



## **Safety Tools, Equipment and Supplies—Venue Considerations**

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### **Trained Lifeguards**

- Rescue/paddle boards
  - If not assigned to other safety boat, waterfront, or land station
- Identifiable lifeguard uniforms
- Whistles
- Pocket face masks (breathing masks)
- Deployable Life Vests/Jackets
- Personal Floatation Devices (e.g., rescue tubes, fun/wacky noodles, rescue cans, tethered ring buoys, throw-able/deployable retriever, etc)
- Snorkel
- Swim Fins
- Swim Goggles
- Sunscreen Lotion
- Sunglasses
- Hydration/Water-filled Bottles
- Portable, verified fully battery-charged FRS 2-way radios
- Binoculars
- “Marker buoy”
- Fanny/Hip Packs
- Standard First Aid Kits
- Biohazard cleanup kits
- Protective gloves (e.g., latex, nitrile, grip)
- AT Lifeguard Land Base Station(s)
  - Cardiac Care Devices – AEDs; respiratory resuscitation apparatuses
  - Backboard / spinal immobilization unit
  - Blankets
  - Fog/Bull Horn
  - Lightning Detector (hand-held, portable)

### **Trained Safety Monitors (“Spotters”)**

- Identifiable spotter uniform
- Personal Floatation Device(s)
- Life Vests/Jackets and possibly hard hat (when in kayaks or row boats)
- Sunscreen
- Portable, verified fully battery-charged FRS 2-way radios

#### **About U.S. Masters Swimming**

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness and competition for adults through swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, [usms.org](http://usms.org); and by sanctioning and promoting pool, open water and virtual events and competitions. More than 55,000 adults are registered members of U.S. Masters Swimming.

## Part 2: Open Water Safety Requirements and Guidelines

- Binoculars
- Hydration/Water-filled Bottles
- Whistles (potentially)

**Non-Transport, Onsite, Land Based**

- Near start/finish and boat off-ramp areas.
- Staffed with at least two qualified professionals on standby (EMTs, nurses, etc)

**Non-Prescription Treatment Supplies**

- At least two (2) Cardiac defibrillators (or AEDs) Note: AED = Automatic External Defibrillator
- Trauma kits
- Oxygen, with masks
- Pocket facemasks to allow rescue breathing without contamination
- Asthma inhaler/bronchodilator
- First aid kits to include supplies for lacerations
- Biohazard cleanup kits
- Sterile Water (# of Cases of 500 cc, etc)
- Gauze Rolls (2", 4", etc)
- Gauze Pads (2"x2", 4"x4", etc)
- Band-Aids (3", 4.5", butterflys, etc)
- 1" Tape Rolls
- Exam Gloves (M, L, XL)
- Splash Caps
- Irrigation Cap for Water
- Zip Lock Snack Bag
- Zip Lock Sandwich Bag
- Zip Lock Gallon Bag
- Assorted Storage Totes
- Tall, Large Ground First Aid Station Flags – "First Aid"
- "First Aid" / "Medical Tent" Signs
- Glucose tablets (or similar)
- Hydration fluids
- Potable Ice
- Ice Coolers
- Potable Water
- Drink Cups
- Blankets

## Part 2: Open Water Safety Requirements and Guidelines

**Prescription Treatment Supplies**

- Epinephrine pen\*\*
- Diphenhydramine (for example, Benadryl) \*\*
- Medications for treatment of seizure \*\*
- Intravenous fluids (including ability to rapidly cool with chilled IV fluid in hot weather) \*\*
- IV needles/equipment (including large bore (18-20 gauge) needles) \*\*
- Other prescription medications and treatments\*\*

\*\* If needed, ALS or other offsite Ambulance (and/or other qualified interceptors) is emergent requested by the Event Medical Officer to supply and administer prescription medications or treatments using established protocols.

**Supporting Tools and Equipment**

- Large Cooling Tents and/or Heating Canopy Tents (with optional side panels)
  - Misting Fans
  - Water hose
  - Hose water supply
  - Space Heaters
- Exam Tables / beds or gurneys
- Exam Chairs
- Electrical power supply outlets (sufficient number of outlets, GFCIs, & wattage capacities)
- Electrical power extension cords (safety-rated, surge protection, ample number & lengths, and anti-trip-hazard installed)