

Adventure Swim Safety Plan

1 EVENT DESCRIPTION

1.1 General Description

The June 17th, 2017 event includes a 1.2 and 2.4 mile race off the shores of Langley, Washington. The course follows a rectangular path in a clockwise direction beginning and ending at Seawall Park. Both distances have the swimmers on the same course: 1.2-milers swim one lap and turn at a middle point; and 2.4-milers swim straight to the farthest buoy, then turn. The start time will be approximately 10:00 am with the last swimmer expected to finish by 11:45 am. This is a cold water swim and wetsuits will be required of all swimmers unless an exception is granted by the race director. An application for exception is included in section 8 of this plan.

1.2 Course

Eight buoys will mark the racecourse perimeter, with 4 buoys marking the corners and 2 buoys marking the middle length to maintain separation. The course will follow the shoreline in a northwesterly direction. At the short buoy turn of the shortcourse, swimmers will turn right 90 degrees and swim for approximately 50 yards. At the second turn, swimmers will turn right 90 degrees again and follow a similar return path maintaining a separation of approximately 50 yards.

Buoys will always be to the right shoulder of the swimmers.

see attached course map.

1.3 Expected Race Conditions

Water temperature is expected to be between 58 and 66 °F. Slack tide will be at 11:00AM.

1.4 Race Day Schedule

Check-in: 8:00 - 9:30 AM

Mandatory Swimmer Safety Briefing: - 9:30 AM

Race Start: 10:00 AM

2 RACE STAFF AND SUPPORT

2.1 Race Director

Emily Weinheimer, 425-293-9475

2.2 Safety Director

Jeff Jacobsen, 206-200-0964

2.3 Fire District Rescue

Fire District Rescue: Fire District Rescue will provide a rescue motorboat for course patrol and emergency evacuation.

Contact: Paul Busch, 360-321-1533

2.4 US Coast Guard

US Coast Guard has issued a permit for the event and will alert marine traffic. One boat has been requested for additional race support

2.5 Lifeguards

Lifeguards on paddle boards will move alongside swimmers at intervals to provide in-water

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assistance, if necessary, and to assess the condition of the swimmers at all times

2.6 Kayaks

Volunteer kayakers will accompany swimmers along the course, guiding swimmers to stay on the planned race course, providing an area of refuge if a swimmer becomes tired, distressed or cramped during the swim and assisting in swimmer rescue as required.

2.7 Power Boats

Volunteer boats will anchor along the racecourse and will monitor swimmers progress, provide a physical barrier for the race course, and assist in swimmer rescue as required.

2.8 Medics

South Whidbey Fire/EMS will have two medics and an ambulance stationed at Seawall Park. They will provide first response on shore to any emergency.

2.9 Back up Medic

One registered nurse from Whidbey General Hospital will be on site as a backup medic in the event the ambulance is required to leave the scene. A medic station will be set up on shore.

2.4 Emergency Hospital

Whidbey General
101 N Main St
Coupeville, WA 98239
360-678-5151

3 ROLES AND REQUIREMENTS

The highest priority of this event is safety, which will include the following:

3.1 Safety Director

Safety Director will be responsible for safe conduct of the race. The safety director will verify that the thresholds for weather and visibility support the start of the swim. He will also communicate with Fire District Rescue and power boats periodically to check on the progress of the race and to account for the number of swimmers in the water. He will confirm that all swimmers are accounted for upon exit as explained in Section 5.0 and will be the prime point of responsibility to initiate any emergency water evacuation as explained in Section 6.2.

3.2 Lifeguards

Lifeguards on paddle boards will move alongside swimmers at intervals to provide in-water assistance, if necessary, and to assess the condition of the swimmers at all times.

3.3 Kayakers

3.3.1 Kayak Requirements

Experienced kayakers should come equipped for up to two hours of slow paddling. Boat must be seaworthy. Life jackets are required. Bring the following if you have them:

- Red Flag
- Cell phone
- Whistle
- Extra life jacket

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3.3.2 Role

Kayakers will accompany swimmers along the course.

You are here to

- Keep swimmers on course
- Provide an area of refuge if a swimmer becomes tired, distressed or cramped during the swim
- Help transport any swimmer withdrawing or needing rescue to a powerboat or Fire District Water Rescue Boat.

Kayakers will have flags and whistles to signal motor craft for a pick up if necessary.

3.4 Motor Boats

Up to 3 boats with experienced operators will be anchored at each segment of the racecourse and will accompany the boat supplied by Fire District Water Rescue. One of these boats will have the Safety Coordinator on board to act as a command center.

Operators should be comfortable operating a boat in adverse conditions. Boats need to be in sound operation condition, capable of transporting at least four people, and able to be comfortably boarded from the water without risk of overturning or injuring a swimmer.

3.4.1 Boat Requirements

Power boats will meet current USMS Open Water Guide to Operations, Part 1: Open Water Sanction Guidelines, Revision Date: January 2014, and Part 2: Open Water Safety Guidelines, Revision Date: January 2014 capable of transporting at least four people, and able to be comfortably boarded from the water without risking tipping or injury to a swimmer.

