



2013 U.S. Masters 2.4 Mile Open Water National Championships

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Nadadores 1.2 Mile Rough Water Swim

Salt Creek Beach in Dana Point, CA

Sunday, August 4, 2013 8:00am

SAFETY OPERATIONS:

OC Lifeguards will manage water safety operations for the swim course in accordance with United States Lifesaving Open Water Swim Event Safety Guidelines.

Lifeguards will be deployed on personal watercraft, paddleboards, patrol vehicles, in observation towers and on foot in strategic land based and water based locations to provide surveillance, assistance, water rescue, extrication, and emergency medical care to race participants.

OC lifeguards will utilize 800MHz radios to communicate with lifeguard, fire, harbor patrol, and parks personnel.

OC Lifeguards will assign a designated lifeguard liaison to the race director/safety coordinator to ensure a unified command and coordinated communications between all safety and race personnel.

An OC Lifeguards representative will attend a pre-race briefing to ensure race personnel and participants are informed of the local ocean conditions and hazards.

OC Lifeguards will coordinate with OC Parks, Orange County Fire Authority, Orange County Sheriff and Orange County Sheriff Harbor Patrol for land and water based operations for the event.

SAFETY COORDINATOR:

A "Safety Coordinator", will be designated who shall report to the Race Director and Safety Operations Director. All safety issues will be addressed to the Safety Operations Director to ensure safety directives are observed or enforced.

GENERAL SAFETY

Time Limit: For safety reasons, swimmers who cannot complete 2.4 miles in 1.5 hours are advised not to enter; Swimmers on the course after these time limits will be stopped and listed as DNF in the results. In the event of inclement weather, the OC Lifeguards may close the course and thereby prevent swimmers from completing the swim. Entry fee includes a swim cap that must be worn during the swim.

EMT personnel will be on-site. Any emergencies will be taken to Mission Hospital which is located three (3) miles from the race. The race course will be patrolled by a OC Lifeguard. Current 2013 U.S. Masters Swimming rules will govern this event and a USMS judge will serve as starter. Detailed safety instructions and USMS rules are included on the website. Swimmers will be given a highly visible numbered swim cap that must be worn as the top cap during the swim. All swimmers must have their race number on their arm.

EMERGENCY PROCEDURES: Plan of Action

In an emergency, personnel must act quickly and effectively to minimize injury and/or prevent death. While it is impossible to anticipate all emergencies, prior planning and proper training are key to dealing with an emergency situation. These guidelines provide a planning tool, when used properly, will allow an Emergency Action Plan to be implemented and in place at the start of the event.

OC Lifeguards must be notified of all injuries: When a condition creates a situation that requires treatment, the following information is needed:

- Victim's Full Name, Address, Contact name and phone numbers.
- Age
- Symptoms
- Treatment administered after discovery.
- Brief description of incident
- Names of witnesses.
- Brief medical history (allergies, medication, diseases & injuries.)
- Signs/Symptoms (with time)
- First Aid procedures initiated.
- Comments (just facts)

SAFETY CANCELLATION:

A plan for cancellation will include evacuating the swimmers from the water. Weather and tidal changes are two examples of dangers that might occur at the event. Dangers may occur before the start of the event so plans will be made for cancellation or postponement. Other plans will be made for cancellation due to safety considerations once the competition has started.

CANCELLATION PROCEDURES PRIOR TO START:

Participants will be checked-in and given event shirt, swim cap & athlete bag and will be instructed to stay out of the water and return to their vehicles to exit the location.

No refunds will be given.

WATER RESCUE/EVACUATION

A plan for medical evacuation will outline procedures for transporting swimmers needing medical aid from the water to land-based medical services. The course will have a minimum of 10 paddlers. Arrangements will be made for communication between safety stations and emergency evacuation boats.

RESCUE PROTOCOL:

- Competitors will be instructed in pre-race briefing to raise one hand straight in the air if they require assistance from the lifeguard. In cases where the competitor is unable to raise their hand, they will be instructed to yell, "HELP! I NEED HELP!"
- Lifeguard(s) will respond from shore and/or paddleboard to provide immediate floatation and assistance. Competitors will be given an option to rest for up to 30 seconds this will also be considered a disqualification (DQ) and be recorded to the safety coordinator. If the competitor is unable to continue after 30 seconds of rest, they will be taken immediately to shore for assessment.
- Rescues occurring within the impact zone will be manually extricated back to the beach by the beach guards.
- Rescues occurring outside the impact zone will be picked up from the paddleboard guard by the PWC and dropped off at the designated landing zone within the Extrication Division. Lifeguards on land will meet the PWC and finish extricating victim from waist deep water to dry land.
- Competitors will be evaluated for any medical problems on the beach.

- If the rescue victim is cleared of medical problems, they will be instructed to check out with the race safety coordinator that will be standing by with the response unit. Her name is Trish Commons and will be in charge of accounting for all DNFs.
- If the rescued victim requires medical attention, the EMT(s) on scene will render BLS care. All medical patients will be stabilized and if higher medical authority is needed paramedics will be dispatched through OCLG HQ.

