



Swim Across America Long Beach Safety Plan and Procedures



SWIM ACROSS AMERICA LONG BEACH

benefitting

MemorialCare Todd Cancer Institute at Long Beach Memorial

on Sunday, September 23rd, 2012

in Marine Stadium, Long Beach, California

Sunday, September 23rd 2012



OVERVIEW

Swim Across America, a non-profit organization dedicated to raising money for cancer research, prevention and treatment through swimming events, will hold a 5-race open water event in Marine Stadium in Long Beach, California on September 23, 2012.

The swim will be held in the 1932 Los Angeles Olympic Games rowing basin at Marine Stadium. The course itself will be a replica of the Olympic Marathon Swim Course used at the 2012 London Olympic Games. Swimmers can choose a 100 meter, 800 meter, 1.5 k, 5 k or 10 k course and can swim as individuals or as part of a team in honor of loved ones. Money raised will benefit the MemorialCare Todd Cancer Institute at Long Beach Memorial Medical Center (TCI).

PARTICIPANTS

Participants will include swimmers of all ages and abilities and at least 16 countries. Designated heats will include registered U.S. Masters Swimming members only.

OFFICIALS

At least 4 FINA-certified open water swimming judges and officials from the 2012 London Olympics (Shelley Taylor-Smith of Australia, Dr. Khwaja Aziz of Bangladesh, Ricardo Ratto of Brazil, Colin Hill of Great Britain) will participate as well as a number of additional USA Swimming and FINA-certified open water swimming officials.

SWIM ACROSS AMERICA

Swim Across America, Inc. is a national, non-profit organization dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events. Since its inception in 1987, Swim Across America has gone from a single swim in Massachusetts to hosting swims in 26 states annually. In its 25 years, the organization has raised over \$41 million.

MEMORIALCARE TODD CANCER INSTITUTE AT LONG BEACH MEMORIAL

The MemorialCare Todd Cancer Institute at Long Beach Memorial is the sole beneficiary of the event.

The Todd Cancer Institute at Long Beach Memorial is dedicated to the early diagnosis, research treatment and education of patients with cancer or serious blood disorders. Todd Cancer Institute specialists review new or difficult cases and develop treatment plans suited to the specific needs of each patient.

SUPPORTERS

Key supporters of this event include the City of Long Beach Fire Department, Long Beach Yacht Club, Aquatic Capital of America LLC, Open Water Source LLC, International Marathon Swimming Hall of Fame, and the MemorialCare Todd Cancer Institute at Long Beach Memorial.

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COURSES/RACES

- 100 meters
- 800 meters
- 1.5 km (1 loop of course)
- 5 km (3 loops of course)
- 10 km (6 loops of course)

DATE & TIME

9:00 am on Sunday, September 23, 2012

WATER TEMPERATURE & CONDITIONS

In late September, the water temperature is expected to be between 64 – 68°F (17 - 22°C) with tranquil water surface conditions and minimal currents and turbulence caused by escort boats. There is a tidal change expected, however, it is non-perceptible by swimmers.

MARINE ENVIRONMENT

Marine Stadium is a man-made, salt water venue within one of the largest boat harbors on the West Coast. The venue is expected to be flat and calm with no stinging marine life (jellyfish, Portuguese man o war, sea nettles, stingrays), sharks, large mammals (whales, dolphin, sea turtles, sea otters) or seaweed. However, an occasional sea lion occasionally may be seen sunning on the docks near the venue.

Pollution, including flotsam and jetsam, and urban run-off due to rainfall are the primary concerns. The water quality in the venue is monitored daily by the City of Long Beach with results posted online and at the lifeguard station. In the case there is rainfall, warning or DO NOT SWIM signs are posted by the city authorities. In this case, the event will be cancelled. However, rainfall is historically light in Southern California in September.

SWIMMER SAFETY

There are potential risks to participants in an open water swim. Under the direction of the City of Long Beach Fire Department and its Marine Safety Division (Beach Operations + Boat Operations) that has jurisdiction over the Marine Stadium venue, the co-Event Directors, the event staff and volunteers will maintain a constant state of awareness as to all conditions that may affect the event and its participants.

The co-Event Directors, under the direction of the City of Long Beach Fire Department and an independent Safety Officer (Shelley Taylor-Smith of the FINA Technical Open Water Swimming Committee), are prepared to postpone, modify or cancel an event if the conditions warrant. An Emergency Action Plan will be rapidly activated if any emergent situation arises. The co-Event Directors also value the input from Swim Across America board members and Medical Officer in making decisions that affect the safety of the event.

INCLUSION OF SWIMMERS WITH DISABILITIES

Swimmers with a disability (physical or intellectual) are welcome to participate.

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PARKING

There is ample parking in and around Marine Stadium.

REST ROOMS

Portable potties will be rented based on the number of participants.

