**Donner Lake Open Water Swim Safety Plan**

**EVENT DESCRIPTION**

**General Information**

The Donner Lake swim is a point-to-point 2.7 mile swim planned for August 17th, 2013. The first wave will start at approximately at 8:30 am and 8:40 am for the second wave. Swimmers **without** personal kayak support will start in the first wave. The second wave start is for swimmers using personal kayak support. The course starts at the east side of the lake, near the Donner Memorial State Park, and finishes at the West End Beach. Swimmers are instructed to swim in the middle of the lake and are guided by volunteer kayaks patrolling the north and south outer edges of the swim course. The swim has a strictly enforced 2 ½ hour cut off time that begins with the start of the SECOND wave. The official cut off time is 11:10 am. The safety plan outlines the procedures for the swim, roles of the volunteer and personal kayakers, and motorized boats/wave-runners.

**Safety**

The event provides a 4-point plan for swimmer safety that includes:

1. Motor boats- Three motor boats will patrol the swim course to watch for volunteer kayakers waving orange flags and will remove swimmers from the course as needed. One motorized boat will be positioned near the first 1/3 of swimmers, another power boat will be located near the middle of the group of swimmers, and the third power boat will be located near the rear of the swimmers.
2. Police boat-One police boat will monitor the perimeter of the course to assess for swimmers needing assist and to assist with boat traffic along the swim course. The police boat has an *“automated external defibrillator” (AED) for cardiac emergencies.*
3. Kayaks- Approximately 30 volunteer kayaks will accompany swimmers, participating in the first wave start, along the swim course to guide swimmers to stay in the middle the lake and to remain on course. The kayaks can provide a short-term “hanging” spot if swimmers become disorientated, tired, or cramped during the swim. Kayakers will have orange man-in-the water flags to signal motor craft for a pick-up as needed. The operational requirements described above also apply to personal kayak support.
4. Medics: An ambulance service with two paramedics will be present and stationed at the East end beach for 20 minutes after the start of the second wave. The ambulance will drive to the West end beach and remain at the finish near the pavilion until the race is completed.
5. Wave-runners- One to two wave-runners will patrol the second wave of swimmers who have their own personal kayak support.
6. First aid station: First aid station will be at the finish and will be manned by 4 volunteers. The first aid station will have a tent, chairs, towel, blankets hot liquids and basic first aid supplies. The staff will write down each person seen and the outcome.

**Accounting for Swimmers**

This is done with collaboration between the race director, safety coordinator, and timing company. Prior to the start of the race, the timing company will have a list of all the swimmers who checked in with a total number of swimmers that will be entering the water. During pre-race instructions participants will be directed to go to the timing tent at the finish if they fail to start or finish the race. The start will have the Safety Coordinator and one board member on the beach observing for any swimmers who do not start the race or start and who come back to shore. This Safety Coordinator will write the non-starting swimmer’s name and race number on a list. This list will be given to the timing company at the finish.

If a swimmer is pulled from the water during the race, the boat will call the Safety Coordinator via cell phone to report the swimmers name, race number and condition. The safety coordinator will in turn give this information to the timing company and ambulance if EMS care is needed.

One monitor will be placed at the finish by the timing company tent to monitor for swimmers being dropped off or swimmers who approach the timing tent who did not start or finish the race.

**Medical Evacuation Plan**

**Start**

If an evacuation occurs at the start or within 20 minutes of the start, the swimmer will be brought to the start near Tahoe-Donner Beach Club. A kayak will approach the swimmer. The kayak will wave their orange man-in-the-water flag to get the attention of a motorized boat. The swimmer will be brought outside the racecourse by the kayaker to the motorized boat with the engine off. The motorized boat will call the race coordinator with swimmers name, race number, condition, and take the swimmer to the start. The ambulance service stationed near the registration area will be alerted if EMS is needed. If it is a non-emergency, the swimmer can take the shuttle to the finish.

The Safety Coordinator and one board member will remain at the East end beach until 20 minutes after the start of the second wave to triage any evacuations that may occur. The ambulance service will remain parked at the start during the same time period to assist and care for any incidents. Twenty minutes after the start of the second wave the ambulance service, the Safety Coordinator, and the board member will drive to the finish.