MISSING SWIMMER/COMPETITOR:

- **WITNESSED CONFIRMED SUBMERGED SWIMMER:**
 - If a confirmed submerged swimmer is declared by a lifeguard during the race, the IC will radio the Race Director and notify the need to stop the race.
 - The OCLG will assume command of the incident.
 - Extra resources will be requested and coordinated by OCLG including Harbor Patrol, Fire Dept, Helicopter, Coast Guard, Law Enforcement, Lifeguard Mutual Aid, and OC Parks.
 - All non-essential, non-emergency vessels will be cleared from the area
 - Upon receiving the “Code X” (confirmed submerged swimmer call), all competitors in the water will be instructed by lifeguards to STOP RACING immediately and to swim straight into shore to be accounted for by the Race Director.
 - OCLG will ensure all swimmers know to return to shore and check in with the event coordinator for accountability.
 - All paddlers on the inside of the course will ensure racers safely make it to shore and cross the start/finish timing mat to be accounted for.
 - Once all swimmers have safely exited the water, the remaining lifeguard personnel will be assigned to the Search and Rescue Operation.
 - The search and rescue operation will be executed with all lifeguard personnel and additional EMS units dispatched by OCLG.
- **NON WITNESSED MISSING COMPETITOR:**

- If a competitor is reported missing to the lifeguards but the exact last seen point cannot be verified by a witness, the Race Director and OCLG will be notified by Radio.
- The Race Director will immediately check the competitors race number to verify if the competitor has exited the water.
- The competitor's wave (heat) color and physical description including name, gender, age, hair color, eye color, clothing/race attire, will be communicated to OCLG so an initial visual search can be conducted by all lifeguards.
- Law Enforcement will be requested to take a report from the reporting party and to check on the competitor's vehicle, family/friends contacts, and rule out other potential whereabouts in the Salt Creek vicinity.
- If the competitor is confirmed to have entered the water and is still unaccounted for after 15 minutes, CONFIRMED SUBMERGED SWIMMER protocols will be initiated.

CANCELLATION PROCEDURES DURING THE EVENT:

If the event must be canceled mid-race, the safety staff will blow a series of three (3) whistles and will direct swimmers to swim to the nearest shore line by pointing the paddle towards land. Swimmers will be instructed to check out with a race volunteer after their number and name have been written down.

CHECK-IN INSTRUCTIONS: Mandatory Packet Pick Up:

1. Swimmers must provide USMS membership card (digital or print), will receive body markings swim cap and goodie bag.
2. Swimmers will line up for safety briefing and then proceed to the corals for their race start.

SAFETY/GENERAL INSTRUCTIONS:

1. All swimmers have signed a waiver acknowledging that they are physically fit, and that they understand the risks associated with open water swimming.
2. All swimmers must be a member of USMS, no one day event coverage will be offered for the 1.2 mile event only.
3. All participants will be required to wear a brightly colored cap, provided by race personnel. The color signifies the wave each swimmer will race.
4. The course is patrolled and monitored by OC Lifeguards.
5. Swimmers are advised to swim safely and courteously. Avoid contact with other swimmers

and avoid aggressive or unsportsmanlike conduct. Failure to abide by rules and regulations will result in disqualification and possible exclusion from future events.

6. Swimmers experiencing difficulty on the course are instructed to raise their arms and signal for assistance/rescue.

7. Lifeguards will assist in rescue.

8. All swimmers must wear their race cap until they are “checked out” with a volunteer at the exit.

9. An ambulance unit and crew will be on hand to provide medical assistance and support at the swim exit. Mission Hospital is located 3 miles from the race start.

RACE INSTRUCTIONS:

1. Swimmers are permitted to warm up from 6:45 am to 7:30 am.

2. All swimmers will be called down to the water's edge for a 'Roll Call' and for the mandatory pre-race briefing.

3. Swimmers will be started by a countdown followed by an air horn or “siren” from a bullhorn and a waving flag.

4. Course is marked with buoys spaced 100 yards apart.

5. Marshals will be on the course to monitor the conduct of all swimmers and will disqualify any swimmer that engages in aggressive or unsafe behavior or cuts the course.

6. A feed table for hydration and nutrition will be available for swimmers after the race.

7. Timing will be done electronically by One Time Racing.

PRE RACE BRIEFING:

A public briefing of all swimmers held prior to the start of the event will include:

1. Course directions/markers/rules

2. Starting procedure and signals

3. Finish procedures and cut-off time

4. Procedure for getting aid while swimming

5. Participants' obligations if they drop out

6. Opportunity for withdrawal if a swimmer has apprehensions as to their ability to participate

7. Positioning of the swimmers at the start so that the faster swimmers are at the front.

EVENT TIMELINE:

6:30am Check-in opens on beach

7:00am Deadline new relay entries and for any swimmer substitutions for entered relays

7:40am Mandatory Safety Meeting

8:00am 2.4 mile race first wave start

8:05am 2.4 mile race start all proceeding waves (fast to slow)

9:30am 1.2 mile race first wave start

9:35am 1.2 mile race start all proceeding waves

CONTACT	PHONE	NOTE
OC Lifeguards Safety Operations	(949) 212-5816	Brad Herzog Captain, OC Lifeguard
Mission Hospital – Laguna Beach	(949) 499-1311	
Mark Moore – Event Director	949-233-6521	Text or call
Jim Bergen – Race Director	626-893-5477	Pre-race - Text or call
Trish Commons – Safety Coordinator	805-405.1076	Text or call
One Time Racing	323-977-8807	Text or call