WARM-UP

Athletes will be allowed to warm-up on the course beginning at 8:30 am.

REGISTRATION

Online registration and same-day registration are both available.

SPECTATOR VIEWING

Marine Stadium allows for convenient and easy viewing by spectators which enhances the overall safety net.

RESTROOMS

Portable potties will be rented based on the number of participants.

VENDORS

Vendors will be permitted to sell or advertise products near the parking lot near the start of the race.

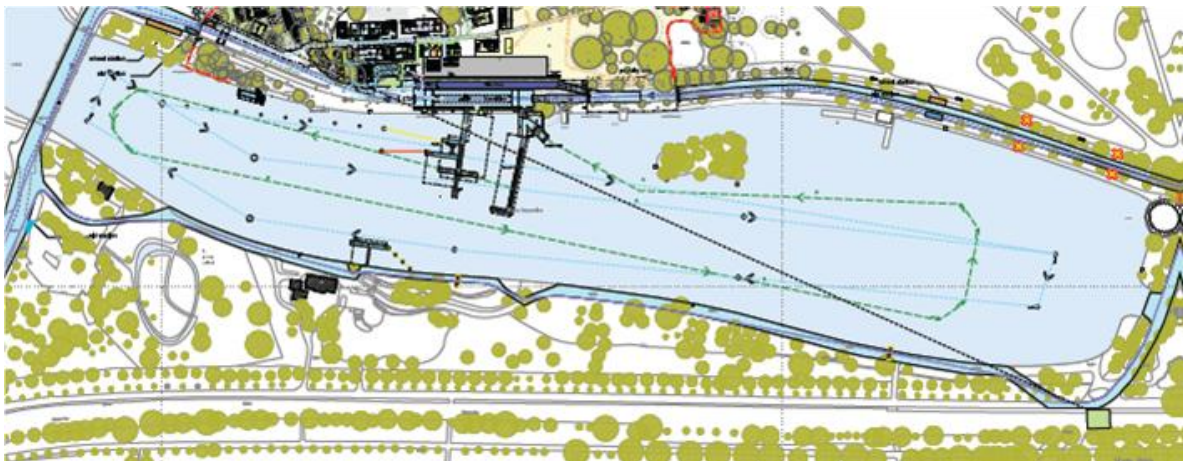
CONTINGENCY PLAN

If the weather or water conditions do not cooperate for a safe event, the race will be cancelled and partial refunds will be made to the participants.

COURSE

The video of the course can be downloaded here: www.mediafire.com/?ti6551kqc63oazh.

This is the Olympic course in Hyde Park, London that the course is based on. It is 800 meters in length and 60 meters in width:



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SAFETY NET

The Ocean Rescue, Lifeguard and EMT and their equipment are provided by the City of Long Beach. Additionally, at least 6 powered watercraft will be provided by the Long Beach Yacht Club to monitor swimmers on the water. The event will be monitored in the same way as the 2010 USA Swimming National Open Water Swimming Championships and the 2010 Pan Pacific Swimming Championships (see below):



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START / FINISH AREA

The start and finish area will be near the middle of the north side of Marine Stadium. The ingress and egress for the swimmers is on the sandy beach.

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OFFICIALS

The following officials will help conduct the swim:

- Head Referee: Steven Munatones
- Assistant Referee: Lexie Kelly
- Medical Officer: Dr. Lyle Nalli
- Honorary Starter: Greta Andersen
- Clerk of Course: Doug Sillesen and Mary Munatones
- Course Safety Officer: Tom Shadden
- Announcer: Matt Mitchell
- Independent Safety Officer: Shelley Taylor-Smith

SUPPORT WATERCRAFT

The Referees, Safety Officer and volunteers will be on the course in boats. Lifeguards will be positioned on paddle boards on the water along the course and 3 lifeguards walking onshore with each lifeguard responsible for a specific quadrant in the course.

The dimensions of the entire venue are 1000 meters long by 140 meters wide. The course of 800 meters in length and 60 meters in width fits comfortably within the venue allowing for the support watercraft to roam safely outside the path of the swimmers.

Every watercraft on the course is a First Responder vessel in the event of an emergency. There will be a minimum of six safety water craft on the course. Additional watercraft will be utilized if the number of swimmers exceeds 400. Each of the water craft will be in communication via radio.

SAFETY BRIEFINGS

Each swimmer will be asked to listen to an online safety course prior to the swim. There will also be two additional briefings for athletes, coaches, officials and volunteers prior to the start:

1. Officials Meeting
2. Swimmer Final Instructions

The content of both meetings and the online safety course are generally the same. The difference is that the Swimmer Final Instructions specifically highlights changes to the event plan or changes in the weather or water conditions or changes to the course.