**Finish**

If an evacuation occurs 20 minutes after the start, the race participant will be brought to the finish. Kayaks will monitor swimmers within the racecourse. Swimmers are instructed to wave their hand above their head to get the attention of a kayak. The kayak will approach the swimmer. If the swimmer needs to be removed from the water, the kayak will take the swimmer outside the racecourse if the area is congested with other swimmers. The kayaker will wave the orange man-in-the-water flag to get the attention of a motorized boat or wave-runner. The motorized boat or wave-runner will approach the kayak and swimmer, turn off engine and remove the swimmer from the water. The motorized boat or wave-runner will call the safety coordinator with the swimmer’s race number, name, and condition. The swimmer will be brought to the finish and will be evaluated by the ambulance if needed.

**Hospital Directions:**

Written directions to Tahoe Forest Hospital will be available at the start and finish if participants need to transport themselves to the hospital.

**Event Cancellation Plan During the Event**

The Safety Coordinator and/or Race Committee members (Clay, Cory, Laura and Gwen) may cancel the event. This could be due to thunder, lightning, and/or turbulent water due to wind. In the event that the swim is cancelled during the race, motor boats and wave-runners will be notified via cell phone. The motor boats and wave-runners will then pass the cancellation notice on to the kayakers. The motor boats (staying out of the race course) and kayakers will work together to evacuate swimmers to the shore on the north side of the lake. The shuttle bus will leave the finish and drive east on Donner Pass Road and pick up evacuated swimmers and bring them to the finish. Two volunteers will wait at the finish for the shuttle and write down race numbers as participants exit the shuttle. If swimmers are closer to the finish then to exiting the north side of the lake they will exit via the finish and be accounted for by the timing company.

**MOTORIZED BOAT SAFETY**

Three volunteer motorized boats and one to two wave-runners with experienced operators will assist during the swim. These volunteers are not required to have first aid training but should be comfortable operating their motorized water craft in potentially crowed conditions. These motorized water craft need to be in sound operating condition, capable of transporting at least four people, and able to be comfortably boarded from the water without risking tipping or injury to the swimmer.

General Operating Requirements:

* Must have vessel registration and provide proof of insurance
* Limited to one operator and two volunteers
* Propeller guard

Boats must be equipped with the following:

* Man-in-the-water or similar flag
* Four life jackets
* Charged cell phone
* Anchor
* Bucket and/or bilge pump
* Secondary motor or paddle
* Adequate fuel
* Blankets or towels for swimmers picked up during the event
* Binoculars
* Propeller guard if needed as per USMS rule **OW-102.2.2**

Optional but strongly recommended equipment includes:

* First aid kit
* Fire extinguisher
* 50-foot throw rope

**ROLE**

Motorized boats, wave-runners and police boat will accompany swimmers along the race course. Volunteer kayaks will provide additional swim support. Motorized boats provide general functions during the event. They are:

1. Course patrol and communications. Motorized boats and will operate at the periphery of the race course to monitor swimmers and to alert boaters in the area of the event. Motorized boats will use cell phones to provide communication to the Safety Coordinator. **Communication with the safety coordinator and monitoring swimmers is the boaters’ primary role.**
2. Swimmer rescue. Any swimmer rescued by a kayaker will be removed from the event. These swimmers will be transported out of the swim and to the West End Beach by a motorized boat. The boaters’ **other main roles include** monitoring for swimmers needing assist by observing the course for kayakers with man-in-the water flags and transporting rescued swimmers to the race finish.
3. Swimmer patrol. Motorized boats are also responsible for pulling slow or unfit swimmers as determined by a SNM member on the Police Boat.

**Day-of-Race Schedule**

Boat and waver-runner operators should launch boats at 8:00 am and be ready to operate by 8:30 am at the east end of Donner Lake.

**Meeting**

A motorized boater meeting will be completed the week prior to the Donner Lake Swim. A copy of the safety plan will be provided. During this meeting we will review procedures for:

* Communication
* Swimmer rescue
* Course patrol and assign boats position on the swim course
* Contact information with the Safety Coordinator, Race Director, and Police boat.

**Start Information**

Boats will move to the race start approximately 300 yards from the beach and at the periphery of the race course.

