Pennock Island Challenge 8.2 Mile Open Water Safety Plan 2013

**OPEN WATER SWIM Ketchikan, Alaska**

**August 04, 2013**

**Safety Plan**

Welcome to the 2013 Pennock Island challenge 8.2 Mile Open Water Swim. We hope you have a safe and enjoyable swim. This safety plan has been developed to incorporate the key features of the US Masters Swimming guidelines. We ask that each participant and volunteer take a few minutes to read it. If you have any comments that may help us to improve this plan for next year, please let us know.

**Key Information:**

**Race Director:** William Schulz

**Safety Director:**  Kathy Schulz

**Attending Physician:** N/A

**United States Coast Guard:**

**Fire Department:** Capt. Dave Breikritz

**Police Department:**

**Website: www.alaskateamada.com**

**Email:** pennochchallenge@hotmail.com

**Hospital:** Ketchikan Peace Health medical center.

**Emergency Fire, Coast Guard and Police:** Have been notified of this event.

**Start:** We will be boarding the start boats at Thomas basin, all solo swimmers and the first leg of each relay will be boarding the start boat at this time. There will be a check off person, at the top of the ramp, to record the arrival of current participants (solo and relay members). relay members 2-4 will make arrangements with their escort boats and motor out to the start with them. Solo swimmers will be allowed to pass their food and extra gear to their kayakers at the dock orfrom the start boat prior to race beginning.

**Time Limit:** 8.2-mile will be 5hr 30 minutes both individual and relay

**Escort Boats:**

Escort boats are to maintain a minimum 25 ft distance from swimmers. They are to pilot a straight line course with moving in to collect swimmers during an exchange. May only approach swimmer if there is an emergency and they are not endangering another swimmer. The kayak escort provides proximate safety and navigation.

**Communication:**

All communication between safety boats, escort craft and start boat will be conducted on VHF channel 10 or by cell phone. Only emergency traffic needing the assistance of the coast guard will be done on channel 16 this includes getting a 911 response to the proper harbor.

**Finish:**

The finish for the 8.2 mile circumnavigation of Pennock will be back at the green buoy where we started the race. Your time will stop when you touch the green buoy. Please then swim to the startboat, board and get warm.

**Did Not Start (DNS)/Did Not Finish (DNF***):*

*A swimmer who does not start (DNS) will be recorded prior to race start, on the participant list as (DNS).*

Swimmers who do not finish the race due to any reason other than , maximum time exceeded’ must be reported to the race head timer, safety director. They must be transported to the start boat and may either be allowed to watch the finish or be transported to the nearest dock on Revillagegado Island for transport (via ambulance) to the nearest hospital. If it is determined by the safety boat crew on scene that they are medically unstable and in their opinion in need of immediate and definitive care that swimmer will be transported to the nearest dock on Revillagegado (by-passing the start boat) and the swimmer transported via ambulance to the nearest hospital.

Swimmers that do not finish the race due to exceeding the maximum time allowed on the course will be pulled from the water using the following method. A safety boat will contact the escort kayaker, the kayaker will contact the swimmer and ask them to swim to the safety boat for transport to the start boat, where there time will be recorded approximate distance swam and DNF will be entered on the timer sheet.

**Course:**

The course is an 8.2 mile circumnavigation of Pennock Island. Swimmers will swim from the start boat near the green buoy, located at the northwest end of Pennock Island. Swimmers will make a counter clockwise loop, swimming south down the East channel, rounding the southern end of Pennock and swimming north up the west channel to finish at the green startbuoy.

During the swim, competitors, kayakers and safety boats should make race personnel aware of any dangerous conditions, safety concerns or concerns regarding other swimmers.

At the start of the race the safety boats will be staged with one boat on either end of the island, one in the west channel and one in the east channel. The boat stationed at the start will follow the swimmers while the west channel boat will take up a position near the lead allowing as many swimmers as possible to remain under supervision. At the south end of the island the west channel boat will assume the rear watch while the south end boat takes the lead. The south end boat will lead the swimmers approximately halfway down the west channel where the east channel boat will take the lead and the south end boat will assume the rear. The east channel boat can then reassign the west end boat and north end boats to provide extra supervision or dispatch them to the start area to standby. The north and south end boats will be staffed with EMTs or paramedics.

**Communication**: All communication between safety boats, escort craft and start boat will be conducted on VHF channel 10 or by cell phone. Only emergency traffic needing the assistance of the coast guard will be done on channel 16 this includes getting a 911 response to the proper harbor.

The start boat will have one person onboard whose responsibility is to assess each swimmer for signs of impending hypothermia or hypothermia and summon the appropriate help.

**Kayak escorts have the authority to pull their swimmer from the water at any time they feel the swimmer may be experiencing undue distress. These would include early signs of hypothermia, injury, repeatedly ignoring direction and placing one’s self in dangerous situations. This decision cannot be overturned by any personnel on the course. Swimmer will be removed from the water and transported to either the start boat or the nearest Ketchikan harbor for transport to hospital.**

**SAFETY/EMERGENCY PROCEDURES:**

1. Swimmers are responsible for personal property left at the swimming site while

they are in the water.

2. The event will be an in water group start.

3. If you need assistance during the race, stop, wave one arm overhead your escort kayaker will come to you and you can tell them the problem. If you need to be evacuated from the course, a safety boat will be summoned using a radio, phone, whistle or raised paddle and you will be transported to the start boat.