Per USMS Open Water Guide to Operations: All propeller driven watercraft used in conjunction with the sanctioned open water events must have a propeller guard(s) installed for the duration of the event with the following exceptions

1. Boats owned and operated by or on behalf of Coast Guard, police, fire and rescue, or other government agencies;
2. Boats with a swimmer monitor on board to assist the boat captain while navigating on the swim course. Swimmer monitors shall be assigned to each motorized watercraft without a propeller guard. The swimmer monitor shall insure the boat steers clear of all swimmers while the motor is running. The swimmer monitor may not swim in the event. The swim monitor may not drive the boat; however they may perform other actions that do not detract from their primary role;
3. Boats at anchor from start to finish of the sanctioned event with engine(s) off, while any swimmer is in the water; and
4. Boats with propellers fore of the rudder (e.g. inboard motors), provided:
 - a. These boats do not run directly on the designated swim course.
 - b. For events requiring personal escort craft, water craft with inboard motors may be allowed on the course provided their engines are off when any swimmer is within 20 feet of the propeller.

General operation requirements:

- Must have a current vessel registration sticker
- Must provide proof of insurance
- Must be operated by legal/registered owner
- Functional FRS radio for communication
- Limited to one operator and one volunteer crew

Boats must be equipped with the following:

- Warning flag

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- Four life jackets
- Charged cell phone
- Anchor
- Bucket and or bilge pump
- Secondary motor or paddle
- Adequate fuel
- Blankets or towels for any swimmer picked up during the event provided by Safety Director (non-wool blanket and two towels)
- Binoculars

Optional equipment:

- First aid kit
- Fire extinguisher
- 50 foot rope

3.4.2 Role

Volunteer boats will anchor outside the racecourse and will monitor swimmers progress and provide a physical barrier for the racecourse. This is the boater's primary role. Operators will continuously monitor the event for emergency situations. Power boats will receive swimmers who are rescued (non-emergency) or pulled from the race.

3.5 Fire District Water Rescue

Fire District Water Rescue will patrol outside the course perimeter and, in conjunction with anchored volunteer powerboats, will provide a physical barrier between swimmers and general boat traffic. Fire District Water Rescue will conduct all emergency medical evacuations from the course. Operators will continuously monitor the event for emergency situations.

4 RACE DAY OPERATIONS

4.1 Day of Race Schedule

4.1.1 Meeting

A BOATER/KAYAKER meeting is scheduled at 9:00 am at Phil Simon Park near the Langley Small Boat Harbor for final instruction. It is imperative to the event schedule that the meeting starts on time - any later will delay the race start, which is scheduled to match high slack tide and current flow. During this 15-minute meeting we will review procedures for:

- Communication
- Swimmer rescue
- Course Evacuation
- Course patrol and boat positions
- Contact information

4.1.2 Launch/Arrival

After the conclusion of the meeting, boat operators should launch boats by 9:30 and be off shore at Seawall Park and in position by 9:45 am. Seawall Park has no docking float and low tide leaves an exposed beach, so boaters must expect to stay off shore for the race duration.

For Kayaks there are two places to put in boats:

- Langley Marina
- Langley Seawall Park
- Avoid crossing private property to access the water.

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- Be in the water and off Seawall Park by 9:45 am for swimmer warm-up, the race starts at 10:00 am.

4.2 Swim Caps

Swimmers will be provided swim caps in high visibility colors.

4.3 Start to Finish

4.3.1 Start

At the conclusion of the BOATER/KAYAKER meeting, all watercraft will move to the racecourse and take position. The lifeguards should proceed to the start area, to assemble onto the paddle boards from the beach.

The race is a group start, all swimmers leave at once. Swimmers will be instructed to self-seed with slower swimmers to the rear of the group. Fire District Water Rescue will patrol the course from a perimeter no less than 100 ft outside the swim course. Powerboats will be anchored in their assigned position outside the perimeter. Operators and crewmen will monitor the race continuously for emergency situations and maintain radio contact throughout the event.

The event will run for approximately 2 hours. Boaters should expect to be on duty, in their boats, outside the racecourse until approximately 12:00 pm or until the last swimmer has completed the race.

4.3.2 Finish

At the race's conclusion, boaters should return to the Langley Marina and moor or trailer their boat.

4.4 Communications

Each boat will be provided with a FRS radio for communication. In addition, the Race Director, and several other key support staff members will have FRS radios with them at all times. The lead kayaker and head life guards will use their cell phones to communicate between each other or to contact the Command Boat, Fire District Water Rescue or Race Director.

In addition, boaters are expected to have cell phones, charged and operational.

Kayakers should bring a cell phone if you have one. Race Director's number is [425-293-9475](tel:425-293-9475). She can contact boats by radio.

Use flags and whistles to flag down errant swimmers. Also use them to get the attention of powerboats, other kayakers and lifeguards.