The event is expected to have between 300-375 swimmers. The start of the race will be in two waves. The first wave, which is anticipated to be the largest wave, will contain swimmers without a personal kayak support. The first wave will start at 8:30 am. The approximately 30 volunteer kayaks will be in the water and positioned about 200 yards from the start. These kayakers are assigned positions to guide the swimmers with half of the kayaks located to the right of swimmers (north side) and the remaining half to the left of swimmers (south side). These volunteer kayaks are also divided into groups patrolling the leading third of the swimmers, the middle third of swimmers, and the rest of the swimmers. One kayak will be placed at the back of the swimmers. Volunteer kayakers for the group swim will provide support for the first wave of swimmers and will be wearing orange vests.

The second wave will include all swimmers with personal kayak support. The second wave will begin at 8:40 am. Kayakers providing individual support for a specific swimmer are also required to wear life jackets and carry man-in-the-water flags to use if their individual swimmer requires assistance from a motorized boat. Personal kayakers, who are supporting an individual swimmer, are required to wear a number on their back that corresponds to their swimmer’s race number.

The motorized boats will be assigned positions similar to the volunteer kayakers with one boat near the leading group of swimmers on the right (north) side, one near the middle group of swimmers on the left (south) side, and one boat at the back of the swimmers on the left (south) side. Additionally, one to two wave runners will be positioned at the back of the second wave of swimmers who have personal kayak support.

All boats need to be careful of swimmers and be positioned at the periphery of the swim course located in the middle of the lake. Pilots of motorized boats should expect to operate at dead-slow speed, idling in and out of gear at approximately 2 mph.

As the first and second boats near the finish with their designated group of swimmers, they should then circle back to provide support for the remaining swimmers.

The event shall be concluded 2 ½ hours after the start of the second wave of swimmers at 11:10 am. The cutoff time shall be strictly enforced. No swimmers will be allowed to swim after the cutoff time due to safety concerns. Any swimmer remaining in the water must be pulled by boats. Volunteer kayaks and personal kayakers are not allowed to provide kayak support for any swimmer requesting to complete the swim after the cutoff time. Swimmers in the water after the 11:10 am cutoff time do not have adequate safety and must be pulled from the water. Any swimmer sufficiently close to the finish such that removal from the water at the 2 ½ hour mark would pose a risk to bathers near the beach shall be permitted to complete the swim, but they shall be listed as “disqualified” in the official swim results.

At the race conclusion, dock or anchor your boat and come to shore. Catered lunch, drinks, and gas money will be provided by the Safety Coordinator.

**Specific Race Day Operations**

* The primary roles are: monitor for swimmers needing assist, to communicate with the Safety Coordinator, and to prevent general boat traffic from entering the course. The Police boat will be responsible for monitoring the perimeter of the race course.
* Boaters should be monitoring for any swimmers in distress and for kayakers waving man-in-the-water flags indicating they have a swimmer needing assist.
* The boaters will move with the race with each boat designated a position among the groups of swimmers. The lead boat will monitor faster swimmers with the first one third group of swimmers. The second boat will move along with the middle one third group of swimmers. The third boat will be placed at the back of the first wave of swimmers monitoring the swimmers. One to two waver-runners will monitor swimmers with personal kayak support.
* All boats need to monitor for other boats, wave-runners, kayakers, swimmers, and police patrol boat.
* When **ANY** boat (power, sail, or paddle) not affiliated with the race approaches the race course in the middle of the lake, the nearest motorized boat should: a.) intercept the craft, b.) explain the event, and c.) request them to keep 300 yards away from the race course. **Any problems whatsoever, contact the police boat. The police boat phone number will be written on index cards and provided to the boaters and wave-runners prior to the start of the race.**

**Swimmer Rescue**

General information:

* If a swimmer must be rescued for any reason, **notify the Safety Coordinator at 775-742-7161 Cory Avery and Clay (SNM board member) on the Police boat at (phone number will be provided race day morning)**
* Obtain swimmer’s name, race number, and general condition. Relay information to the Safety Coordinator and to Clay on the Police boat. Note the approximate location along the swim course.
* When approached by or notified of a swimmer requiring rescue, the nearest boat will:

