

Thermal Plan for Swim Defiance Cold Water Swim

	<u>YES</u>	<u>NO</u>	<u>SPECIFY DETAILS</u>
To increase swimmer preparation before the event, we will... (circle all choices)			
- Emphasize & stress cold water swim conditions.	Yes	No	<u>Post Hypothermia info on website</u>
- Require prior cold water swim experience.	Yes	No	<u>Waiver, Pg2, required for competitors that choose NOT to wear a wetsuit</u>
- Require swimmer cold water preparation plan.	Yes	No	<u>Host up to six escorted pre-race acclimatization swims at race beach before the race</u>
To reduce swimmer exposure to hypothermia, we would... (circle all choices)			
- Cancel the swim(s) under worst conditions.	Yes	No	_____
- Shorten the swims(s).	Yes	No	_____
- Encourage wetsuits for all swimmers.	Yes	No	<u>Wetsuits are strongly encouraged</u>
- Require wetsuits for all swimmers.	Yes	No	<u>Waiver, Pg2, required for competitors that choose NOT to wear a wetsuit</u>
To mitigate & treat symptoms of swimmer hypothermia, we would... (circle all choices)			
- Bring in more emergency trained medical personnel and/or ambulances.	Yes	No	_____
- Bring in more volunteers to assist medical personnel.	Yes	No	_____
- Bring in more emergency craft & first responders on the course.	Yes	No	_____
- Increase warm beverages before the swim and at feeding stations.	Yes	No	<u>Race not long enough to warrant a feeding station</u>
- Increase warm beverages after the swim	Yes	No	_____
- Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.)	Yes	No	_____
- Are hot showers available on site	Yes	No	_____
- Other #1 (specify):			<u>Air temperature water jugs for rinsing,</u>
- Other #2 (specify):			<u>Toyota Highlander SUV warming car with heater on</u>
- Completed recommended thermometer readings below?	Yes	No	

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.

Swim Defiance Open Water Swim
Petition for Category 1 Non- Wetsuit Swim

Name _____
Address _____

USMS# _____
Phone _____
e-mail _____

Make any/all that are applicable

- ___ I have experience swimming in 60 degree or below water without a wetsuit
- ___ I have experience swimming in coastal waters
- ___ I have experience in USMS open water category 1 non-wetsuit swimming
- ___ This is not my first Open Water Event

Previous Events (Name/Date): _____

Liability Release:

"I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDIITON OF MY PARTICIPATION IN THE MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERTO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Please return to:
Zena Courtney
1853 Overview Drive NE
Tacoma, WA 98422

or

email PDF copy:
zenacourtney@hotmail.com