4.5 Course Patrol

4.5.1 Lifeguards

Lifeguards will disperse along swim course and monitor for swimmers showing sign of distress. Follow lifeguards instruction detailed in 4.6.1 Swimmer Rescue for coordinated rescues with boats.

4.5.2 Kayaks

One kayak will lead the swim and should be approximately 100-feet in front of the lead swimmers at the start. Maintain that gap through the duration of the swim. The front kayak must not get too close to the lead swimmer or any swimmers that are passed.

The remaining kayaks will follow the start group from a safe distance. As the race proceeds, kayaks should fall into position of assigned zone defense. Two or three kayaks will be assigned to each of the six course segments during the Boaters Meeting.

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If you see a swimmer heading off course, use a whistle, flag, paddle or shouts to get their attention. Do not be shy about herding them back onto the course.

Do not follow swimmers off the course unless absolutely necessary. Swimmers will follow you, right or wrong. Be a good guidepost for swimmers, encourage errant swimmers to follow you back on course.

Please remember that you are watching all the swimmers in your area. Don't follow just one swimmer as you are not a personal escort.

In other events, some swimmers have insisted on having a kayak accompany them along the entire racecourse. This jeopardizes everyone's safety.

4.5.3 Power Boats

The primary role is to prevent general boat traffic from entering the course. Boats are the boundary between the traffic and the course.

The boats will monitor the race from their assigned course position. All boats should stay 100 feet outside of the outer edge of the course as marked by the buoys.

Keep an eye out for other boats (kayaks, lifeguards, etc.)

When ANY boat (power, sail or paddle) approaches from the traffic side of the course, the nearest power boat should

- Get the boater's attention,
- Explain the event, and
- Tell them to keep 300 yards from the race course.
- In the event of any problem whatsoever, contact the safety director or Fire District Water Rescue.

Any boat approaching from shoreline will be responsibility of kayakers.

Due to recent changes in insurance coverage, *boat engines must remain off during the race.* Under no circumstance should a motorboat enter the swim course

4.6 Swimmer Patrol

4.6.1 Swimmer Rescue

If you witness a medical emergency or if a kayaker, paddleboard or swimmer notifies or approaches you with a medical emergency, **NOTIFY THE RACE DIRECTOR/SAFETY OFFICER IMMEDIATELY!!** This is the fastest, most reliable communication to initiate a rescue.

If a swimmer is panicking or appears in trouble, signal a lifeguard and/or powerboat. Lifeguards are intended to be the first response to rescues if they are available.

If a lifeguard is unable to reach the swimmer, kayakers should quickly approach the swimmer, direct them to a powerboat if reasonable, toss a life jacket if available. As a last resort, kayakers should allow the swimmer to hold onto their boat. Use caution, a panicked swimmer can dump a kayak easily and quickly. Get them to the stern and tow them to the outside course and transfer to a powerboat or to the Fire District Water Rescue craft and then return to normal place along course edge.

We don't want volunteer powerboats entering the course. They will wait for a rescue at their assigned course position. Normally power boats will be anchored. If the boat is not anchored and the motor is running when approached by a kayak with a swimmer needing transfer, the power boat will:

- Idle engine and remain perpendicular to Jet Ski, kayak or paddleboard.
- The pilot should expect to operate at dead-slow speed, idling in and out of gear at

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approx. 2 mph. For outboards: Boat should come to a stop near the swimmer and turn off the engine to fully disengage the propeller while swimmers are near the boat.

Fire District Water Rescue is permitted to enter the swim course and is there to pick up and transport medical emergencies. The Fire District boat will only enter the course in case of emergency, otherwise all swimmers needing rescue or being pulled will be towed by kayaks to boats outside the course. The Fire District boat will handle all emergency evacuations to the medic station.

If a swimmer must be rescued for any reason, notify the Race Director, Safety Director, and Command Boat immediately. Obtain swimmer name and number and general condition. Relay information to Race Director and Command Boat, also noting time, rescue boat number and approximate location along the course.

Non Medical Emergency Measures (e.g., fatigue)

- Follow outline above
- A kayak may notify nearest powerboat by whistle and or flag that a swimmer requires a non- medical rescue.
- Kayaker or lifeguard will escort the swimmer outside of the swim course for refuge on a stationary powerboat, or swimmer may proceed to the powerboat on his or her own power.
- Get swimmer into boat and comfortable. Keep swimmer on board until docked at race finish.
- Any rescued swimmer not requiring medical care will be transported out of the swim course to the Fire District Rescue or a stationary Power Boat and remain on the boat for the duration of the race. The boater will transport rescued swimmers to the beach finish AFTER the race concludes.
- Any swimmer rescued by a paddle board or kayak will be removed from the race.