1. Idle the engine and remain perpendicular to the wave runner, kayaker, or swimmer.
2. Move towards the course edge and watch for other swimmers and kayakers in the water. Turn off engine if swimmer within 20 feet of the boat.
3. **Be careful not to enter the swim course and to affect other swimmers.**
4. Direct kayaker or swimmer out of the course and to the motorized boat.
5. Conduct rescue as described below.
6. Idle back to position along the course.
7. Notify the Safety Coordinator and Clay on Police boat that rescue concluded and boat has returned to designated position. Note that the swimmer has withdrawn, restate the swimmer’s name, number, condition, time of rescue, and reason swimmer was rescued. Please record this information in provided notebooks.
8. Non- Medical Emergency Measures such as fatigue:
9. Follow the outline as stated above.
10. A kayak may notify the nearest power boat by using a man-in-the-water flag that a swimmer requires a non-medical rescue.
11. Kayaker will escort the swimmer outside the swim course, if the area is congested with other swimmers, and wait for the motorized boat to pick up the swimmer.
12. Assist swimmer onto the boat and keep the swimmer on board until docked at race finish. If the boat needs to drop off swimmers to the race finish due to too many swimmers on board, the boat will communicate with the nearest boat, along with the Safety Coordinator, to inform them they are moving from position. This boat will then transport swimmers to the finish and move back to their designated position as quickly as possible.
13. Medical Emergency
14. If boaters witness a medical emergency a.) Remove the swimmer from the water if possible without causing injury. Initiate CPR if needed. b.) **Call the Safety Coordinator at 775-742-7161 and Clay on the Police Boat 775-636-1625. The Safety Coordinator will call 911.** The ambulance service at the West End beach will be alerted. c.) Transport swimmer to the West End beach immediately and the ambulance service will initiate further medical assistance.
15. If a boater observes a swimmer who is unresponsive and going under water, note the location of the swimmer and call **Clay on the Police boat 775-636-1625.** Notify him of your position on the lake and the condition of the swimmer, and you require emergency medical assist immediately.

**Swimmer Patrol**

Boaters and wave-runners will pull swimmers from the race to control the overall duration and safety of the event. Any swimmer expected to finish significantly later than the 11:10 am race end will also be pulled. All swimmers should be near the middle of the lake within **1** hour and 15 minutes of the swim start or at approximately 9:55 am. Swimmers who are falling behind this approximate placement will be pulled.

* If swimmers are not able to stay on course, they may be pulled.
* Procedures for pulling swimmers should generally follow the instructions for non-medical emergencies.
* Swimmers pulled from the race will remain on the pick-up boat until the end of the race unless the boat becomes to full with swimmers. The boat will then notify the nearest boat and the Safety Coordinator of the need to transport swimmers to the finish and will assume their designated position as soon as possible.
* Boaters will notify the Safety Coordinator of the swimmers name, number, and approximate time, and reason why they were pulled from the swim. Boaters will also record this information in the provided notebook.
* The official results will indicate DNF (Did Not Finish) for these swimmers.

Swimmers abandoning the course:

* If a boater notes a swimmer heading toward a shore and clearly abandoning the race, notify the Safety Director of the location and time. Attempt to get the swimmer’s name and number.
* If unable to obtain the name and number of the swimmer, direct the nearest kayak to attempt to do so.
* Notify the Safety Coordinator if swimmer’s ID is unkown.

**Other Tasks and Information**

Communications

* Each boater needs to have a charged cell phone. These phone numbers need to be given to the Safety Coordinator prior to the event.
* Communication with Kayaks. We will request all kayakers, both volunteer and personal, to have cell phones. However, even with a phone, it may not be practical for a paddler to call the Safety Coordinator for assistance. Kayakers will use man-in-the-water flags to signal for assistance for a swimmer.

**KAYAK SAFETY**

**Kayak Requirements**

Experienced kayakers should come equipped for 2 ½ hours of slow paddling. Kayak must be lake worthy. Life jackets are required. Please bring the following if you have them:

* Orange flag-the Donner Lake Swim committee has approximately 30 man-in-the water flags for volunteer kayakers to use if they do not have an orange flag. Personal kayakers must provide their own orange, man-in-the-water flags. The flags will be distributed at the kayak meeting the morning of the event. Please be sure to return the flag to the Kayak Director or Safety Coordinator at the end of the swim on the West End Beach.
* Each kayaker must have a cell phone to communicate with the Safety Coordinator. Safety Coordinator’s phone number will be given at the morning kayak meeting. Please be sure phones are charged.
* Extra life jacket.
* Wear warm clothing that will wick and dry quickly. Please avoid wearing cotton.

**Role**

Kayakers are used to: 1.) keep swimmers on course and in the middle of the lake, 2.) watch for swimmers in distress, and 3.) assist in transporting swimmers who are withdrawing or needing rescue to a motorized boat.