The briefings will include the following:

1. **Introduction of Key Personnel**
2. **Timeline**
3. **Condition Report – Water Temperature, Air Temperature, Water Conditions, known marine life, course markings**
4. **Course Description – Start, Turn Buoys, Guide Buoys, Feeding Station, Finish**
5. **Start Line, Signal and Procedure**
6. **Finish Line, Procedure and Procedure**

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7. **Rules and Infractions** – Whistles, Yellow Flag, Red Flag.
8. **Withdrawal Procedures** – Swimmer's name, number and reason for withdrawal are recorded upon withdrawal and the 5 km and 10 km Event Time Cutoff
9. **Emergency Abandonment Signal and Procedures** - 5 blasts of an air horn followed by one long blast – repeated
10. **Water Safety Briefing** – Location, number, identification of water safety personnel and craft. Signals – Athlete to safety personnel, between safety personnel.
 - a. **Response Actions** – Swimmer in distress – immediate action
 - b. **Response Actions** – Swimmer evacuation from course
 - c. **Response Actions** – Swimmer evacuation from venue
 - d. **Response Actions** – Missing swimmer – search and recovery
11. **Questions & Answers**

REGISTRATION

Registration of swimmers will start at 7:00 am. Swimmers will sign all required waivers and receive a swim cap. A race number will be written in black ink on both shoulders for swimmers without wetsuits or both wrists for swimmers with wetsuits. Swimmers will be asked to remove jewellery. Swim caps are mandatory.



SWIMMER CHECK


Each swimmer will be counted before they enter the water. Through spectators and volunteers less than 50 meters away from the swimmers at all times, in additions to the

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lifeguards and safety personnel on the water, the race staff will attempt to account for each swimmer until they are safe back on shore by visual monitoring.

Each swimmer will be manually counted and checked by their race number as they enter the water. Each swimmer will hand the Clerk of Course their Race Ticket as they walk through a corral before entering the water. No swimmer will enter the course until they turn in their race ticket. Swimmers will also be video-taped prior to entering the water by a volunteer.

 From London to Long Beach Olympic Swim	LEXIE KELLY F 25 Open Water Source Swim Club	<u>18</u>
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INHERENT RISK

There is inherent risk in swimming in open bodies of water. In addition to the lifeguards and safety personnel explained above, the following are implemented in order to minimize this risk:

1. Each swimmer will be encouraged to look out for their fellow swimmer
2. Stand-up paddlers will be recruited to help monitor the course
3. Special POW (Pool Open Water) pre-race educational clinics will be offered to help improve the open water swimming ability of the participants
4. Swim Angels will be stationed near the start of the course. These individuals will look for individuals who appear nervous or incapable of safely finishing the course. The Swim Angels will talk and swim with the swimmers in question.

THE START

The Referee will start the race with an air horn. The swimmers will start from the water between two safety boats.

The announcer will give periodic announcements regarding the time remaining to the start. During the last five minutes prior to the start, warnings at one-minute intervals will be given. Swimmers will have to swim out to the start area and will be in the water during the final minutes prior to a race.

Swimmers can start by treading water or standing on the bottom near the shore. The 100m and 800m swimmers will start separately from the 1.5 km, 3 km, 5 km and 10 km swimmers who will all start together.

If there are more than 400 swimmers, the field will be further separated into smaller heats for a less congested start. If there are more than 800 swimmers, the field shall be separated by gender with 5 minutes separating each heat. The start line will be an



imaginary line between two safety boats in the middle of the course. The start is indicated by a long blast of an air horn.

In the case that there is a false start or swimmers inadvertently begin in the wrong heat, the Referee will allow the race to go on without calling the swimmers back.

THE SWIMS

The Referee and safety personnel will position their watercraft so they can observe the swimmers from a reasonably close distance between the shore and the center of the course.

The Referee has the authority to remove swimmers from the course for unsportsmanlike conduct. Lifeguards can remove swimmers from the course due to safety reasons and any reason they deem appropriate. The number of each swimmer who is removed from the course will be recorded by the Clerk of Course.

The safety boats will not be so closely positioned to the swimmers that they are distracting or interfering with the swimmers. There will be six boats on the course that are sufficient even if a boat has mechanical problems.

The Referee will have a whistle, white board, black marker, yellow flag and red flag. If the more competitive athletes bump, elbow, pull or impede other swimmers, they will be warned by either a whistle, yellow flag or red flag. The whistle indicates a first warning; a yellow flag indicates a more serious warning; a red flag indicates an immediate disqualification due to unsportsmanlike conduct where the swimmer will be removed from the water. Swimmers who receive a yellow flag warning will be indicated by their race number written on the white board.

The whistle and yellow flag will also be used if the swimmer cuts a buoy short or does not otherwise swim the course properly or entirely.

TURN BUOYS

All swimmers are expected to complete the designated course; however, it is not mandatory if the swimmer wishes to stop earlier.