Medical Emergency

- Fire Department Water Rescue will evacuate any swimmer needing medical attention. If you witness a medical emergency or if a kayaker, lifeguard or swimmer notifies or approaches you with a medical emergency, CONTACT FIRE DISTRICT WATER RESCUE IMMEDIATELY
- Follow general rescue steps outlined above.
- When kayak or board approaches, secure the kayak until Fire District Water Rescue arrives.
- Guide Water Rescue to swimmer via radio.
- If Fire District Water Rescue indicates a significant delay is expected, get the swimmer out of the water if it is possible to do so without causing injury. Relay this information to Fire District Water Rescue, Race Director and Command Boat.
- Notify Command Boat and Race Director when swimmer is transferred to Fire District Water

When the rescue is complete, notify Race Director and Command Boat that rescue concluded and the boat has returned to position. Note that the swimmer has withdrawn; restate swimmer's name, number and condition, time of rescue and boat number. In cases of emergency rescue, contact the Race Director at the end of the race. It may be necessary to fill out an incident report.

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4.6.2 Tired swimmers

A rest is different than needing help. Ask the swimmer if they need a rest or need help.

Allow swimmers to hang onto the bow preferably or stern but not the sides if a short rest is needed. If you find yourself doing this more than a couple times for the same individual, they probably need to be pulled.

4.6.3 Pulling a Swimmer

Swimmers will be pulled from the race to control the overall duration and safety of the event:

When to pull a swimmer:

- If a swimmer demands you paddle next to them.
- If a swimmer is incapable of staying on course and you are spending all of your time corralling one individual.
- Use your discretion.
- Any swimmer that falls more than 100 to 125 yards behind the second-to-last swimmer will be pulled from the race.
- Any swimmer expected to finish significantly later than scheduled race end will also be pulled. 2.4-mile swimmers should pass the halfway mark within 50 minutes.

The procedure for pulling swimmers should generally follow that for non-medical emergencies.

- Clearly explain your decision. Tell, don't ask - and don't argue.
- Direct the swimmer to follow you outside of the course to the nearest powerboat.
- Notify the Command Boat and Race Director of pulled swimmer noting swimmer's name and number and approximate time
- When swimmer is on boat, move back to your place on the edge of the course.

Swimmers pulled from the race will remain on the power boat until the end of the race.

4.6.4 Racer Abandoning the Course:

If any watercraft sees a swimmer heading toward shore and clearly abandoning the race, notify the Race Director of the location and time. Attempt to get the swimmer's name and number

If unable to obtain name and number, direct the nearest kayak to attempt to do so.

Notify Race Director if swimmer's ID is unknown.

5 SWIMMER TRACKING

At Check-in/registration, each swimmer will be given a popsicle stick with their race number.

Before the start of each swim event, the swimmers will turn over their popsicle stick to a designated race volunteer before entering the water. These numbers will be recorded and confirmed upon exit at the swim finish.

Start volunteers observe the start area to confirm all swimmers have handed in their popsicle stick. Start volunteers and the safety director observe the start area to prevent non-registered swimmers from entering the water.

The finish area configuration funnels swimmers to where two volunteers manually take race times and race numbers of each finisher. This establishes a finishing time and provides a comprehensive list of each finisher's number. The list of finishers is compared to the list of swimmers starting the race to confirm that all swimmers are accounted for.

When swimmers voluntarily withdraw or are removed from the race, their race numbers are relayed to the safety director who informs volunteers tracking the race numbers. Those

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numbers are entered into the finisher's list to account for the swimmer. The safety director verifies the names and unique race numbers at the conclusion of the race to confirm an accurate accounting of all non-finishers.

6 CANCELLATION PLAN

Cancellation triggers are conditions that would make it unsafe to proceed with the swim, and may either be present at the start of the swim or have a high probability of developing during the swim. Cancellation triggers include:

Visibility: less than 2 miles (distance of course, required since course is being navigated visually, not with instruments or guides). May include fog, rain, smoke, or haze.

Rain: Hard rain that affects course visibility, makes sighting/navigation difficult for swimmers, or affects ability of crew to monitor swimmers.

Wind: Strong wind, advisably Force 5 (http://en.wikipedia.org/wiki/Beaufort_scale), or wind that makes sighting/navigation difficult for swimmers, or affects ability of crew to monitor swimmers.

Traffic: Swimmers will be pulled from water if immediate danger from commercial shipping or private boating is present. Swimmers may resume swimming after hazard is removed.

Other: Severe weather, such as lightning; Coast Guard determination of unsafe conditions; race director or safety director determination of unsafe conditions.

6.1 Prior to the event start

The meet director is responsible for determining and announcing event cancellation.

Check in the athletes and hand out any caps and shirts.

Announce plans for rescheduling if possible.

If cancellation is due to something completely beyond the control of the event hosts (i.e. Weather), no refund should be due.

If the cancellation is a result of the host's organizing (or lack of), a reasonable refund, or credit toward the next race should be made.

6.2 During the event

The Race Director and Safety Director are responsible for determining and announcing event cancellation.

Notify Fire Department Rescue and Power Boat pilots immediately by radio or cell phone that the event has been canceled.

