s) 2" Color(s) white Shape(s) cylindrical
- Approximate Distance between Guide buoys: 100 feet

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): individual kayakers, res provide nutrition, supply boats every two miles.

Number of people the structure(s) can safely hold: not applicable

#### Water & Air Temperatures

Expected air temp range: 70-90F Expected water temp range: 75-78F 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 for this lake is outstanding you can clearly see the bottom in 40 feet of water. The Geneva Lake DNR keeps track of water quality and blue-green algae outbreaks. In 2024, typical E-Coli levels were below 10 PPM at all locations of the course.

## Event Safety

#### Medical Personnel

Lead medical personnel (emergency trained) on site: GLWSP on the water, EMT

On shore medical will be provided by Heed Health Medical Services, Dr. Jason Miller. – EMT-B qualifications

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? More than 7

### **First Responders/Lifeguards & Monitors**

Indicate the qualifications of the first responders: Equivalent water certified first responder

Number on course: 6 or more in two or more boats Number on land: 1 EMT-B

Indicate their location on the Race Plan Map. The boats will be moving with the one-way course traffic from start to finish. The land based first responder will be at the start (Fontana) for one hour, then move to the finish. (Big Foot Beach State Park). In the event of a serious medical emergency, the patient will more than likely be sprinted by boat to the North side of the lake to Williams Bay for quicker ambulance transport to selected hospitals depending on the nature of the emergency.

The two GLWSP boats will move with the main body of swimmers from start to finish. Both boats will be at the start of the race and oversee the warmup period. At the start of the race, the trailing boat will move to the inside of the course to ensure no boat traffic comes out from the Fontana harbor. The lead boat will typically move so that it can keep the lead swimmer/kayak within visual range. The trailing boat will typically move so that it can keep the last swimmer/kayak within visual range. Once the last swimmer is at Hill boat launch, the last boat will move close to the last swimmer/kayak. As the front of the swimming pack nears the race completion, the other boat will patrol between the marina and finish.

The Police boat will start at the front of the swimmer pack and stay in the front until it gets to Hill boat launch, where it will linger until the last swimmer is past. It will then follow the last swimmer to the finish at Big Foot Beach state park.

The DNR boat will start at the front of the swimmer pack and stay in the front until it gets to Linn boat launch, where it will linger until the last swimmer is past. It will then follow the last swimmer to the Hill boat launch where the police boat will take over. The DNR boat will be released at Hill boat launch.

### **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. An EMT will be at the start for one hour, then move to the finish of the course, then wait at the finish until the last swimmer is out, plus 30 minutes.

### **Ambulance/Emergency Transportation & Nearby Medical Facilities**

Ambulance(s) onsite: radio with water safety On Call: 2622490221

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

Closest medical facility: Mercy Lake Geneva Medical Center Phone: 2622490221

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 5-20 minutes

## Watercraft

### Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): 2 of 7 of the LGWSP boats, One boat from the Town of Linn Police, One DNR boat.
- Owned/operated by volunteers or hired individuals: 3 pontoon boats, potentially additional boats that will stay outside the course. These boats will be used for relay participants, but can be used if swimmers drop out of the race.

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: 3 pontoon boats

### Allocation of Watercraft:

- Safety Watercraft:
  - 1st Responders: Motorized: 2 Non-motorized: -0
  - 2nd Responders: Motorized: - Non-motorized-
- Watercraft for race officials: Motorized: 1 Non-motorized: -
- Watercraft for race supervision: Motorized: na Non-motorized: -
- Watercraft for feeding stations: Motorized: na Non-motorized: -
- Watercraft for escorted events: Motorized: 0 Non-motorized: 1 per swimmer
- Other event watercraft: Local police will be informed of the event, but are not currently active participants.

Emergency Signal Flag Color for all watercraft: orange

## Communications

Primary method between event officials: Radio Secondary method: Cell Phone

Primary method between medical personnel, first responders & safety craft: Radio (separate channel from Meet Officials) Kayakers will have orange flags and whistles as the first means of communication. They will also have phones to contact GLWSP. Pontoon captains will have radios and phones to relay information if they see a kayaker raise a flag.

Secondary method: Cell Phone

## Swimmer Counting & Accountability

Describe method of swimmer body numbering: body marking, caps, banner on kayaker.

