****

**Saturday, July 20, 2013 Fire Island 1 Mile, 5K & 10K Ocean Swims**

**Charity Fundraising Event for Open Water Swimming**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #***

The race route will be parallel to shore approximately 30 feet were the course will be marked with brightly colored buoys. Any swimmer in distress will be immediately taken to shore for assistance and removed from the race.

After check-in, all swimmers will be required to attend a safety briefing prior to race. This briefing will include the following:

1. Review of course map, direction, markers and rules.

2. Start procedure and signals.

3. Finish procedure and cut-off time.

4. Procedure to obtain aid while in the water.

5. Participants obligations if dropping out of race.

6. Opportunity for withdrawal if swimmer is apprehensive about his/her ability to participate.

7. Positioning of swimmers in waves at start so that the fastest swimmers remain in front of the pack.

8. Information concerning race day water conditions and evacuation procedures.

Open Water Swim will have several volunteers set up along the race course. Fire Island Ocean District, Salt Air Lifeguards, will be on duty performing their normal lifeguard duties. There is 9 lifeguard chairs along the course of this race. Totaling approximately 45 Ocean Lifeguards. In between the chairs will be several Alumni FIOD Lifeguards distributed throughout the race course, both on shore and on Kayaks, paddle boards, rescue boards, and a row boat. Lifeguard briefing will be done 30 minutes prior to race start to ensure the course is fully covered and all personnel is in proper position prior to race start.

We will have Salt Air EMT and Fire Department on call. The EMT, Marine Police, FIOD, Harbor Police will be performing normal duties. Suffolk Police will transport distressed swimmers to Good Samaritan Hospital located in West Islip approximately 30 minutes away should this type of assistance be needed. Swimmers in the water in need of assistance will be transported to the beach since this is the fastest way to provide emergency aid. No ambulances will be on hand since the Salt Air and Ocean beach ambulance is located only minutes from race venue.

**At least 20 non-motorized water vehicles** (kayaks, stand up paddle boards, rescue boards, and a row boat will assist with the swim. Most of these volunteers will come from FIOD Alumni lifequards, and Open Water Swim Team members. All are familiar with swim support protocol and will be briefed on race morning. Water Patrol will have whistles and will serve as extra eyes throughout the swim course and help guide any swimmers who go astray. They will also assist with getting swimmers to shore if needed.

Safety protocol is as follows:

1. Water safety team and beach lifeguards watch for swimmers in distress or swimming erratically.

2. Water safety team reassures swimmer and determines if swimmer is okay to continue and/or wants to do so.

3. If swimmer does not want to/cannot continue, water safety team will transport swimmer to shore.

4. Lifeguard meets water team at shoreline and has safety team volunteer escort swimmer to finish if non-emergency situation.

5. In the event of an emergency, lifeguard/beach team calls for EMT, Suffolk Marine, and Harbor Police who provide medical assistance, call for ambulance (if needed) and meet ambulance.

6. Suffolk Police will take the swimmer to Good Samaritan Hospital in West Islip approximately 30 minutes away should this type of assistance be needed.

7. All water safety, volunteers, lifeguards, personnel will have whistle, air horns, red flags (in case of a problem they will hold up red flag) Radio and cell phones. Radio will be on one channel for all Ocean Lifeguards. Cell phones are used only if needed 911.

Emergency Action Plans for Fire Island Ocean District/Atlantique Beach:

Step 1: Immediately dial 911 on the cell phone and inform the SCPD of medical emergency and the need to have immediate assistance. Know the location and type of situation taking place

Step 2: This step will be unique for each beach. If the situation is critical, you must either get a Doctor or the local E.M.T immediately.

Step 3: for Atlantique and Seaview, the primary EMS response will be from the Ocean Beach F.D. for Kismet, the Fair Harbors, and dunewood, the primary EMS response will be from the Saltaire F.D.

Emergency Procedure:

1. Kismet.

a) 911 through cell phone

b) Activate - Saltaire's EMT or Doctor 631-583-5572 (Saltaire Security # will direct the call

2. Fair Harbors/Dunewood

a) dial 911 through cell phone. Use the radio to communicate 10-33 emergency traffic

b) call the doctor at 631-583-5145 (house). If no answer call the beeper at 554-0960 and leave your number to the beeper. The doctor also carries a cell phone 516-528-4352.

3. Atlantique

a) dial 911 using cell. Use the radio to communicate 10-33 emergency traffic.

Situation: Resuscitation, Medical Emergency, Illness from water, Victim Transportation (evacuation) Death, Backboard, Police Assistance Requested

Emergency Phone Numbers: Ocean Beaches: Atlantique Beach, Dunewood, Fair Harbor, Kismet

Suffolk Police Marine Bureau: 911 & 854-8382

Fair Harbor Fire Dept: 583-8546

Saltaire EMT/FD: 583-5572

Town of Islip Ocean District Supervisor of Lifeguards: 583-8891

Suffolk County Board of Health: 852-5760

Town of Islip Recreation Dept: 224-403/5404

Outside agency contacts:

US Coast Guard Fire Island Station: 661-9100

Town of Islip harbor patrol: 224-5656

Beach doctors (see above)

Good Samaritan Emergency: 631-376-4045

END.