Boaters shall notify lifeguards and kayakers immediately. Kayakers and guards shall inform swimmers of cancellation and course evacuation.

Guards, kayakers and boat shall direct swimmers towards the nearest course evacuation point.

Race Crew will follow COURSE EVACUATION PLAN

Verify that all entrants have been accounted for.

6.2.1 Course Evacuation Plan

Decision to evacuate

- Safety Director will monitor the course conditions prior to and during the race. Conditions such as lightning, wind, waves or other dangers will be alerted to the Race

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Director and Fire District Rescue immediately.

- If the race is cancelled after it starts, the Safety/Race Directors will immediately notify US Coast Guard, Fire District Rescue and Power Boat pilots by radio (or cell phone) that the event has been canceled. Finish area staff and all boats will issue five x 1 second blasts (=danger) from air horns or whistles until all swimmers and volunteer staff are notified. This may be repeated several times to be sure all water safety crew volunteers are informed. Kayaks and lifeguards shall inform swimmers of cancellation.
- Once the decision to evacuate is made, it is expected to take up to 30 minutes to clear the water of swimmers and water craft and 30 additional minutes to move swimmers back to Seawall Park.

Evacuation points

- Three points will be identified and marked along the shore of the racecourse for evacuation.
 - Point A - Start/Finish line
 - Point B - Beach at mid-course
 - Point C - Beach at turn point
 - Kayaks and lifeguards will direct swimmers to the nearest area of refuge.
 - Race Crew will have staff at each location to assist swimmer evacuation and check-in tally with bib number for a final head count of all swimmers.
 - Blankets and towels will be available at each evacuation point for swimmer safety.
- Swimmer transportation
- No swimmers will leave their evacuation point until directed by Race Crew. Once directed swimmers will be moved as follows:
 - Point A - swimmers are free to leave.
 - Point B - swimmers and Race Crew will proceed along the beach as a group back to Seawall Park.
 - Point C - swimmers and Race Crew will proceed along the beach as a group back to Seawall Park. It is expected to take up to 30 minutes to move swimmers back to the start finish line.

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8 BRIEFINGS AND FORMS

8.1 SWIMMER RESPONSIBILITIES (reviewed at Safety Briefing)

The event's success requires the swimmers accept certain responsibilities. In addition to recognizing the risks inherent to exercising in cold water (e.g., heart attack, hypothermia, drowning), every participant is expected to abide by the following:

- No guide is available. The kayaks, boats and lifeguards are there for the safety of the group, not as individual escorts or safety marshals. Expect to follow the course with the help of adjacent swimmers and buoys, not with the personal aid of the boaters.
- Do not swim in the proximity of the powerboats, **THEY ARE OFF COURSE.**
- Do keep an eye out for your fellow swimmers. Help them stay on course. If you see another swimmer clearly in distress, summon a kayak or lifeguard and stay in contact with the swimmer.
- If you decide to abandon the event midway, **DO NOT** swim to shore. Rather, notify a kayak and they will escort you to a powerboat.
- If you are tired or injured and need assistance, summon help from a kayak or lifeguard; this is why they are here.
- When a board or boat approaches, clearly explain the nature of your problem. Be accurate when assessing your condition or circumstance.
- If you are injured or have a medical emergency, enlist the help of a lifeguard. The guards have first aid and lifesaving training. If unable to do so, explain your situation to the nearest kayak or swimmer. If urgent, **BE VERY EXPLICIT.**
- If you need a rest or simply want a break, look for a kayak.
- Listen to whatever direction or instructions are provided by kayak, lifeguard or boat operators.
- If injured or needing medical attention, you will be transported to Fire Department Water Rescue boat. If uninjured but withdrawing from the race, a kayak will escort or transport you to one of the powerboats.
- If you are showing signs of distress, are obviously unable to follow the course, or will clearly finish outside of the 2:00 hour time limit, you will be pulled from the event.
- If you are pulled, do not argue with boat, kayak or board operator. They are looking after the safety of the rest of people, not just one.
- You will either be picked up directly by a powerboat, or transported or escorted by a kayak or lifeguard as appropriate.
- If transported or escorted to a powerboat or Fire District Rescue, you will remain on the boat until the boat is authorized to return to the finish area. When you return to the finish area, **YOU MUST CHECK IN WITH THE RACE DIRECTOR OR FINISHING CREW.** If you start the race but do not check in at the finish, we will conclude you are still on course.
- If injured but able to remain at the finish area, notify the Race Director. You will be expected to complete an incident report describing the nature of your accident, illness or condition.

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8.2 Kayak/Boater Briefing

Communication

Each boat will be provided with a FRS radio for communication. In addition, the Race Director, and several other key support staff members will have FRS radios with them at all times. The lead kayaker and head life guards will use their cell phones to communicate between each other or to contact the Command Boat, Fire District Water Rescue or Race Director.

In addition, boaters are expected to have cell phones, charged and operational.

Kayakers should bring a cell phone if you have one. Race Director's number is 425-293-9475. She can contact boats by radio.