**Day-of-Race Schedule**

Kayaks can be unloaded by racer registration near the Donner Memorial State park entrance as Donner Pass road is entered. Follow parking rules on Donner Pass Road which includes no parking on the north side of the road. Race volunteers can assist kayakers in unloading their kayaks and carrying them to the race start at the east beach near the Tahoe Donner Beach Club. Please do not use the Tahoe Donner Beach Club parking lot or beach. Please plan on arriving at approximately 7 am and allow plenty of time for parking and shuttling logistics.

All kayaks volunteering for the group swim are asked to park their kayaks to the north side of the beach and close to the Tahoe Donner Beach Club fence. Please note, there will be personal kayaks that are guiding a single swimmer. They are not part of the volunteer kayaks and will be positioned at the south end of the beach. The volunteer kayaks need to be grouped together near the Tahoe Donner Beach Club fence. Once you have placed your kayak, please check in with the Kayak Coordinator. We will have a shuttle service to bring people back to the start so they can retrieve their car after the event until 11:45 am. Kayakers may also choose to move their car to the finish after delivering their kayak to the start and take the shuttle back to the start.

**Meeting**

All kayakers must be ready to meet at 7:45 am. A 15 minute meeting will be conducted to review procedures for:

* Communication
* Swimmer rescue
* Course patrol
* Assignment of positions for each kayaker
* Contact information

Kayakers will be divided into groups and assigned positions and should be in the water by 8:15 am with an 8:30 am start time.

**During the Race**

* The kayaks will be divided into three groups. One group will be responsible for patrolling the approximate first one third of lead swimmers and will be divided into right (north side) and left (south side) kayakers. This means the kayaks will boarder the swimmers to the right and left and guide swimmers to swim in the middle of the lake. The second group will be responsible for the middle one third of swimmers and will also be divided into right (north side) and left (south side) kayakers. The last group is responsible for monitoring the last group of swimmer and will be divided into right (north side) and left (south side) kayakers. The Kayak Coordinator will follow the last swimmer.
* Kayakers should communicate with each other to spread out and avoid bunching together. The kayaks should spread out and form a boarder to help swimmers navigate the course in the middle of the lake.
* When kayakers near the finish area with their designated group of swimmers, they should circle back to assist with the next group of swimmers. **Please DO NOT** leave the race course until all swimmers have either completed the swim or have exceeded the cut-off time and have been removed from the water.

**Course Policing**

* Kayakers visualizing a swimmer heading off course should shout at the swimmer to get their attention. Do not be shy about guiding the swimmer back on course. Do your best to not harm the swimmer in your attempt to re-direct them.
* Avoid following swimmers off the course unless necessary to re-direct them *back* to the course and in the middle of the lake. Stated differently, do not keep paddling off course because the swimmers are off course. Communicate with the swimmer to bring them back on course. Swimmers will follow you. Be a good guide for the swimmers, encourage or lead errant swimmers to follow you back on course.
* If a swimmer wants to abandon the race, please ask them to hold on to your kayak and signal for a motorized boat to pick them up. Do not allow them to swim to shore if possible. If they insist, please try to get their name and race number and relay the information to the Safety Coordinator, Cory at 775-742-7161
* General:

1. Please remember you are watching all the swimmers in your area. **Do not follow one swimmer.** You are not a personal escort.
2. Swimmers are encouraged to have their own individual kayak guide and these kayakers are allowed to provide a personal escort. Volunteer kayaks for the group swim cannot provide a personal escort due to the risk of jeopardizing all swimmers safety.

* Tired swimmers:

1. A rest is different than requiring help. Ask the swimmer if they need a **rest or do they need help.**
2. Allow swimmers to hang onto the bow, preferably, or stern, but not the sides of the kayak if a short rest is needed. If you find yourself doing this more than a couple of times for the same swimmer, they probably need to be pulled and the kayaker should signal a motorized boat.

* Swimmer rescue:

1. If a swimmer is panicking or appears in trouble, signal a motorized boat or with an orange flag. Motorized boats are allowed to enter the swim course and there is pick-up and transport for medical emergencies.
2. While waiting for assist from a motorized boat, quickly approach the swimmer, direct them to a motorized boat if reasonable, and toss a life jacket if available.
3. Use caution. A panicked swimmer can turnover a kayak easily and quickly. Get the swimmer to the stern, use orange man-in-the-water flag to alert a motorized boat, if needed move to the edge of the course if the area is crowded with other swimmers, and assist in transfer to a motorized boat.
4. Return to designated place along the swim course.