The buoys will be numbered #1 through #10 for ease of navigation by the swimmers and course understanding by the spectators and media.

FEEDING

The 5 km and 10 km swimmers may want to drink liquids or eat food during their swim. There will be a feeding station positioned in the middle of the course where the swimmers can be fed on each loop.

Alternatively, the 5 km and 10 km swimmers may be escorted by their own coach or trainer in a non-motorized water craft (paddle board, stand-up paddle board, canoe or kayak), but these escorts must be positioned outside of the swim zone. When a swimmer wants to drink or eat, they must go outside the designated swim zone to meet their escort.



EQUIPMENT

Swimmers are permitted to use or wear any device or equipment to aid their speed, endurance, warmth or buoyancy. Swimmers may wear wetsuits of any thickness or pattern, ear plugs, swim caps, goggles, fins, paddles or snorkels.

WITHDRAWAL

During the course of the race, there may be swimmers who make the decision to withdraw from the race. There are many factors that may cause a swimmer to withdraw including hypothermia, hyperthermia, fatigue, fear, injury, stings, bites, a simple unwillingness to continue, or a directive by the Referee for unsportsmanlike conduct.

Swimmers who withdraw must inform the Clerk of Course upon their withdrawal. The officials will ensure all swimmers who withdraw receive appropriate care prior to being released from the event.

Withdrawal Report

Name:	Distance: km	Time:	am/pm
Swimmer Number:	Location of Withdrawal	Gender	M F

Withdrawal Details:

Reported by (name):	Action Taken:
Name of Referee:	Signature:

FINISH

As the swimmers approach the finish, the Club Assistant staff will record their finish time. The finish times will be immediately uploaded and forwarded to swimmer’s mobile devices if they wish.




If a swimmer wants to dispute their time or placing, they can discuss the situation with the Assistant Referee or Head Referee. Finish times will be posted online within 24 hours.

CUT-OFF TIME

There will be an official cut-off time of 4 hours for the 5 km and 10 km swims. The Clerk of Course will ensure that withdrawals and disqualifications will be included in the results.

WATERCRAFT POSITIONING

In these diagrams the following race officials and volunteers are depicted.

-  R1 – The Head Referee
-  R2 – R4 – Assistant Referees who officiate the race under the direction of R1
-  - This symbol indicates water safety personnel on stand-up paddle boards, kayaks, paddle boards, gondolas or canoes.

Start

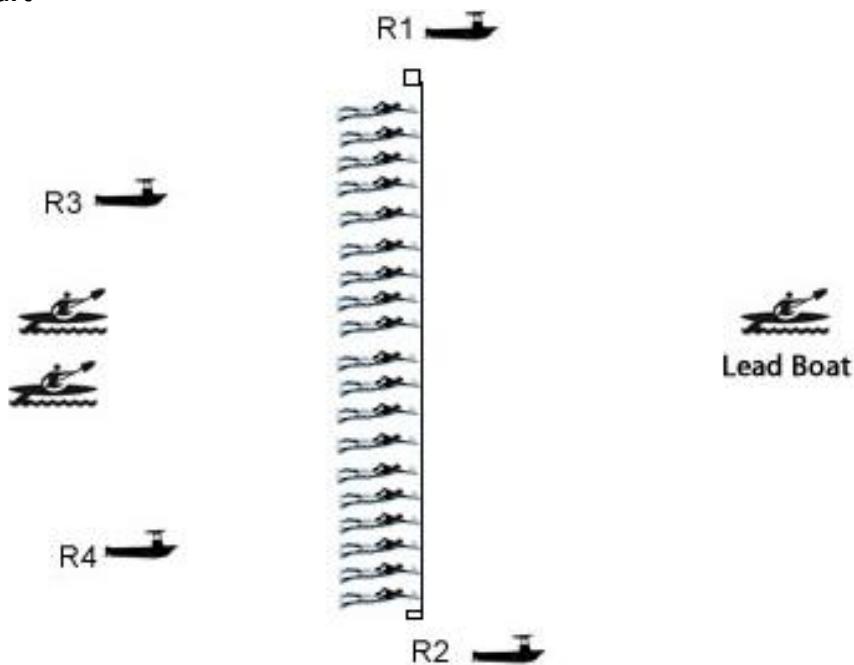


Figure 2. Start Positioning

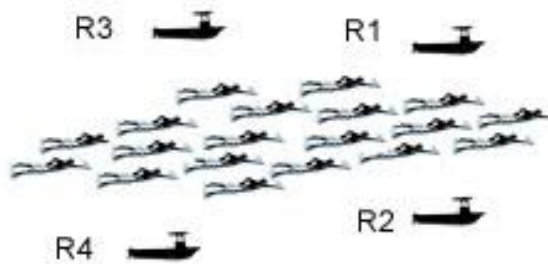


Figure 4. Single Pack Boat Positioning