Use flags and whistles to flag down errant swimmers. Also use them to get the attention of powerboats, other kayakers and lifeguards.

Course Patrol

One kayak will lead the swim and should be approximately 100-feet in front of the lead swimmers at the start. Maintain that gap through the duration of the swim. The front kayak must not get too close to the lead swimmer or any swimmers that are passed.

The remaining kayaks will follow the start group from a safe distance. As the race proceeds, kayaks should fall into position of assigned zone defense. Two or three kayaks will be assigned to each of the six course segments during the Boaters Meeting.

If you see a swimmer heading off course, use a whistle, flag, paddle or shouts to get their attention. Do not be shy about herding them back onto the course.

Do not follow swimmers off the course unless absolutely necessary. Swimmers will follow you, right or wrong. Be a good guidepost for swimmers, encourage errant swimmers to follow you back on course.

Please remember that you are watching all the swimmers in your area. Don't follow just one swimmer as you are not a personal escort.

The primary role of power boats is to prevent general boat traffic from entering the course. Boats are the boundary between the traffic and the course.

The boats will monitor the race from their assigned course position. All boats should stay 100 feet outside of the outer edge of the course as marked by the buoys.

When ANY boat (power, sail or paddle) approaches from the traffic side of the course, the nearest power boat should

- Get the boater's attention,
- Explain the event, and
- Tell them to keep 300 yards from the race course.
- In the event of any problem whatsoever, contact the safety director or Fire District Water Rescue.

Any boat approaching from shoreline will be responsibility of kayakers.

Due to recent changes in insurance coverage, *boat engines must remain off during the race.* Under no circumstance should a motorboat enter the swim course

Swimmer Rescue

If you witness a medical emergency or if a kayaker, paddleboard or swimmer notifies or approaches you with a medical emergency, **NOTIFY THE RACE DIRECTOR/SAFETY OFFICER IMMEDIATELY!!** This is the fastest, most reliable communication to initiate a rescue.

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If a swimmer is panicking or appears in trouble, signal a lifeguard and/or powerboat. Lifeguards are intended to be the first response to rescues if they are available.

If a lifeguard is unable to reach the swimmer, kayakers should quickly approach the swimmer, direct them to a powerboat if reasonable, toss a life jacket if available. As a last resort, kayakers should allow the swimmer to hold onto their boat. Use caution, a panicked swimmer can dump a kayak easily and quickly. Get them to the stern and tow them to the outside course and transfer to a powerboat or to the Fire District Water Rescue craft and then return to normal place along course edge.

We don't want volunteer powerboats entering the course. They will wait for a rescue at their assigned course position. Normally power boats will be anchored. If the boat is not anchored and the motor is running when approached by a kayak with a swimmer needing transfer, the power boat will:

- Idle engine and remain perpendicular to Jet Ski, kayak or paddleboard.
- The pilot should expect to operate at dead-slow speed, idling in and out of gear at approx. 2 mph. For outboards: Boat should come to a stop near the swimmer and turn off the engine to fully disengage the propeller while swimmers are near the boat.

Fire District Water Rescue is permitted to enter the swim course and is there to pick up and transport medical emergencies. The Fire District boat will only enter the course in case of emergency, otherwise all swimmers needing rescue or being pulled will be towed by kayaks to boats outside the course. The Fire District boat will handle all emergency evacuations to the medic station.

If a swimmer must be rescued for any reason, notify the Race Director, Safety Director, and Command Boat immediately. Obtain swimmer name and number and general condition. Relay information to Race Director and Command Boat, also noting time, rescue boat number and approximate location along the course.

Non Medical Emergency Measures (e.g., fatigue)

- Follow outline above
- A kayak may notify nearest powerboat by whistle and or flag that a swimmer requires a non- medical rescue.
- Kayaker or lifeguard will escort the swimmer outside of the swim course for refuge on a stationary powerboat, or swimmer may proceed to the powerboat on his or her own power.
- Get swimmer into boat and comfortable. Keep swimmer on board until docked at race finish.
- Any rescued swimmer not requiring medical care will be transported out of the swim course to the Fire District Rescue or a stationary Power Boat and remain on the boat for the duration of the race. The boater will transport rescued swimmers to the beach finish AFTER the race concludes.
- Any swimmer rescued by a paddle board or kayak will be removed from the race.

Medical Emergency

- Fire Department Water Rescue will evacuate any swimmer needing medical attention. If you witness a medical emergency or if a kayaker, lifeguard or swimmer notifies or approaches you with a medical emergency, **CONTACT FIRE DISTRICT WATER RESCUE IMMEDIATELY**
- Follow general rescue steps outlined above.
- When kayak or board approaches, secure the kayak until Fire District Water Rescue arrives.