**Communications**

* Please bring a charged cell phone. Safety Coordinator Cory’s phone number 775-742-7161.
* Bring orange flags (man-in-the-water flags) if you have them. We will hand out flags during the 7:45 am morning meeting day of race. Use flags and paddles to alert errant swimmers. Also use them to gain attention from the motorized boats and other kayakers.

**PERSONAL KAYAK SUPPORT SAFETY**

Personal kayakers providing support for an individual swimmer need to check in with their swimmer at the designated registration area. Personal kayakers will receive a race number that corresponds to their swimmer’s race number. The race number must be placed in a high position on the back of their life jacket. Swimmers with a personal kayaker, and in the second wave start, will also wear a designated color swim cap that is different from those swimmers in the first wave start. Experienced kayakers providing support for an individual swimmer should come equipped for 2 ½ hours of slow paddling. The kayak must be lake worthy. Life jackets and man-in-the-water flags are required. Please also bring:

Each kayaker MUST have a cell phone to communicate with the Safety Coordinator who will be located at the West End Beach. The Safety Coordinator’s phone number will be given at the morning personal kayak meeting at approximately 8:00 am and at the sound end of the beach. Please be sure phones are charged.

* Extra life jacket.
* Wear warm clothing that will wick and dry quickly. Please avoid wearing cotton.

**Role**

Personal kayakers, for individual swimmers, are required to: 1.) keep their swimmer on course and in the middle of the lake, 2.) monitor their swimmer for signs of distress, and 3.) assist in transporting their swimmer if withdrawal from the race or rescue to a motorized boat or waver-runner is required

**Day-of-Race Schedule**

Kayaks can be unloaded in the racer registration area near the Donner Memorial State park entrance. Follow parking rules along Donner Pass Road. Shuttle service will be provided until 11:45 am to bring people back to the start so they can retrieve their car after the event. Kayakers may also choose to move their car to the finish after delivering their kayak to the start and take the shuttle back to the start. Plan on arriving early (7 am) and allow plenty of time for parking and shuttle logistics. Please do not use the Tahoe Donner Beach Club parking lot or beach.

Personal kayaks are asked to place their kayak at the far south side of the starting line. Please note that volunteer kayaks providing support for the group swim will be positioned on the north side of the starting line near the Tahoe Beach Club fence. Personal kayakers may not mingle with the group kayak group or attend the volunteer group pre-race meeting. Personal kayakers are to check in at a specially designated registration table with their swimmer. Check-in for swimmers with personal kayak escorts will close at 7:45 am. Written race day instructions will be provided at the time of check-in. Allow at least 5 minutes to carefully review the written instructions. Race day instructions for personal kayakers will also be posted on the Sierra Nevada Masters website for review prior to race day.

**Meeting**

A brief 5 minute meeting will be conducted at 8:00 am at the south end of the beach to review procedures for:

* Communication
* Swimmer recue
* Course patrol

**Communications**

* Please bring a charged cell phone. Safety Coordinator Cory’s phone number is 775-742-7161.
* Bring orange flags (man-in-the-water flags). You will use the flag to gain attention of the one to two wave-runners.

**During the Race**

General:

* Personal kayaks should position their kayaks approximately 100 yards out from the beach and to the south of the starting line at 8:15. Personal kayakers should be careful not to interfere with the first wave start that will occur at 8:30. Following the first wave start and at 8:35, personal kayakers should place their kayak in front of the second wave start and approximately 100 yards from the beach. The second wave starting time for swimmers with personal kayak support is 8:40 am. Your swimmer should swim to your kayak. Personal kayakers need to be aware of other swimmers and kayakers at the start. Be careful not to block or hit swimmers since the start can be congested.
* Personal kayaks should guide their swimmer to the middle of the lake and keep their swimmer on course.
* If your swimmer wants to abandon the race, please ask them to hold on to your kayak and signal for a wave-runner to pick them up. Do not allow them to swim to shore. The volunteers on the motorized boat will pick up the swimmer and record their name and race number.

