Open Water Safety Plan Application 4.7.2026

Event Information

General Information

Name of Host: Pam Ogden

Name of Event: 30th Annual Manitou Monster Lake Swim

Event Location: Morris-Erickson County Park Campground Beach

City: New Auburn State: WI LMSC: MN

Event Dates: 7/12/2026 through 7/12/2026

Length of Swim(s): 2 miles

Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: Pam Ogden Phone: 715-828-0944 E-mail: MonsterSwim2021@gmail.com

Referee: Pam Ogden/Nikki Philipps Phone: 715-828-0944 E-mail: Nicki_Phillips@hotmail.com

Certified Safety Director: Christine Mohr Phone: 715-577-6505 E-mail: ChristineMohr@gmail.com

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

Date: 7/12/2026 Time: 8:00AM CDT

Tentative agenda: 8AM Welcome to Dive Team, Ambulance, Lifeguards
Introductions of key staff. Hand out sheet with layout of race course. Include radio info and all pertinent cell numbers. Review safety protocols, missing swimmer procedure, and evacuation plan for aborted race due to weather.

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

Date: 7/12/2026 Time: 8:40AM – All swimmers out of water. Lifeguards go to assigned spots.

Tentative agenda: 8:45 AM All swimmers must be on the beach. Welcome and introduction of key staff. Explain start, race course, and finish. Explain swimmer safety. Demonstrate signals for needing a rest or need to be removed from course. Safety personal have final authority for all decisions.

Course & Event Conditions

The Course

Body of water: Lake Water type: Fresh Water Water depth from: 0 to: 90 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: Pure Water Paddler and other volunteers
How to contact during event: Phone # or radio channel

Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): weeds, in shallow areas near to shoreline rocks are visible yet not at the surface

How is the course marked?

- Turn buoy(s): Height(s) 6ft x 5 Color(s) yellow Shape(s) tetrahedron
- Guide buoy(s): Height(s) 18 – 24 inches Color(s) green Shape(s) bubble/round
- Approximate Distance between Guide buoys: 2 siting buoys will be place between each turn buoy

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: 55-70 Expected water temp range: 72-76 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.

Posted on Chippewa County Health Department Website. Will investigate how to submit samples more frequently.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Chippewa Fire District Dive Team and Bloomer Ambulance, EMT

Experience in sporting events (Marathon, Triathlon, Open water swim, etc.): No

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? 5 + 2

First Responders/Lifeguards & Monitors

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

Number on course: 2 + 10 + 5 Number on land: 2 lifeguards

Indicate their location on the Race Plan Map. Dive Team Boat will circle within the swim course maintaining a safe distance from the swimmers.

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. Ambulance on site. Covered pavilion with electricity is available. Will have fans and space heaters available if needed.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: Will collect cell # of leader the day of the event On Call: 911

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

Closest medical facility: Bloomer Hospital 1501 Thompson St, Bloomer, WI 54724 Phone: 715-568-2000

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

Distance to closest medical facility: 10-20 miles Approximate transport time: 19 minutes

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Chippewa Fire District Dive Team): 1
- Owned/operated by volunteers or hired individuals: 2 (1 pontoon boat and 1 motor boat)

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: 0
- With impeller motor (jet ski, jet boat): 0
- Anchored from start to finish: 0

Allocation of Watercraft:

- Safety Watercraft:

- 1st Responders: Motorized: 1 Non-motorized: 0
- 2nd Responders: Motorized: 0 Non-motorized: 10 Lifeguards on kayaks

- Watercraft for race officials: Motorized: 1 Non-motorized: 0
- Watercraft for race supervision: Motorized: 2 Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 0
- Other event watercraft: 6 kayaks will be deployed to patrol open parts of course from both boat launches, 1 kayak will be stationed at each turn buoy to count swimmers passing that area

Emergency Signal Flag Color for all watercraft: RED

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)

Secondary method: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: **BOLD** Sharpie #s on shoulders

Describe method of electronic identification of swimmer (Recommended): NA

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

Describe method of accounting for all swimmers before, during and after swim(s): Line up in numerical order prior to entering water and double check the total count before start horn. Count swimmers going around each turn buoy. Sort out discrepancies if numbers from buoy to buoy don't match. At the finish, tabulate the swimmer number, place and time of finish. All swimmers MUST use a safety swim buoy and wear the provided yellow latex cap, or another bright colored silicon cap if latex is not tolerated.