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- Guide Water Rescue to swimmer via radio.
- If Fire District Water Rescue indicates a significant delay is expected, get the swimmer out of the water if it is possible to do so without causing injury. Relay this information to Fire District Water Rescue, Race Director and Command Boat.
- Notify Command Boat and Race Director when swimmer is transferred to Fire District Water

When the rescue is complete, notify Race Director and Command Boat that rescue concluded and the boat has returned to position. Note that the swimmer has withdrawn; restate swimmer's name, number and condition, time of rescue and boat number. In cases of emergency rescue, contact the Race Director at the end of the race. It may be necessary to fill out an incident report.

Tired swimmers

A rest is different than needing help. Ask the swimmer if they need a rest or need help.

Allow swimmers to hang onto the bow preferably or stern but not the sides if a short rest is needed. If you find yourself doing this more than a couple times for the same individual, they probably need to be pulled.

Pulling a Swimmer

Swimmers will be pulled from the race to control the overall duration and safety of the event:

When to pull a swimmer:

- If a swimmer demands you paddle next to them.
- If a swimmer is incapable of staying on course and you are spending all of your time corralling one individual.
- Use your discretion.
- Any swimmer that falls more than 100 to 125 yards behind the second-to-last swimmer will be pulled from the race.
- Any swimmer expected to finish significantly later than scheduled race end will also be pulled. 2.4-mile swimmers should pass the halfway mark within 50 minutes.

The procedure for pulling swimmers should generally follow that for non-medical emergencies.

- Clearly explain your decision. Tell, don't ask - and don't argue.
- Direct the swimmer to follow you outside of the course to the nearest powerboat.
- Notify the Command Boat and Race Director of pulled swimmer noting swimmer's name and number and approximate time
- When swimmer is on boat, move back to your place on the edge of the course.

Swimmers pulled from the race will remain on the power boat until the end of the race.

Racer Abandoning the Course:

If any watercraft sees a swimmer heading toward shore and clearly abandoning the race, notify the Race Director of the location and time. Attempt to get the swimmer's name and number

If unable to obtain name and number, direct the nearest kayak to attempt to do so.

Notify Race Director if swimmer's ID is unknown.

Course Evacuation

If the race is cancelled after it starts, the Safety/Race Directors will immediately notify US Coast Guard, Fire District Rescue and Power Boat pilots by radio (or cell phone) that the event has been canceled. Finish area staff and all boats will issue five x 1 second blasts (=danger)

Adventure Swim Safety Plan

from air horns or whistles until all swimmers and volunteer staff are notified. This may be repeated several times to be sure all water safety crew volunteers are informed. Kayaks and lifeguards shall inform swimmers of cancellation.

Evacuation points

- Three points will be identified and marked along the shore of the racecourse for evacuation.
 - Point A - Start/Finish line
 - Point B - Beach at mid-course
 - Point C - Beach at turn point
 - Kayaks and lifeguards will direct swimmers to the nearest area of refuge.
 - Race Crew will have staff at each location to assist swimmer evacuation and check-in tally with bib number for a final head count of all swimmers.
 - Blankets and towels will be available at each evacuation point for swimmer safety.
- Swimmer transportation
- No swimmers will leave their evacuation point until directed by Race Crew. Once directed swimmers will be moved as follows:
 - Point A - swimmers are free to leave.
 - Point B - swimmers and Race Crew will proceed along the beach as a group back to Seawall Park.

Point C - swimmers and Race Crew will proceed along the beach as a group back to Seawall Park.

Part 2: Open Water Safety Guidelines
Revision Date: February 2015

Addendum B: Safety Directors Checklist

The following safety considerations and checklist should be followed for all USMS sanctioned open water swims. Please complete the checklist. The event director should keep it on file for one year following completion of the practice, clinic or event.

Event Information

Basic Information

Name of Event: [Click to enter event name.](#) Sanction Number: [Enter sanction#](#)
 Event Location: [Click to enter location.](#)
 Event Dates: [Start Date through End Date](#)
 City: [Enter city](#) State: [2 character](#) LMSC: [LMSC Abvr.](#)
 Expected air temp: [Deg. F](#) Expected water temp: [Deg. F](#) Wetsuits:
 Length of Race(s): [Click here to enter text.](#)

Key Event Personnel

Director(s): [Click here to enter names.](#)
 Phone: [000-000-0000](#) E-mail: [Click here to enter text.](#)
 Referee: [Referee name](#) Phone: [000-000-0000](#) E-mail: [Click to enter e-mail address](#)
 Safety Director: [SD name.](#) Phone: [000-000-0000](#) E-mail: [Click to enter e-mail address](#)
 Independent Safety Monitor: [ISM name.](#) Phone: [000-000-0000](#)
 Lead onsite medical personnel: [Name.](#) Phone: [000-000-0000](#)

Checklist

Emergency Action Plans

1. Posted emergency plans for severe weather conditions or natural disasters?
2. Phone/cell phone/radios on-site for direct communication to emergency facilities?
3. Licensed or certified EMT or medical assistance available on-site or within 10 minutes travel?
4. Route maps to emergency facilities and phone numbers posted and available?
5. Procedures for swimmers/officials/volunteers needing emergency care?

