

2025 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

2025 Plan:

1. ARC Certified Lifeguards (10), and Water Rescue Kayakers (5-6) 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.
4. The race course will be broken down into 10 zones of 50 meters each, with the following “first responders” as safety personnel:
 - a. One certified Lifeguard for each 50 meters. There will be a total of 10 Lifeguards . Each lifeguard will carry a Guard Rescue Tube (40 inch minimum”)



Open Water Safety Plan



1. Monitoring Swimmers During Race

2025 Plan:

4. (Continued)

- b. Along the Course: One Water Rescue Kayaker, or certified Lifeguard on a paddle board for each 50 meters. There will be a total of 5 Kayakers or Paddle-boarders on the 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 2024 there were 32 athletes on the course at the peak of competition, providing a gross ratio of one first responder per 2.00 athletes. A first responder ratio of one per 20 athletes is recommended. This does not include 4 - 5 additional boats for Officials (1 at turns, 2 on the outside of course, 1 transport for exchanging Officials).

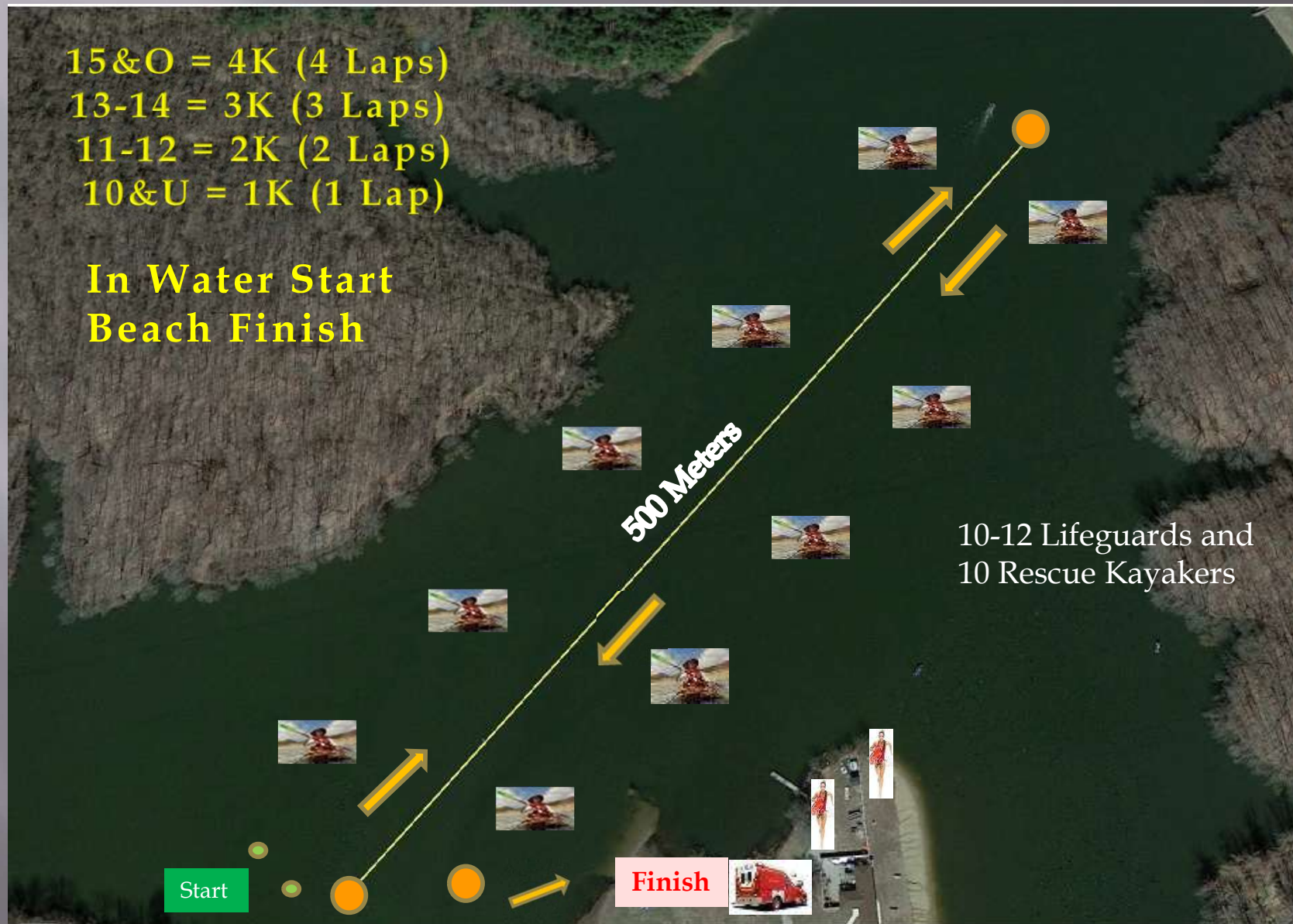


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15&O = 4K (4 Laps)
13-14 = 3K (3 Laps)
11-12 = 2K (2 Laps)
10&U = 1K (1 Lap)