Describe method of accounting for swimmers who do not finish: Report to Safety Director. If a swimmer is determined to be missing, the missing swimmer protocol will be followed.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. One lifeguard will be on beach and one in kayak at start for warm up. Small area for cool down watched by lifeguard away from the finish line.

Swimmer Management

Maximum number of swimmers on course at a time: 75

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? Not allowed. Online entries only.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? Safety staff will be stationed in kayaks around the lake. The Chippewa Falls dive boat will be in the water. The dive boat will bring the swimmer to the starting line to meet ambulance on site.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? Safety staff will be stationed in kayaks around the lake. The Chippewa Falls dive boat will be in the water. The lifeguard will signal the dive boat to their location. The dive boat will bring the swimmer to the starting line to meet ambulance on site. The Safety Director will be notified of all interactions.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? Increase spacing of lifeguards or rotate stations once all swimmers have passed their assigned station.

Describe your missing swimmer plan: Missing swimmer: At each turn, there will be kayak that will notify nearby lifeguard to report number of swimmers making that turn to the Event Director. That lifeguard will radio to Event Director that number. If there is a discrepancy, the lifeguard will signal the dive boat their location. If a person becomes missing within the racecourse, when management is made aware of the situation the following protocol will be implemented:
First, the swimmer's cell phone will be called by the Independent Safety Officer (ISO) to see if they voluntarily exited the course and did not report to the Safety Officer. If no answer, the Meet Director or ISO will immediately alert the Dive team and ambulance on site of the missing athlete. Three long whistles will be blown by lifeguard supervisor on duty to signal to the active lifeguards on the course. Lifeguards stationed at the beach will clear the beach of athletes and spectators and move them to near the pavilion area. Lifeguards will perform a shallow water search if that part of the course is shallow. If present the Chippewa Falls Dive team will perform the search, with lifeguards assisting if so directed. Snorkel and Fin Search: in deep water guards will swim the length of the zone looking for a submerged athlete. If present the Chippewa Falls Dive team will perform the search with lifeguards assisting if so directed. A lifeguard or assigned personnel (using two-person same gender) will search the changing areas, and restrooms.

Severe Weather Plan

Is a lightning detector or weather radio available on site? No

Describe your plan for severe weather or natural disaster: See Attached Emergency Action Plan

Describe your course and site evacuation plan, including accounting for all swimmers and other participants:

2026 Manitou Monster Lake Swim Evacuation Plan due to Severe Weather

Three long whistles will be blown by Supervising Lifeguard indicating closure of the course after communication with Event Director, Meet Referee or Independent Safety Director. An announcement will be made over the loudspeaker on the beach that all spectators should return to their vehicles. Those chosen previously to assist with evacuation will be dispatched for that duty to their assigned nearby shoreline. Swimmers will report back to the ISO at the pavilion when back on the property.
For those swimmers near the shore with relatively shallow water, they will be able to get out of the water and wait on the rocks to be picked up by private spectator vehicles that can use the roads surrounding the lake to access the lakeshore. For those in deeper water, the pontoon boat, motorboat, dive and rescue boat will be deployed to pick up swimmers and deliver them to the beach area where they will be instructed to go into the pavilion or private vehicles. The lifeguards remaining on the course will count swimmers in their area giving instructions for them to wait for motorized boats to pick them up. No one will try to swim to shore unless it is less than 50 meters away. All swimmers leaving the water will be tallied and reported to the Safety Director by motorized boats and private vehicles.
Our plan is to anticipate severe weather conditions and delay the race until we have an abundance of confidence that swimmers can complete the course safely. If this delay extends beyond 10AM (one hour,) the event will be cancelled with no refunds offered. If the race does start, and needs to be evacuated, it will not resume after any period.

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: Information will be posted on the event website.

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: Information will be posted on the event website.

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.
5. Have special procedures (different than normal) for removing swimmers from the water & venue.
6. Increase warm beverages after the swim.
7. Maintain showering areas at the campground.

Comment on how you will be prepared to care for multiple medical issues: Call 911 for additional help.

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.)."
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. Encourage prior warm water swim experience.
3. Encourage swimmer warm water preparation plan.

What method(s) of swimmer preparation will you take: Post educational information on event website.

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: Make certain all swimmers are aware of lake temperature.

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.

Comment on how you will be prepared to care for multiple medical issues: Call 911

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:
Yes, shorten swim as indicated. Shorten swim to allow swimmers to turn around at Buoy # 3 or #4 and return to finish line.