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; 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.

Safety of On-Site Facilities

1. Locker rooms, showers and rest rooms free of hazardous conditions?
2. Non-moveable obstructions clearly marked, rendered safe by cover and/or pointed out to officials/competitors?
3. Docks/piers free of sharp edges, nails, broken/cracked boards?
4. Swimmer start/finish areas cleared of rocks, glass, tin cans and other hazards?
5. Competitive Course: (checked by Referee and Safety Director)
 - a. Course clearly marked?
 - b. Course designed to avoid non-event boat traffic?
 - c. Water free of debris, algae, contaminants (sample sent to board of health)?
 - d. Water temperature safe for time and distance of competition?
 - e. Emergency exit points, swimmer recovery, sheltered areas well defined?

Safety Personnel and Watercraft

1. Two-way radio to Safety Director, Event Director and Referee?
2. Water rescue personnel in adequate numbers to cover all swims?
3. Adequate personnel trained in first aid, CPR and the use of an AED (defibrillator)?
4. Swimmer/officials/volunteer check-in/check-out system in place?
5. Watercraft inspected for safety and equipped with adequate safety supplies?

On-Site Facilities

1. Designated safety/first aid area?
2. First Aid Equipment:
 - a. Rigid spine board with a universal type CID (head immobilizer)?
 - b. AED (defibrillator)?
 - c. First Aid kit adequately stocked?

Additional Items for Cold Water Events

1. Posted emergency plans for treatment of hypothermic swimmers?
2. Licensed or certified EMT or medical assistance available on-site experienced in the treatment of thermal injuries?
3. Procedures for swimmers/officials/volunteers emergency withdrawal from area documented?
4. Pre-race instruction about recognizing cold shock and hypothermic symptoms.
5. Warming area provided (building, tent, showers)?
6. Warm space to evaluate swimmers?
7. Location for preparing and serving warming drinks?
8. Designated area for the distribution of blankets, towels, warm clothing?
9. Adequate personnel trained in hypothermia first aid?
10. Watercraft inspected for thermal supplies?
11. Adequate supply of warming blankets, towels, dry clothing, or other supplies?

USMS Open Water Guide to Operations

Part 2: Open Water Safety Guidelines

Revision Date: February 2015

Addendum C: Boat Operator Checklist

The following safety considerations and checklist should be followed for all boat operators who are in support of USMS sanctioned open water swims. Please have one checklist completed for EACH motorized watercraft. The event director should keep it on file for one year following completion of the practice or event.

Basic Information

Name of Event: Click to enter event name. Sanction Number: Enter sanction#

Event Location: Click to enter location.

Event Dates: Start Date through End Date

Event Director: Event director name Phone: 000-000-0000 E-mail: Click to enter e-mail address

Boat Operator: Boat operator name. Phone: 000-000-0000 E-mail: Click to enter e-mail address

Swimmer Monitor: Swim monitor name Phone: 000-000-0000 E-mail: Click to enter e-mail address

Checklist Items

1. Did the boat operator provide a proof of insurance for the boat?
2. Does the boat have a propeller guard?
3. Does the boat have a dedicated swimmer monitor on board (required without propeller guard)?
4. Did the boat operator attend the pre-race or pre-practice meeting?
5. Did the swimmer monitor attend the pre-race or pre-practice meeting?
6. Did the swimmer monitor and boat operator agree not to participate in the swim?
7. Does the boat have life jackets for everyone on the boat?
8. Is there two-way radio communication between the boat operator and the event director?
9. Are the boat operator and swimmer monitor aware of all restricted zones within the race area?
10. Does the boat have first aid supplies on board?

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Thermal Plan for Cold Water Swims

Enhanced Thermal Plan for Cold Water Swims: USMS Rules for Open Water Swims dictate that...
(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.
(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 that even a small drop in water temperature--especially in the colder ranges--dramatically increases the odds of swimmer hypothermia in staggering numbers. Be Prepared!

If your swim has even a remote chance of having water temperature on the course less than 60° F., you are **REQUIRED** to complete the enhanced thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure to hypothermia during the event, and maximum mitigation & treatment of hypothermia during & after the event.

If your swim has chance of having water temperature on the course less than 64° F., you are **URGED STRONGLY** to complete the enhanced thermal plan below for the above reasons

	<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	_____
- Require prior cold water swim experience.	Yes	No	_____
- Require swimmer cold water preparation plan.	Yes	No	_____
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	_____
- Require wetsuits for all swimmers.	Yes	No	_____
To mitigate & treat symptoms of swimmer hypothermia, we would... (circle all choices)			
- Bring in more emergency trained medical	Yes	No	_____



personnel and/or ambulances.			
- 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	Yes	No	___
and at feeding stations.			
- 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):	_____		
- Other #2 (specify):	_____		
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.



Whidbey Island Adventure 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 CONDITION 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 or email PDF copy to::

Emily Weinheimer
1414 Joseph Ln
Freeland, WA 98249

egweinheimer@gmail.com