In Water Start
Beach Finish





Open Water Safety Plan



The Open Water Championship 2024 Ohio Open Water Championship

Event	Gender	Age	Distance	Total	Start Time	1st Finish	50% Finish	Last Finish
1	Boys	15 & O	4K	21	10:00 AM	10:49 AM	11:00 AM	11:12 AM
2	Girls	15 & O	4K	11	10:05 AM	11:01 AM	11:03 AM	11:12 AM
3	Boys	13-14	3K	7	11:00 AM	11:41 AM	11:45 AM	11:59 AM
4	Girls	13-14	3K	8	11:05 AM	11:48 AM	11:57 AM	12:11 PM
5	Boys	11-12	2K	8	11:50 AM	12:20 PM	12:24 PM	12:27 PM
6	Girls	11-12	2K	13	11:55 AM	12:28 PM	12:30 PM	12:39 PM
7	Boys	10 & U	1K	3	12:00 PM	12:18 PM	12:19 PM	12:21 PM
8	Girls	10 & U	1K	7	12:00 PM	12:17 PM	12:20 PM	12:24 PM
Total				78				



Open Water Safety Plan



The Open Water Championship 2024 Ohio Open Water Championship

		In Water Ratios					In Water Ratios	
Time	In Water	FR	MED		Time	In Water	FR	MED
10:00 AM	21	1.3	5.25		11:50 AM	16	1.0	4.00
10:10 AM	32	2.0	8.00		12:00 PM	32	2.0	8.00
10:20 AM	32	2.0	8.00		12:10 PM	29	1.8	7.25
10:30 AM	32	2.0	8.00		12:20 PM	21	1.3	5.25
10:40 AM	32	2.0	8.00		12:30 PM	6	0.4	1.50
10:50 AM	31	1.9	7.75		12:40 PM	0	N/A	N/A
11:00 AM	29	1.8	7.25		12:50 PM	0	N/A	N/A
11:10 AM	16	1.0	4.00		1:00 PM	0	N/A	N/A
11:20 AM	15	0.9	3.75		1:10 PM	0	N/A	N/A
11:30 AM	15	0.9	3.75		1:20 PM	0	N/A	N/A
11:40 AM	15	0.9	3.75		1:30 PM	0	N/A	N/A

FR = First Responder (16)

MED = Medical Responder (4)



Open Water Safety Plan



2. Safety Communication Plan

2025 Plan:

Safety communications will have three elements:

Water to Water – All 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.

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.



Open Water Safety Plan



3. Feeding Station

No Feeding Station

All Events are less than 5K



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4. Course Evacuation Plan

2025 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





Open Water Safety Plan



5. Medical Services

2025 Plan:

1. EMTs will be on-site from the Athens County EMS, 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 2024, there were 32 athletes on the course at the peak of competition. This provides an MED ratio of one MED per 7.25 athletes on the course during peak competition.
4. An ambulance from the Athens County EMS Department will be on-site, as we have provided during the past years.



Open Water Safety Plan



5. Medical Services (Continued)

2025 Plan:

4. Hospital: O'Bleness Hospital, 55 Hospital Dr, Athens, OH 45701, is 10 miles from the meet location, and approximately 12 minutes away.
5. The Athens County EMS and on-site ambulance has direct communications with the emergency room at O'Bleness Hospital, and other EMS county personnel.
6. All recommended medical equipment will be available in the on-site ambulance with the Athens County EMS.



Open Water Safety Plan



6. Accounting For Swimmers

2025 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, which generates the Start List.
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.



Open Water Safety Plan



6. Accounting For Swimmers (Continued)

2025 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.



Open Water Safety Plan



6. Accounting For Swimmers (Continued)

2025 Plan:



2013 OH/WV/LE
Open Water
Championship

Thatcher, Mia
RAYS-OH
Event 1—Girls 10&U 1K

34



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7. Technical Meeting/Pre-Race Briefing

2025 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



Open Water Safety Plan



7. Technical Meeting/Briefing (Continued)

2025 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 – Albany Fire Department EMTs
12. Emergency Phone Numbers (park rangers, police, emergency room, etc.)
13. Local Hospital – O'Bleness Hospital, Athens, OH



Open Water Safety Plan



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

2025 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

2025 Plan:

1. Two Thermometers (with both marking in Celsius and Fahrenheit) will be used before & during competition.
 - A. One 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.



Open Water Safety Plan



9. Water and Air Temperature (Continued)

2025 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.



Open Water Safety Plan



9. Water and Air Temperature (Continued)

2024 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 79° F and 83° F (25 ° C and 28 ° C).

6. Combined Water & Air Temperature ranged from 153° F to 157° F (48° C to 52° C)



Open Water Safety Plan



9. 2024 Actual Air Temperature

Ohio Open Water Championship June 25, 2024

Time	Day	Temp F	Dew Point	Humidity	Pressure	Visibility	Wind	Weather
8:53 AM	Wed	73°	59°	61%	29.10in	Unlimited	8mph	Fair
9:53 AM	Wed	79°	60°	52%	29.06in	Unlimited	9mph	Fair
10:53 AM	Wed	83°	58°	42%	29.04in	Unlimited	8mph	Fair
11:53 AM	Wed	83°	55°	38%	29.06in	Unlimited	12mph	Fair
12:53 PM	Wed	86°	58°	38%	29.06in	Unlimited	6mph	Fair
1:53 PM	Wed	89°	57°	59%	29.06in	Unlimited	13mph	Fair
data source: www.intellicast.com								



Open Water Safety Plan



10. Water Quality

2025 Plan

1. The venue, Lake Snowden, Albany, Ohio.
2. Water quality monitoring is performed by the Athens County Board of Health.
3. The Water Quality Report will be monitored & published for the one week prior June 25, 2025, the day of the meet.
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 2024

Location: Lake Snowden, Albany, OH

Date: 06/17/2024

Time: 11:45 AM Individual

Result: 3

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



Open Water Safety Plan



Recommendations

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



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Everything at
OhioOpenWater.com