Tired Swimmers:

* A rest is different than requiring help. Ask your swimmer if they need a **rest or do they need help.**
* Allow swimmers to hang on the bow, preferably, or stern, but not the sides of the kayak if a short rest is needed. If you find yourself doing this more than a couple of times, the swimmer probably needs to be pulled and the personal kayaker should signal a wave-runner.

Swimmer Rescue:

* If a swimmer is panicking or appears to be in trouble, signal a wave-runner with an orange man-in-the-water flag. Wave-runners are allowed to enter the swim course and provide pick-up and transport for medical emergencies.
* While waiting for assistance from a wave-runner, approach your swimmer, direct them to a wave-runner if reasonable, and toss a life jacket if available.
* Use caution. A panicked swimmer can turnover a kayak easily and quickly. Get the swimmer to the bow, use orange flag to alert a motorized boat, if needed move to the edge of the course if the area is crowded with other swimmers, and assist in transfer to a motorized boat.

**SWIMMER RESPONSIBILITIES**

The Donner Lake Swim’s success requires swimmers to accept specific responsibilities. In addition to recognizing the risk inherent to swimming in cold water at significant elevation (e.g., heart attack, hypothermia, and drowning), every participant is expected to abide by the following:

* Swimmers can use their personal kayak support but cannot require that volunteer kayaks for the group swim provide a swimmer with a personal escort. Swimmers with personal kayak support will start in the second wave at 8:40 am. Swimmers are expected to follow the course in the middle of the lake with the help of adjacent swimmers and volunteer kayaks for the group swim positioned at the right and left boarders of the course in the middle of the lake.
* Do not swim in the proximity of motorized boats. ***They are off course.***
* Keep an eye out for fellow swimmers. Help them stay on course. If you see another swimmer clearly in distress, please alert a kayaker and stay in contact with the swimmer.
* If you decide to abandon the event. Notify a kayaker and they will escort you to a motorized boat. Please provide your name and race number so the Safety Coordinator can account for all swimmers.
* If you are tired or injured and need assistance, request help from a kayaker by waving your hand.

1. When a kayak approaches, clearly explain the nature of your problem. Be accurate when assessing your condition or circumstance. Do not minimize or exaggerate your condition.
2. If you need a rest or simply want a break, look for a kayak and communicate your need to rest to them.
3. Listen to the directions provided by the kayaker or motorized boat operator.
4. If injured or needing medical attention, alert a kayaker who will provide assist by providing a short term holding on position while they utilize an orange flag to communicate with a motorized boat to transport you to the West End Beach. An ambulance service is available at the West End Beach.

* Swimmers will be pulled from the event if: 1.) they are showing signs of distress, 2.) they are obviously having difficulty navigating the course, and 3.) they are unlikely to finish the swim before the 2 ½ hour limit, e.g., swimmers who are not at the middle of the lake within 1 hour and 15 minutes.

1. If you are pulled, do not argue with the kayaker or operator of the motorized boat/ wave-runner. They are providing safety for all swimmers of the event and not just one swimmer.
2. You will either be picked up directly by a motorized boat, or guided by a kayaker who will use an orange flag to communicate with a motorized boat/wave-runner to pick you up.

* If picked up by a motorized boat, you will remain on the boat until the boat returns to the finish area. When you return to the finish area, **you must check in with the Safety Coordinator and at the timing tent at the race finish**. You must provide your name and race number. If you start the race but do not check in at the finish, we will conclude you are still on course. At the conclusion of the race, if your name and race number has not been accounted for, we will assume a Search and Rescue needs to be instituted.
* If injured but able to remain at the finish area, notify the Safety Coordinator.

**Prior to the event start**

* The Race Committee members (Clay, Laura, and Gwen) and Safety Coordinator, Cory, are responsible for determining and announcing event delay or cancellation.

**During the event**

* The Race Committee members and Safety Coordinator are responsible for determining and announcing event cancellation.
* The police boat and motorized boats will be alerted by cell phone that the event has been cancelled.
* Motorized boats will notify kayakers immediately. Kayakers will inform swimmers of cancellation.
* If able, swimmers should begin swimming towards the north side of the lake and closest to Donner Pass Road. Swimmers needing assist should wave their hand to alert kayakers. Kayakers will then assist swimmers with a transfer to a motorized boat. The shuttle service will be alerted and begin transporting swimmers from the Donner Pass Road to the finish at the West End beach. **All swimmers need to check in with the timing tent near the finish** so that all swimmers can be accounted for.