**SPRING LAKE SWIMS**

**May 18, 2013**

**Safety Plan**

**EVENT DIRECTOR: David Robinson**

**EMAIL:** [**rdwoodmasters@yahoo.com**](mailto:rdwoodmasters@yahoo.com)

**ADDRESS: PO Box 337 Healdsburg CA 95448**

**PHONE: Work: 707-565-2824, Cell: 707-331-8373**

**SAFETY DIRECTOR: Bert Whitaker**

**EMAIL:** [**redwoodcoastmasters@yahoo.com**](mailto:redwoodcoastmasters@yahoo.com)

**ADDRESS: PO BOX 337 Healdsburg CA 95448**

**PHONE: Work: 707-484-0230**

**RULES COORDINATOR: Jim McCray**

**EMAIL:** [**jmac@lifeguardsforlife.org**](mailto:jmac@lifeguardsforlife.org)

**ADDRESS: PO Box 337 Healdsburg CA 95448**

**PHONE: Home: 707-237-1762**

**EMERGENCY ASSISTANCE**

**PHONE:** Lifeguard Stand**: PHONE NUMBER:** 707-539-3806

**HOSPITAL:** Santa Rosa Memorial **DISTANCE:** 4 miles

**HOSPITAL ADDRESS:** 1165 Montgomery Av. Santa Rosa, CA 95405

**AMBULANCE RESCUE SERVICE:** Sonoma Life Support (AMR) **PHONE: 707-544-4911**

RESCUE EQUIPMENT AND PERSONNEL AT EVENT SITE

*PERSONNEL*

1 PARK RANGER

1 PARK AIDE

1 EVENT DIRECTOR

1 SAFETY DIRECTOR

10 – 15 CERTIFIED LIFEGUARDS

AMBULANCE CREW

*EQUIPMENT*

10 – 15 RESCUE BOARDS

2 SURF SKIIES

1 BOSTON WHALER

1 AMBULANCE

10 – 15 RESCUE BUOYS

TRAUMA BAG / FIRST AID SUPPLIES

OXYGEN

2 WAY RADIOS – PARK SYSTEM / SHERIFFS DEPARTMENT

**MEDICAL EVACUATION:** Certified Lifeguards will patrol the course. Park Rangers on duty are certified EMT's. The lifeguard and ranger staffs are equipped with a trauma bag and oxygen kit. The lifeguards will have direct contact with the ranger staff via radio. The ranger staff has direct contact with the Santa Rose Police Department and Sonoma County Dispatch. Sonoma Life Support Ambulance will be on site for the duration of the swim. We are also able to contact the helicopter ambulance, if an air lift were necessary.

The Boston Whaler will be operated by a trained Sonoma County Regional Parks Lifeguard. The boat will remain on the interior of the circular course and respond to emergencies as needed.

Lifeguards in surf skis (sorry if you know what they are but some do not – they are thinner kayaks used primarily by ocean and open water lifeguard for their speed) will lead the 3 waves of swimmers and be available for water rescue.

A Sonoma County Regional Parks patrol boat with trained operator be monitoring the entire course and picking up swimmers that need assistance. If a swimmer is in need of assistance the lifeguard assists the swimmer. The patrol boat will then pick up the swimmer and return them to the start of the race. If there is a hazard and the course needs to be completely evacuated, an air horn will be sounded, and lifeguards will stop all swimmers and either assist, or have them return to the start of the course.

**CANCELLATION PLAN:**  If the weather or water quality is such that we feel it would be unsafe for the swimmers, we will let them know the day of the race. Rain alone would not be a cause for cancellation. If there are any other safety hazards including water quality pre-race day and the swim must be canceled, we will inform participates with an update to our website ([www.lifeguardsforlife.org](http://www.lifeguardsforlife.org)) and by email and phone.