Describe method of electronic identification of swimmer (Recommended): none

Describe different bright cap colors for various divisions (Recommended): yellow and blue

Describe method of accounting for all swimmers before, during and after swim(s): manual entry at start when we confirm if they conform to class 1 or 2 swim wear. Verification at the finish, tracking every two miles, double signoff at finish.

Describe method of accounting for swimmers who do not finish: swimmers and kayakers to be pulled together and transported to finish. Double verification of status. An overall list of finish times or DNF records.

### **Warm-up/Warm-down Safety Plan**

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Warm up at Fontana beach to be monitored by GLWSP (if any elect to warm up). Cool down at Big Foot Beach State Park to be monitored by park life guards in designated swimming area.

### **Swimmer Management**

Maximum number of swimmers on course at a time: estimated 30 for the first year, no more than 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? Each swimmer requires a dedicated kayaker, entries to be locked one week before the event, no day of (or week of) registrations will be 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? Three pontoon boats will be spaced every two miles, two of seven high-speed rescue craft will patrol up and down the length of the swimming pack. Each kayaker will have a flag, air horn, and a whistle. A volunteer boat will lead the first swimmer, and the last swimmer, but stay outside of the course. Safety kayakers will leap frog in front of the lead swimmer to high traffic boat launches and yacht clubs to alert any boats putting in to be aware of swimmers. A police officer will be on land for both boat launches and the marina near the finish. A stop light will be used to halt boat traffic near the marina at the race start at Fontana.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? The high-speed boats have trained first responders. Each boat dock has a sequential number allowing for the rapid location of emergencies. Emergency personnel are allowed access to private properties. GLWSP will make the decision on where to take participants in the event of an emergency. Kayakers will have the safety directors direct phone number saved for quick contact. The safety director will be on a Water Safety boat for communication expediting.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? cancelled. Due to boat traffic delaying is not a good idea.

Describe your missing swimmer plan: Each swimmer will have a kayaker, and a visibility buoy. Each pair will be tracked at the 2-mile pontoon boats. Phones will be used to call the kayaker as well as visual search. In the event that a swimmer does not achieve a 2-mile check, GLWSP will be used to scour the 2 mile segment of lake since the previous checkpoint. Additional boats may be called in depending on the GLWSP discretion.

### **Severe Weather Plan**

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

Describe your plan for severe weather or natural disaster: Potential severe weather for July in Wisconsin typically consists of rain or lightning storms, and possible tornadoes. We will monitor the weather ahead of the event. We will not delay the start for severe weather, we would cancel the event. In the event of severe weather during the event, the sirens will sound, and all pairs will exit to the south shore. Boats and or shuttle busses will be used to bring swimmers and kayakers to the finish.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The course is the south shore of Geneva Lake. There is a walking path that parallels the course the whole way. If they need to exit the water, they are to get to shore, and we will use shuttle vehicles or boats to pick them up and take them to the finish. Each swimmer and kayaker will be checked off against a pre-printed list. Radios will be used to work down the multiple lists.

# 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.
- 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: The lake will be 75 to 78F, we will not allow wet suits, we will not require evidence of cold water experiences.

## 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: If the lake were to drop to 66, we would allow wet suits.

## 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: We will have warm drinks at the finish, but cold drinks are more likely going to be desired.

Comment on how you will be prepared to care for multiple medical issues: A dedicated ambulance will be on hand for the duration of the event, plus a half hour. The GLWSP personnel are trained first responders who would likely be the first people to reach a distressed swimmer.



**If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:** Pre-training of kayakers will be coordinated so that they can recognize hypothermia symptoms. Wetsuits will be allowed. LGWSP and ambulances will have warming equipment. Warm drinks will be available at the finish.

## 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.).”

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: If over 85F, we will cancel the event

### 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: Remind all participants to stay hydrated (including kayakers).

### 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: We will have tents and cold fluids at the finish, we would be able to bring in more GLWSP personnel.

**Comment on how you will be prepared to care for multiple medical issues:** One ambulance on hand, and more could be called to the finish area in a matter of minutes.



**If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:** We will be able to provide additional water & sport fluids every two miles if kayakers were to run out for themselves or the swimmers. GLWSP personnel are trained and available to assist. The race will be cancelled if over 85F.