4. Should any swimmer decide that they are unable to continue and complete the swim, they will be evacuated. The kayaker will contact a safety boat, the kayaker will then direct the swimmer to the safety boat for transport to the start boat, where there time will be recorded approximate distance swam and DNF will be entered on the timer sheet.

ALL evacuated swimmer must check in at the race timing boat in person unless the crew on scene determines that they are medically unstable and in their opinion in need of immediate and definitive care, that swimmer will be transported to the nearest dock on Revillagegado (by-passing the start boat) and the swimmer transported via ambulance to the nearest hospital.

5. If the event must be called due to safety considerations during the swim, such as lighting, large sea life, wind, boat traffic etc… The safety boat will sound their horns 3 times alerting the kayakers to move swimmers in their area to shore. Kayakers and emergency evacuation powerboats will assist in the evacuation. Evacuation will be performed by the safety boat in the area and swimmers can be either pulled from the water or swim to the beach to await pickup. A PAR will be called over the radio by the safety director and recorded by the data coordinator every 10 minutes until all participants are accounted for. At that time all will proceed to Thomas Basin boat harbor do disembark.

6. Participants***:***  inform your kayaker, attending EMTs, and/or or safety director of any medications (including inhalers) that may be necessary in case of a personal emergency.

**RESCUE BOAT PLAN:**

There will be 4 emergency evacuation powerboats on the course. The objectives of the safety boats are to provide assistance/rescue to swimmers in the race and to quickly and safely get any injured swimmer to medical attention.

Escort kayakers will be the first responder to any situation the swimmer may encounter during the race. Their job is to determine what is wrong, stabilize the swimmer in place or assist them to the beach, signal for more assistance (using a whistle, raised paddle, radio or phone). Shouldit be determined thatthe swimmer needs immediate medical assistance, the swimmer will be transported to the nearest dock on Revillagegado (by-passing the start boat) and the swimmer transported via ambulance to the nearest hospital. The safety director and data coordinator will be informed of decision by the safety boat transporting the swimmer, using phone or radio.

When on the Course all race personnel including paddlers and kayakers must wear a lifejacket or buoyancy aid.

In addition, kayakers and powerboat drivers should:

1. Keep a good lookout at all times for dangerous conditions whether they be weather, other boats in the area not part of the event or swimmers in distress.

2. Keep clear of swimmers, anglers and canoeists.

3. Be aware of how your wash will affect others – especially swimmers.

4. Be aware that due to wind and engine noises, commands or questions that are shouted from a moving powerboat are not likely to be heard by a swimmer. You should maneuver your craft in close to the kayaker keeping the kayak between your boat and the swimmer, stop, speak clearly and allow the kayaker to inform the swimmer what is transpiring.

5. Look out for deteriorating weather conditions. If the event must be cancelled due to safety considerations during the swim, escort craft and safety boats will sound an air horn with LONG BLASTS to notify you that the swim will immediately be stopped in order to get all the swimmers quickly and safely to shore or to escort craft.

6. Kayakers and emergency powerboats will assist in the evacuation as noted above.

7. All communication between safety boats, escort craft and start boat will be conducted on VHF channel 10 or by cell phone. Only emergency traffic needing the assistance of the coast guard will be done on channel 16 this includes getting a 911 response to the proper harbor.

**RECOVERING FROM THE WATER:**

Swimmers will signal that they need assistance by waving their hand over their head. If the swimmer requires First-Aid treatment, this should be applied before moving them to shore. A swimmer that requests assistance will NOT be allowed to continue the race and will be taken to the nearest safety boat for evacuation.

**GUIDELINES FOR INCIDENT REPORTING:**

Swimmers are obligated to report ALL accidents and serious incidents to the Race

Director. This is to offer assistance and advice, as well as to log the report for

insurance purposes.

The race directors will provide swimmers with an accident reporting form that will request the following information:

1. A detailed summary of the incident, including date, time, names and numbers of the swimmers; and light, wind and visibility conditions.

2. A statement by witnesses, by those involved, in other boats, swimming or on shore.

3. The signature of the person making the report.

4. If the accident requires first-aid treatment, the name of the individual providing first-aid should also be recorded along with a description of the treatment.

Reports should be filled in as soon as practical after the event, at a minimum within 24 hours. Copies will be kept for at least two (2) years.

***THE RACE DIRECTOR AND SAFETY ADVISORS RESERVE THE RIGHT TO***

***AMEND THIS PLAN ON THE DAY OF THE RACE IF WEATHER OR CONDITIONS***

***MAKE THIS NECESSARY.***

**SWIM COURSE:**

**TIME LINE:**

3--Aug 5:30pm – 6:30 pm -- Pre race meeting, safety plan, course layout, participant check-in at sunny point conference room.

12-August 9:00 am – 9:30 am swimmer check-in at Thomas Basin harbor, boarding start boat.

9:30 am Motor out to start point, escort boats, kayakers and safety boats

10:00 -10:30am Race starts 30 minute leeway for logistical problems, safety boat placement or boat traffic

3:00 pm – 3:30 pm race ends all swimmers that have not finished are removed from the course. After all swimmers are accounted for return to dock.

6:30 pm -9:00 pm post-race banquet at the sunny point, serving dinner, picture show, diabetes presentation, awards presentation.